



FEAR THE LORD

By Marilyn Herron

Spending time reading the Psalms, I find a repeated command to “fear the Lord”. It has often been suggested that this refers to reverence for the Lord. As I earnestly meditated on this word, “fear”, considering my relationship to God, it seemed to suggest that I acknowledge God as my Creator and His ownership of me.

However, more than this, that as I seek to know God, I will give loving and willing submission to Him as I reflect and rely on the grace, mercy, goodness, loving kindness and faithfulness that He has given to me.



The SDA family mourns the loss of one of it’s most devoted and beloved members. Gordan Botting was a retired Northern California pastor and department director.



September 5, 1943 -- July 11, 2019

Born and raised in New Zealand, he graduated from Australia’s Avondale College with a Bachelor of Arts in theology. After working as an assistant auditor for the South Pacific Division, he served as pastor in the New Zealand Conference, where he was ordained in 1974. He then earned a double master’s degree in nutrition and community health and went on to earn a doctorate in preventive care from Loma Linda University’s School of Public Health in 1981.

Later in 1981 he came to the Northern California Conference where he served as associate pastor of the Carmichael Church. Five years later he became senior pastor of the Sacramento Central Church. In 1991 he transitioned to become associate pastor of the Auburn church. Two years later he took on the role of union stewardship director.

In 2002, Botting was called to the Northern California Conference office, where he served as director of three departments. One of these was that of Community Services Director. He organized numerous training seminars and outreach programs. He was an enthusiastic proponent of community gardens, thrift shops, and disaster training for local churches. He organized numerous health, finance, and ACS training workshops at local churches as well as retreats at Leoni Meadows.

He was a vital presence at Redwood Camp Meeting for many years, where he organized the annual fun run/walk, conducted health screenings, cooking classes, stewardship workshops, and seminars that provided continuing education units for health professionals.

Botting was responsible for developing many practical money management seminar guide books. He also published a number of books including his latest, *Penny Pinching Principles for Money-wise Parents*.

Probably the most famous publication he was responsible for was *The Stewpot*, which he started in 1996. He wrote many of the articles himself and it is distributed worldwide and translated into Spanish, Portuguese and French.

Botting is survived by his wife, Margaret, son Tim and daughter-in-law Dusty; daughter Angela Graf and son-in law Ricardo; three granddaughters, Savana, Ivy and Addie, and two grandsons, Grady and Lucas.

Botting’s memorial service will be held August 3, 2019 at 4 P.M. in the Carmichael SDA church, located at 4600 Winding Way, Sacramento. The Botting family requests that instead of sending flowers, friends of Gordan Botting make donations to furnish the Wesley ACS Center. (Please select the Dominica program and write in the comment section—“Gordan Botting Remembrance—Wesley Community Service Center”).



Auburn

SEVENTH-DAY ADVENTIST CHURCH
Community Newsletter

August 2019
Issue

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Auburn Church to Consider Master Plan

For the last six months Pastor Mel with the assistance of several church members have been developing The Auburn SDA Church Master Plan. This is a five-year guide that will assist us in our Church purpose, which is: *To proclaim the good news through our lives, deeds, and words, calling all those we touch to love and worship the true God and prepare for Jesus’ soon return.*

Our collective church values, as stated in the plan are:

- 1) **Excellence.** We give our best, for our Lord deserves no less.
- 2) **Teamwork.** We pull together and draw strength in united action.
- 3) **Humility.** We think less of ourselves and think more of others.
- 4) **Integrity.** We keep our actions in harmony with our values.
- 5) **Compassion.** We care for people and we want to help.
- 6) **Creativity.** We innovate to communicate unchanging truths.
- 7) **Perseverance.** We fail seven times, we get up eight.

Working within our values we strive to achieve the following objectives:
Transform our church into a network of restorative community circles.
Reach the unchurched and those looking for a new church in Auburn and beyond.
Inspire wholehearted worship as we call people into the presence of God.

Commit to maintaining our property and supporting our ministries and school.
Equip our people so we can all fulfill our ministry callings.
Protect all by creating an abuse-free, healthy, and secure church environment.
Serve our community through Auburn Renewal Center and Adventist Community Services.

Goals, milestones, and roadblocks for each of the above stated objectives are discussed in the plan.

In order for us to achieve these plan objectives there are several implementation strategies suggested in Appendix D of the plan, for the first and second quarters. We want to emphasize that these are just suggestions and some may work while others may not. As we go forward with implementing this plan better additional suggestions and strategies will come forth. These will be tried and implemented if proven viable and effective.

In this regard our plan is not set in stone. It is a plan that will grow and become a living document. It will take each and every church member to insure our collective purpose is achieved.

The church’s financial priorities, Community Services, and the Auburn Renewal Center goals are also discussed in Appendix B.

The plan will be the main topic of the Church Business Meeting set for August 10, 2019. All concerned church members should plan on being there to join in the discussion. Copies of the masterplan are available on the credenza in the lobby.

Pastor Mel's Corner

Incremental Change

For at least a couple of months now we have, both individually and otherwise— reviewed, discussed, and prayed for our church's proposed five-year masterplan . On August 10 at 2pm we will have the opportunity of approving it so we can finally begin to implement it incrementally.

I am of course asking that we approve this masterplan—not because the document is so good that it merits nothing less. This document is neither sacred, static, nor perfect. It is, in fact, a living and breathing document. Rather, I believe this masterplan gives us an excellent opportunity to implement incremental change and sustain it over a long period of time.

Merriam-Webster defines incremental in this way: Of, relating to, being, or occurring in especially small increments. This is precisely what we aim to accomplish. The masterplan is simply our guide to making sure we know what we're aiming for, how we wish to hit the target, and what kind of a church we wish to be in pursuit of our goals.

The purpose statement gives us a clear reason for existing as a congregation. The sevenfold objectives give us clear direction on how we wish to fulfill our purpose. The core values elucidate the ideal qualities we wish to see in and among ourselves as we pursue our goals. Visualizing the whole thing, we may say that the purpose statement is the target, the objectives the arrows, and the values the quiver of a good archer.

Just as important as what I mentioned above, is the implementation process. We will make sure that we implement our masterplan an open process of consultation, action planning, review, and refinement. In Appendix C of the masterplan, I have laid out a simple and doable process of implementation. You have my word that, provided every volunteer commits to helping, we will never go faster than what we all can handle—whatever we as a team think this might be.

Let us therefore brace ourselves, and so bear ourselves in such a way that we ourselves become an invaluable part of the transformation we wish to see in our church family.

Prevention Not Cure

Reader's Digest – Health Truths & Myths

Carrots Help Your Eyesight *Myth*

Carrots get their vision-boosting rep. from beta-carotene which converts to vitamin A, that helps you see better in the dark. But this conversion isn't very efficient. So to improve eyesight eat other vegetables high in vitamin A, such as leafy greens like kale and spinach.

Eating Too Much Sugar Gives You Diabetes *Myth*

Sweet foods don't directly lead to chronically high blood sugar. But they can contribute to obesity, which is a risk factor for diabetes, so keeping a well-balanced diet and limiting treats is till the right idea.

You Shouldn't Let Someone With a Concussion Sleep Right Away *True*

For several hours after the initial blow, it's good to keep the person awake and monitor symptoms. But after that, naps and getting plenty of sleep at night are recommended.

Tilt Your Head Back to Stop a Nosebleed *Myth*

Tilting your head back might make you swallow blood, which could irritate the stomach and potentially make you vomit. Instead, tip your head slightly forward and pinch your nose shut for ten minutes.

Alzheimer's & Dementia Are Two Separate Conditions *Myth*

The term dementia refers to an umbrella of disorders that affect brain functioning; Alzheimer's is one of these diseases.



Coming Events

July 29-Aug 4: Tahoe Camp-meeting

Aug 3: Gordon Botting Memorial Service at Carmichael

Aug 10: Church Business Meeting

Aug 17: Teacher Dedication Sabbath

Aug 27: District Primary Special Election

Sept 6-8: Fallen Leaf Lake Campout at Tahoe

Sermon Notes



Aug 3: Pastor Dana Rae
Aug 10: Pastor Mel Baga
Aug 17: Pastor Mel Baga
Aug 24: Pastor Mel Baga
Aug 31: Pastor Mel Baga

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Jan's Healthy Recipes

From Dr. Oz Total-10 Rapid Weight Loss Plan:

If you usually crave something sweet for breakfast then these two smoothie recipes from the Total 10 Rapid Weight-Loss Plan is perfect for you! Packed with protein and nutrition, it will keep you full until lunchtime. Also, you don't have to make this recipe strictly for breakfast -- you can drink it for lunch or dinner, too!

Chocolate Covered Almond Smoothie

Ingredients

- 1 tbsp almond butter
- 2 tbsp protein powder
- 1 tsp unsweetened cocoa powder
- 1 tbsp flaxseed oil
- 1/2 banana
- 1 cup unsweetened vanilla almond milk
- 2 dates
- 1/2 cup ice

Directions

Blend ingredients and enjoy!

Berry Smoothie

Ingredients

- 1 cup unsweetened vanilla almond milk
- 1/2 banana
- 1/2 cup frozen berries
- 2 tbsp protein powder (whey protein powder or egg white protein powder)
- 1 tbsp flaxseed oil
- 1/2 cup ice

Directions:

Place all ingredients in blender and process until smooth.

Positive Choices

Dietary Fiber Reduces Cardiovascular Risk

Posted by Fred Hardinge on January 24th 2014

Each 7-gram increase in dietary fiber significantly lowers risk for heart disease.

High dietary fiber intakes have been associated with lower risks for coronary heart disease (CHD). A meta-analysis of 22 observational cohort studies found that every increase of 7-grams in total dietary fiber (amount in 1 cup bran flakes, 2 fresh apples, or 1 cup of raw peas) reduced the risk of CHD and cardiovascular disease events by 10%. Findings were also similar for soluble, insoluble, vegetable, cereal, and fruit fibers.

PositiveTip: Consuming fiber rich foods may indeed keep the doctor away!

Dietary Fiber Still Beneficial

Posted by Fred Hardinge on December 24th 2013

Cardiovascular risk lowered by increasing dietary fiber intake.

A meta-analysis of 22 cohort studies mostly in Westernized countries reaffirmed dietary fiber's role in preventing cardiovascular disease. For each 7 grams a day of fiber (read food labels), the risk ratio dropped 0.9 points. Only insoluble fibers contributed to this benefit.

PositiveTip: Consume wheat bran, brown rice, and other whole grains to lower your risk of heart disease.

A Gathering for Story Returning this Fall

Examine your Life, Read your Story, Grow in Kindness
See how your ability to trust, hope and love has been shaped by exploring an event in your life. This activity will be led out by Jeff Pierson and held Monday evenings, September 30 through November 18 from 7 to 8:30 pm. For more specific information and signing up please go to agatheringforstory.com



Church Birthdays

Herbert Douglass.....Aug 04
 Kaylie WarehamAug 04
 Charleen Nugent..... Aug 05
 Drew Whitson.....Aug 05
 Dana Rae De Tar.....Aug 06
 Steve Nicola..... Aug 07
 Cheryl Haggerty..... Aug 08
 Ken Osborn.....Aug 10
 Darran Sim..... Aug 11
 Cheryl King..... Aug 12
 Sharon Weir.....Aug 16
 Janice O'Haver.....Aug 17
 Shauna Metherell-Ibarra..Aug 18
 Jill Genobaga..... Aug 20
 Susan Excell..... Aug 20
 Lori Hanson..... Aug 21
 Melinda Munoz.....Aug 21
 Frances Benedickt.....Aug 23
 Darrell Mulligan.....Aug 24
 Rianna Krussow.....Aug 27
 Gayle Willock..... Aug 29
 Patsy Cooke..... Aug 30
 Pheobe Maciel..... Aug 30