

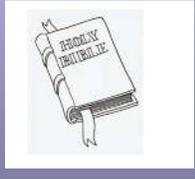


Sept.
2014
Issue

Because we believe Jesus is returning our mission is to attract and grow passionate followers of Jesus, through worship, relationships and service



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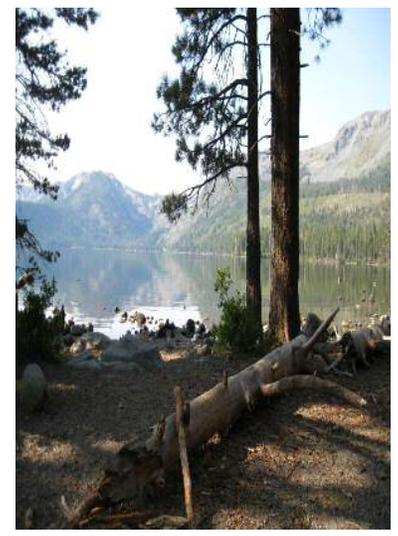
New Baptisms



Two people were baptized on August 16, 2014. Shown above from left to right are Pastor Dan, Lydia Aponte and Jenaro Moreno. Lydia and Jenaro are Spanish members of the Auburn Seventh-day Adventist Church.

Dalila Vargas, not shown was also officially ordained as a church elder, a position she has filled for several years. Dalila was also affirmed by a vote of the Church Board as the official leader of the Spanish Seventh-day Adventist Church.

Auburn Church Family Campout



The Auburn Church Family Campout will be held on September 5-7, 2014. The picture shown above is from last year's event. If you haven't made your reservations yet it's probably too late: See Susan Excell for the possibility of doubling up with someone who has. Her phone number is 530/878-4429

Sermon Notes

Sept 6-Jim Brewster-Matthew 22:15-22

Sept 13-Dan Appel-Matthew 24

Sept 20-Dan Appel-Matthew 25:1-13

Sept 27- Dave Carreon- Matthew 25: 14-30

Church Humor

A Sabbath school teacher was discussing the Ten Commandments with her 5 and 6 year olds.

After explaining the commandment to "honor" thy Father and thy Mother, she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy (the oldest of a family) answered, "Thou shall not kill."

One day a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her brunette head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, Mum?"

Her mother replied, 'Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white.'

The little girl thought about this revelation for a while and then said, "Mummy, how come ALL of grandma's hairs are white?"

The Ant and the Contact Lens

A true story

Brenda was almost halfway to the top of the tremendous granite cliff. She was standing on a ledge where she was taking a breather during this, her first rock climb. As she rested there, the safety rope snapped against her eye and knocked out her contact lens. "Great", she thought. "Here I am on a rock ledge, hundreds of feet from the bottom and hundreds of feet to the top of this cliff, and now my sight is blurry."

She looked and looked, hoping that somehow it had landed on the ledge. But it just wasn't there. She felt the panic rising in her, so she began praying. She prayed for calm, and she prayed that she may find her contact lens.

When she got to the top, a friend examined her eye and her clothing for the lens, but it was not to be found. Although she was calm now that she was at the top, she was saddened because she could not clearly see across the range of mountains.

She thought of the bible verse "The eyes of the Lord run to and fro throughout the whole earth."

She thought, "Lord, You can see all these mountains. You know every stone and leaf, and You know exactly where my contact lens is. Please help me."

Later, when they had hiked down the trail to the bottom of the cliff they met another party of climbers just starting up the face of the cliff. One of them shouted out, "Hey, you guys! Anybody lose a contact lens?"

Well, that would be startling enough, but you know why the climber saw it? An ant was moving slowly across a twig on the face of the rock, carrying it!

I think it would do all of us some good to say, "God, I don't know why You want me to carry this load. I can see no good in it and it's awfully heavy. But, if You want me to carry it, I will."

Health Bites

Church Birthday

Grass Eaters?

Helping You to Better Health

AUGUST 2012 of Health Bites

By Fred Hardinge, DrPH, RD

The other day I saw a graphic which had several panes, each with a caption under it. One was labeled, "What others think I eat!" and the picture was a field of grass. Another said, "What my boss thinks I eat!" and the picture was a bed of daisies. The final pane was labeled, "What I really eat!" and the picture was a sumptuous table of delicious vegetarian food. It is certainly true that over the years there has been much misunderstanding about what vegetarians eat. While still a relatively small percentage of the population follow a vegetarian dietary pattern, this group has grown rapidly in the last couple of decades. Years of research has demonstrated a balanced, well-chosen vegetarian diet has distinct benefits, and provides all the nutrition humans need. It has been almost 60 years since the publication of the first comprehensive research demonstrating this. Yet some questions still persist. As a life-long vegetarian nutritionist I was delighted to see the publication in June of a 45 page supplement to the Medical Journal of Australia titled "Is a vegetarian diet adequate?" It very candidly examines the concepts and controversies of plant-based eating. While targeted at health professionals, this issue is a valuable resource for anyone contemplating or this issue is "open-access", meaning it is available without charge on the internet. The topics include the economic and ecological advantages of plant-based

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Broadside-of-a-Barn Family Social

6:45 PM



September 20, 2014

The Porco's will host the Broadside-of-the-Barn Social at their ranch. The movie is to be announced. Get there early to be sure of getting one of Kendall's famous cinnamon rolls.

Jan's Healthy Recipes

Health Bites Cont.

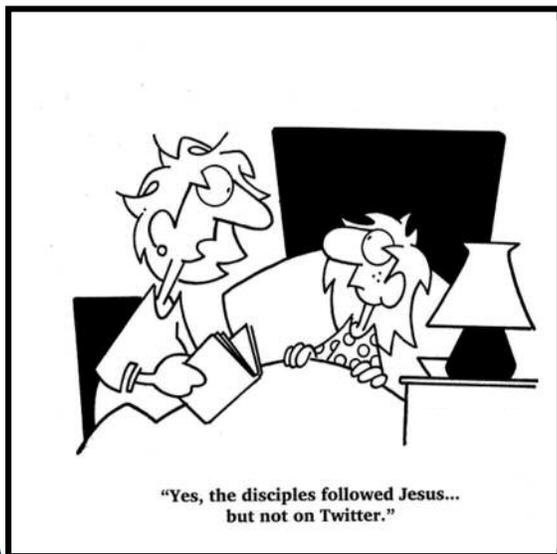
Michael's Ricotta Cheese Waffles (Gluten Free)

Ingredients –

- 1 cup Pamela's Pancake Mix
- 2 eggs
- Milk to thicken
- 1 Tablespoon vegetable oil
- ¼ cup flaxseed meal
- 2 heaping spoon fulls ricotta cheese
- ½ cup chopped walnuts

Directions –

Mix all ingredients except for milk (Almond or Soy milk can be substituted) and only add enough milk to thicken the batter so that it flows easily on the griddle. Spray the griddle before each waffle with cooking spray. Do not overcook. Makes 3- 8 inch in diameter round waffles.



eating. While targeted at health professionals, this issue is a valuable resource for anyone contemplating or consuming a vegetarian diet. Unlike much excellent published research, each article in this issue is "open-access", meaning it is available without charge on the internet. The topics include the economic and ecological advantages of plant-based eating; the quality and quantity of protein in vegetarian diets; how vegetarians get adequate amounts of zinc, iron, vitamin B12 and the omega-3 fatty acids; and concludes with very practical advice on how to prepare healthy and tasty plant-based meals. If you only have limited time (like most of us!), do not neglect to read the last article, as it is a wonderful summary of the advantages of plant-based eating, meal planning tips, shopping tips, and cooking tips. The publisher and authors actually encourage the reproduction of this article for educational purposes! So, if your family or friends think you only eat grass, you now know where to find information to help dispel myths like: » You can't get enough protein on a vegetarian diet. » Vegetarians need to combine proteins at each meal. » Vegetarians need to take supplements. » Dairy foods are the only good source of calcium » Pregnant women should not be on a vegetarian diet. » Children can't thrive on vegetarian diets.

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