

# Community Newsletter



**Auburn**  
SEVENTH-DAY ADVENTIST CHURCH

July, 2026

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## Religious Liberty



On Sabbath, June 20, the Auburn Church hosted this year's Religious Liberty Summit. We started with no power, but it turned into an overall great day with Alan Reinach from the Church State Council speaking for Sabbath School and Andy Im from the GC speaking for church. In the afternoon, we had a very informative Q&A panel.

# INSPIRATION CORNER

Experiencing God's Wonders



There are times now and then,  
When experiencing God's wonders,  
Sitting in a high mountain meadow,  
Amidst the fragrant colorful flowers.

Or, viewing a sun setting into a lake,  
When I know the long day is over,  
And I see all the colors of mauve, rust,  
And salmon melting into the water.

Or, when a ray of sunlight pierces,  
Through the branches of mighty trees,  
And spotlights a piece of driftwood,  
A feeling of believing, it frees.

It reminds me that God still lives,  
He is just as alive and well today,  
All I have to do is look around,  
And read what nature has to say.

It is impossible for me and you,  
To not believe in His existence,  
While viewing nature's wonders,  
It just eclipses our resistance.

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## Upcoming Events

**July 12** - Potter's Baseball Youth Outing in Lincoln

**July 23** - Youth Whitewater Rafting Day

**Aug 3-7** - VBS 2026 Week (Theme: Rome)

**Aug 15** - Teacher Dedication at Auburn Church

**Aug 20** - First Day of School at Pine Hills

**Aug 28-30** - Fallen Leaf Church Campout (NO Services at Auburn)

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**Sermon Agenda** 

**July 4: The Nicola's**  
**July 11: Pastor Mel**  
**July 18: Pastor Mel**  
**July 25: Pastor Mel**



## Church Birthdays

- Michael Ketcherside.....Jul 03
- Tim Barr.....Jul 05
- Havilah Baga.....Jul 07
- Gabe Ketcherside.....Jul 08
- Cameron Maciel.....Jul 10
- Sharon Munoz.....Jul 13
- Betty Henderson.....Jul 14
- Laura Reese.....Jul 14
- Bonnie Teff.....Jul 15
- Roman Weeks.....Jul 15
- Brian Toppel.....Jul 16
- Jeanette Murillo.....Jul 17
- Donald Dyer.....Jul 18
- Kelly Garbutt.....Jul 18
- Gary Wareham.....Jul 19
- Caleb Sim.....Jul 21
- Traci Van Zant.....Jul 21
- Diana Barr.....Jul 22
- Kimberlee Maciel.....Jul 22
- Raina Jackson.....Jul 23
- Pamela Haddad.....Jul 24
- Chris Stokes.....Jul 30
- Darrel Crane.....Jul 30
- Jackie Whitson.....Jul 30
- Blanca Fanselau.....Jul 31
- Dax Whitson.....Jul 31
- Lilly Ludwig.....Jul 31



### KNOW YOUR EMOTIONAL LIMITS

Protecting your emotional energy is essential. Treat your emotional capacity like a finite resource and be mindful of situations or people that drain you. Regularly check in with yourself to gauge your emotional state and recharge through activities like listening to music, talking to supportive friends, or adjusting your schedule.

# Jan's Healthy Recipes

## Yogurt with Citrus & Cacao Nib Dukkah

From December 2023 Prevention Magazine

For an unusual breakfast that tasty as well as healthy, try this recipe.

### Ingredients:

- ◇ 2 Tbsp sesame seeds
- ◇ 1 Tbsp coriander seeds
- ◇ 1 tsp cumin seeds
- ◇ 1 1/2 tsp fennel seeds
- ◇ 2 Tbsp cacao nibs
- ◇ 1/2 cup roasted pistachios
- ◇ 1-1/2 tsp sumac
- ◇ 1 tsp flaky salt
- ◇ 2 cups whole-milk Greek Yogurt
- ◇ 4 clementines, rind & pith removed, fruit sliced
- ◇ 2 medium Caracara oranges, rind & pith removed, fruit sliced
- ◇ Mint leaves for serving

### Directions:

Heat small skillet on medium, add sesame seeds, coriander seeds, cumin seeds, and fennel seeds, cook stirring 1 minute, tossing until aromatic and toasted.

Transfer mixture to mini food processor, add pistachios and sumac, and pulse to coarsely chop. Toss with flaky salt.

Divide yogurt and fruit/seed mixture among bowls. Top each with 2 tsp dukkah and mint leaves.

The unsweetened chocolate-like bits are crunchy and pleasantly bitter, and they boost inflammation-taming antioxidants.



Fallen Leaf Campout has been moved up to August 28-30 this year. This was to give church members a better chance at getting a site. Reservations opened back at the end of February, so if you didn't make reservations back then you are probably out of luck for camping out.

But there is always the option of driving up for the day on Sabbath because the church will be closed in Auburn. The final schedule hasn't been drafted yet but it is tentatively as follows:

**8-9ish** breakfast (pancakes provided) bring any special toppings you like.

**11ish** Sabbath service (Sermon provided) bring your bible and a chair.

**1pm** Potluck Lunch followed by free time for swimming, exploring, biking, hiking etc.

**7:30ish** Vespers followed by Hot dogs and leftovers from the potluck.

Rhonda will also have crafts available for those interested. Headquarters will be Space 99. We hope to see everyone there.

# More Graduation Photos



## Summer Church Work Bee Photos

