

Community Newsletter



Auburn
SEVENTH-DAY ADVENTIST CHURCH

June, 2026

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Class of 2026 Graduates



**Congratulations to all of
our Auburn Graduates!
We are so proud of you!**

INSPIRATION CORNER

God Allows you Just Enough...

God allows you just enough sun,
to keep even your gray days bright.
God allowed His only son to die,
So you can have a chance at the light.

God allows you just enough rain
So you appreciate the sun even more.
God allows you just enough pain,
To appreciate the smallest blessing.

God allows you just enough loss ,
to appreciate all that you possess.
God allows you just enough joy,
so your spirit will be alive.

God allows you just enough strife,
So you can appreciate the good times.
God allows you just enough life,
So you can accomplish your goals.

God allows you just enough insight,
So you can ask the right questions.
God allows you just enough hindsight,
So you can be a lighthouse to the world.

God allows you just enough darkness,
So you can question some of the whys.
God allows you just enough hellos,
to get you through the final good-bye.

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Inspired by an unauthored story

Upcoming Events

- June 6 - Baccalaureate Sabbath
- June 20 - Religious Liberty Summit/Potluck
- July 4 - Communion Sabbath
- July 11 - Potluck
- July 23 - Youth Whitewater Rafting
- August 3 - 7 - VBS Week
- August 28 - 30 - Fallen Leaf Campout

Church Birthdays

- Claire Ludwig..... Jun 01
- Audrey Lockwood..... Jun 05
- Maxine MehnerJun 05
- Gina Wallace..... Jun 08
- Lorelie Krussow..... Jun 10
- Richard PriceJun 11
- Lisa Allington..... Jun 12
- David Van Zant..... Jun 16
- Edward Rouse..... Jun 16
- Terri Taaffe..... Jun 16
- Julie BagaJun 17
- Joshua Jewkes..... Jun 18
- Nikki Wehtje..... Jun 18
- Sherri Gerking..... Jun 21
- Josephine Spieth..... Jun 22
- Sandee Crane..... Jun 22
- Steve Holm..... Jun 23
- Marilyn CucciaJun 24
- Shawn Wallace..... Jun 24

Auburn SDA Community Church

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Sermon Agenda



- June 6: Tom Amato Sr
- June 13: Pastor Adam
- June 20: Andy Im
- June 27: Pastor Mel



Look to the Lord

The grieving process looks different for everyone. You may find yourself asking, "Why is this so hard?" or, "Will I ever feel whole again?" The Bible offers honest and tender answers, reminding us that God is close when we're hurting: "*The Lord is near to the brokenhearted and saves the crushed in spirit*" (Psalm 34:18, ESV).



ICEBOX HONEY COOKIES

Hosting a Graduation Celebration? Here is a simple but healthy recipe that's sure to please.

INGREDIENTS:

- * 1-1/2 cups shortening
- * 2 cups brown sugar
- * 2 eggs
- * 1/2 cup honey
- * 1 teaspoon lemon extract
- * 4-1/2 cups all purpose flour
- * 2 teaspoons baking soda
- * 2 teaspoons baking powder
- * 1 teaspoon salt
- * 1 teaspoon ground cinnamon

Directions:

In a large bowl cream shortening and brown sugar until light and fluffy. Add eggs one at a time beathing well after each. Blend in honey and lemon extract. Combine remaining ingredients gradually mixing well.

Shape into 2—12” rolls. Wrap each with plastic wrap. Refrigerate 2 hours or until firm.

Preheat oven to 325°. Unwrap and cut into 1/4 “ slices. Place 1” apart on ungreased baking sheet. Bake 12-14 minutes or until golden brown. Remove to cooling rack.

Makes 8 dozen

Prep time 20 minutes plus chilling

Baking time 15 minutes/batch

Doctor-Approved Home Remedies

From Prevention Magazine Super-Health Reports, 2026

ALLERGIES & ASTHMA

Dust and Vacuum weekly and steam clean your carpets every 12-18 months to cut down on dust mites. Also getting a HEPA air purifier to reduce allergy-related dust particles in the air.

ATHLETE’S FOOT

Soak your feet for 5-10 minutes daily in a saline solution of 2 teaspoons salt per pint of warm water. This will kill fungus and soften the skin so antifungal meds can penetrate deeper.

BURNS

To treat superficial wounds such as cuts and burns add honey to a sterile gauze and apply to the wound. Change the dressing every 24 hours. It will lesson the healing time, prevent infection, reduces swelling, and minimizes scaring.

APPLYING SUN SCREEN

Rubbing sunscreen vigorously into the skin reduces its effectiveness by up to 25%. Six passes over the skin will provide the protection provided on the label.

DIARRHEA

Apple cider vinegar is a helpful bacterial, viral, parasitic and microbial killer. It also helps to replenish the supply of good bacteria in the digestive tract (which is also important for treating diarrhea). Mix 1-2 tbs in 8oz of water.

INSOMNIA

Say goodnight to sleeplessness nights with a trail mix of dried cherries and walnuts. Both are good sources of melatonin.

MOSQUITO BITES

If you get bitten roll on an antiperspirant such as Secret. It has aluminum salts that helps reabsorb the fluid in the bug bite. It also will reduce the swelling and itching.

ARTHRITIS PAIN

A study showed getting less than 150 Mg of Vitamin C a day will triple the rate of cartilage breakdown. You can prevent this by eating high C-foods such as strawberries, bell peppers, and citrus fruit. Also, eating 3g of fish fats per day reduces the joint pain, swelling and morning stiffness.



