

Community Newsletter



Auburn

SEVENTH-DAY ADVENTIST CHURCH

Oct. 2026

Page 1: Broadside of a Barn

Page 2: Inspire, Sermon Agenda, Birthdays, Upcoming Events, Grief Relief Tips

Page 3: Healthy Recipe, Prevention not Cure

Page 4: More Broadside of a Barn & Baptism Photos

Broadside of a Barn



The Broadside of a Barn church social was back after being canceled last year due to the rain, as only the third of its cancelations since its inception in 2002. It proved bigger and better than ever with a preview that featured Dave Krussow at his fire-fighting best behind the scenes. The featured movie **"The Forge"** provided excellent spiritual motivational entertainment. More photos on Page 4

INSPIRATION CORNER

The Treasure to Make us Whole

When the day of reckoning arrives,
All your treasure here on Earth,
Will be like truth that turns to lies,
And you'll realize their true worth.

Your true treasures are those,
That are freely given for love.
A treasure is like a flower that grows,
When watered with rain from above.

Your true treasures to employ,
Are the fruits of the spirit,
Peace, faith, gentleness, joy
The greatest of these is love, to hear it.

The thing we can truly treasure,
Above all our gold or money,
That we can truly savor,
Is the sacrifice at Calvary.

Why do we hold on to our fake
Treasures down here on Earth?
God offers us a treasure to take
To eternity, a far greater worth.

This treasure will not fit in a barn,
It only fits in our soul.
It is the love Jesus offers,
That will make us whole.

© 5-24-08 by Michael O'Haver,
Inspired by a sermon by Dave Carrion
& the song "Redeemed"



Upcoming Events

Oct 3 - Communion

Oct 9-11 - Women's
Retreat at Leoni

Oct 10 - Potluck

Oct. 24 - Jr High Choir
& Band Perform

Nov 14 - LJ Caroro
Afternoon Concert

Dec 20 - Bethlehem
Market

Church Birthdays

Sandie Dyer Oct 02
Judy Doyle..... Oct 03
Vincent 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
Hannah Ketcherside Oct 24
Isabella Toppel..... Oct 24
Cambria Sim Oct 26
Jeannette Fanselau..... Oct 29

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**Bethlehem Market
Work Shops:** Each Sun-
day 10 AM except Oct
11,18, & 25 & each Tues-
day 12 Noon, except Oct
20 & 27

Sermon

Agenda



Oct 3: Pastor Mel

Oct 10: : Pastor Mel

Oct 17: Pastor Mel

Oct 24: Pastor Mel

Oct 31: PUC Speaker



Self-Care is Essential

Self-care is more than just a buzzword; it's a holistic approach to maintaining a healthy balance in life. By focusing on physical, mental, emotional, social, and spiritual self-care, you can enhance your overall well-being. These intentional actions help reduce stress when life deals you a unexpected loss. They counter grief that can otherwise overwhelm the unprepared.



Jan's Healthy Recipes



Blueberry Crumb Bars

From Taste of Home—Cookies, Bars, & More

Ingredients:

- 1 package of Yellow Cake is (Regular size)
- 2-1/2 cups old fashion oats
- 3/4 cup butter (melted)
- 1 jar (12 oz.) Blueberry preserves
- 1/2 cup fresh Blueberries
- 1 Tablespoon lemon juice
- 1/2 cup Pecans (Finely chopped)
- 1 teaspoon Cinnamon (Finely ground)

Directions:

Preheat oven to 350°

In a large bowl combine cake mix, oats, & butter, until crumbly. Press 3 cups into a greased 9" square, bake for 15 minutes, cool on a wire rack for 5 minutes.

Meanwhile in a small bowl combine blueberries, preserves, & lemon juice. Spread over the crust. Add pecans & cinnamon to remaining crumb mixture. Sprinkle over the top.

Bake 18-20 minutes or until lightly browned. Cool on a wire rack before cutting into bars.

Think of these bars as a blueberry crisp turnovers turned into hand-held treats

Makes one dozen

Prevention Not Cure

Four Myths about Colds and the Flu

From November 2023 Prevention Magazine

October is here and it brings cooler temperatures and the realization that Winter is on the way. And winter means colds and flu season. Here are some common myths that have no scientific basis as facts.

Megadoses of Vitamin C can prevent colds or speed up recovery — Studies show that positive effects are limited for most people. Trials were done on marathon runners, skiers, and soldiers doing intense exercise in the subarctic. Contrarily big doses can cause headaches, nausea, and even kidney stones. The best strategies for cold prevention are exercise stress management, proper sleep, & avoid crowds.

You can catch a cold by going outside without a coat — Colds do happen when the weather gets cold but not because your body gets cold. They happen because dry winter air more easily transmits viruses that cause colds and infected people are driven indoors with coughing, & sneezing that easily infects those that come in contact with the them. Normal people can expect 2-3 and children 10-12 colds/year.

I'm healthy so I don't need an annual flu shot — The flu is caused by viruses from sick people coughing & sneezing. Even young healthy people get it. Even if your immune system is good enough to prevent you from getting it, it will help those around you from getting it from you. And don't worry, the flu shots contain inactive viruses so they can't give you the flu you are trying to avoid.

Dairy products will make your cold or flu worse — While mucus production does spike during colds or flus, milk or dairy products aren't to blame. The mucus is one of the body's first lines of defense. The mucus makes snot that washes viruses out and filters out material you breathe in and its antibodies help neutralize viruses. You need lots of liquid to fight colds or flus so don't avoid the good sources dairy products provide.

More Broadside of a Barn & Recent Baptisms Photos



Jonah Cicle delivering a devotional before the movie.



It was a wonderful time, with perfect weather and delicious cinnamon rolls baked by Kendall Porco along with home-made carrot cake made my JeAnn Ahl. The movie was also inspiring and encouraging us to be mentors and discipleship to one another.



On Sabbath, September 26 Mary Anne Pooler made the personal decision of getting baptized. She got baptized at the Bear River near Colfax.



On August 21, Kathy Wisted also got baptized in the river. It was a wonderful occasion along with special guests from the conference office. Let's welcome both into the family of God and the Auburn Church Family!