

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

October, 2025

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Fallen Leaf Lake Campout



September 5-7 was the church campout at Fallen Leaf Lake in South Lake Tahoe. The bears were restless, the sermons were enlightening, and the weather was perfect. If you didn't make it up for camping or just for Sabbath, you missed a great time. Be sure and register early next year so you won't miss out again.

INSPIRATION CORNER

Your Backup Plan

There was a man lost in the desert.
He was searching for a rescue well.
He had been searching for twenty days,
and the weather was hotter than Hell.

He was exhausted and on his last legs.
The well was serviced with a pump.
He had a tough choice to make
and he didn't want to be a chump

He had one bottle of water left,
but he could not drink it because it
had to be preserved to prime the pump.
The decision was - drink it or save it.

Have you faced this dichotomy?
The extra strength received from drinking,
the water might let you find the well.
But then you might die from just trying,

To get the water up from the well.
The lesson I'm trying to convey
is always have something in reserve,
a backup that just might save the day.

And the best backup plan I know of,
one who has already sacrificed,
who has promised to not let you down,
is the Lord and Master Jesus Christ.

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Upcoming Events

Oct 3-5 & Oct 10-12 -
Christian Women's Re-
treat, Leoni Meadows

Oct 25 - Broadside of a
Barn Social

Oct 26 - PHAA Fall Festi-
val

Nov 15 - PHAA Jr. High
Choir at Auburn Church

Church Birthdays

Sandie Dyer.....Oct 02
Judy Doyle.....Oct 03
Vince Wetherbee.....Oct 05
Lee Gipson.....Oct 08
Joshua Allington.....Oct 09
Horst Mehner.....Oct 10
Jenell Wareham.....Oct 16
Bethany Riojas.....Oct 17
Cami Reese.....Oct 20
Norman Henderson.....Oct 22
Kaiden Murillo.....Oct 23
Isabella Toppel.....Oct 24
Cambria Sim.....Oct 26
Jeannette Fanselau.....Oct 29

Auburn SDA Community Church

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Sermon Agenda



Oct 4: Pastor Mel

Oct 11: Pastor Mel

Oct 18: Pastor Mel

Oct 25: : Pastor Mel



Grief can take many forms, from the death of a loved one to divorce, job loss, or chronic illness. But no matter what you—or your loved one—is facing, God's Word promises He will comfort us in the midst of pain. If you or someone you know is hurting, His word will help you draw close to *"the Father of mercies and God of all comfort, who comforts us in all our affliction"* (2 Corinthians 1:3–4, ESV).

Jan's Healthy Recipes

Oatmeal Raisin Bread

from Pillsbury Heart Healthy Recipes

Ingredients:

- 1 cup boiling water
- 1/2 cup quick cooking rolled oats
- 1 package Pillsbury Nut Quick Bread Mix
- 1/2 cup raisins
- 1/4 cup water
- 2 tablespoons oil
- 1 egg

Directions:

- 1) heat oven to 350°. Grease and flour bottom only of 8" X 4" loaf pan.
- 2) In a small bowl pour boiling water over rolled oats, set aside.
- 3) In a large bowl combine quick bread mix, raisins, 1/4 cup water, oil, & egg. Add rolled oats mixture, stir by hand—50-75 strokes, just until dry ingredients are moist.
- 4) Pour into greased & floured pan & cook for 45—55 minutes, or until a toothpick comes out clean.
- 5) Let cool completely and refrigerate 2 hours before slicing.
- 6) Wrap remainder tightly and store in refrigerator.

Broadside-of-a-Barn Family Social

Join us on Saturday evening, October 25 for a fun night of watching a family movie, snacks and a good time together at the Porco's Home in Lincoln.



Prevention Not Cure

Ease Your Arthritis Pain

From November, 2023 Prevention Magazine

More than 58 million Americans struggle with Arthritis everyday. The swelling of joints can come and go or stick around all day. Inflammatory arthritis is when your body's immune system mistakenly attacks healthy tissue, causing inflammation and pain.

Overuse arthritis (Osteoarthritis) comes from wear and tear on the joints.

There are several ways to treat the disease naturally and with little cost at home. You can minimize flare-ups by avoiding processed foods, and sugary drinks, staying properly hydrated and doing low impact exercises regularly.

Turmeric: This spice is good because it boasts anti-inflammatory and antioxidant properties. You can add turmeric to your meals or sip on turmeric tea. You can also take it in capsule form—500 Mg. twice a day.

Other Supplements: Personally I take 2 additional supplements that help my arthritis—Yucca Root capsules — 500 Mg twice a day. The other one is Rose Hips capsules 1500 Mg twice a day. Both can also be purchased in powder form and added to your meals if you prefer. Note: Do not take Rose Hips with blood thinners.

Tens: Transcutaneous Electrical Nerve Stimulation involves the generation of electrical current that stimulates nerve cells and blocks the transmission of pain signals. Home units can be purchased at most drug stores. Personally I have used Tens for other athletic injuries and just recently started using them for my arthritis as well.

Paraffin Wax: This remedy in a bath form can help hands and feet pain. The heat from the wax dilates blood vessels, improving circulation and stiffness. You'll need a wax as well as a paraffin wax, both of which are available at most drug stores. Just follow the instructions on the product's packages.

Fallen Leaf Lake Campout

