Community Newsletter

Auburn
SEVENTH-DAY ADVENTIST CHURCH

November 2026

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Women's Retreat ~ 2026



This year's Women's Retreat at Leoni Meadows was blessed with guest speaker Krystalynn Westbrook-Martin, and guest artist Gina Glass. A record number of Auburn SDA women, shown above, delighted in Krystalynn's marvelous story telling and spiritual support aimed specifically for women in leadership rolls in our church. She shared her personal experience in over-coming gender bias and discrimination to maintain her spiritual integrity.

INSPIRATION CORNER

He is the Head

Jesus says He is the head,
And we are His body.
So many try to lead instead,
So hard to give up control.

We should realize the head,
Is not complete without a body.
When the scriptures are read,
They show Jesus depends on us.

He could have chosen other ways,
To complete His work on Earth.
But, that's how the story plays,
Why would He trust it all to us?

Surely it takes much longer this way,
He could have done it in an instant,
That we are worthy is what I pray,
To take His Word to the world.

Sometimes I fear it's the reason,
It has taken so long for Jesus,
To decide it's finally the season,
For Him to return to this Earth.

Maybe it's all because,
We learn best by doing,
The cure becomes the cause,
The revelation that saves us.

© 9-11-10 by D. Michael O'Haver
Inspired by comments by Jim Brewster
on Ephesians 1:22-23

Upcoming Events

Nov 1 - PHAA Fall Festival

Nov 14 - LJ Caroro Concert at 2pm

Nov 21 - Thanksgiving Sabbath

Nov 21 - Church Business Meeting

Nov 22-28 - PHAA Thanksgiving Break

Dec 1 - Women's Christmas Dinner

Dec 5 - Youth Sabbath/ Potluck

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Sermon Agenda





Nov 1: Pastor Mel
Nov 8: : Pastor Mel
Nov 15: Pastor Mel
Nov 22: Pastor Mel
Nov 29: Pastor Mel

Church Birthdays

Elovie Mensink.....Nov 02
Ema Ludwig.....Nov 03
Evangeline Wetherbee...Nov 04
Mitchell Sim .....Nov 05
Rose Kaster.....Nov 05
Daulton Teff..... Nov 06
Cary Allington.....Nov 07
Janet Kahler.....Nov 07
Cash Galicia.....Nov 08
Brad Ludwig.....Nov 11
Janie Evazkhani.....Nov 11
Zachary Allington..... Nov 13
Hope Sekulic.....Nov 14
Rhonda Rajaofera.....Nov 16
Jim Ferolino..... Nov 17
Jonathan Crane..... Nov 17
Deborah Price..... Nov 20
Ava Brown.....Nov 21
Phil Evazkhani.....Nov 25
Sydney Fanselau.....Nov 26



DEALING WITH STRESS

Dealing with stress over losing someone or something you love is similar to other stress. You can relieve stress by:

- ⇒ **Listening to music**
- ⇒ **Playing with a pet**
- ⇒ **Exercising**
- ⇒ **Meditating**
- ⇒ **Taking a nap**

Jan's Healthy Recipes

Crqnberry Orange Regalach



Ingredients:

- 1 cup butter, softened
- 1 8 oz package cream cheese, softened
- 1/2 cup sugar or sugar substitute
- 2 egg yolks
- 1/2 teaspoon orange extract
- 1/2 teaspoon vanilla extract
- 2-1/2 cups all purpose flour
- 1/4 teaspoon salt
- 10 oz dries cranberries
- 1=1/2 cups raisins
- 1/12 cup orange juice
- 1 egg beaten
- Melded chocolate

From: *Taste of Home Cookies, Bars, & More*

Directions:

In a large bowl cream cheese, butter, & sugar until light and fluffy. Beat in egg yolks & extracts. Combine flour & salt, gradually add to creamed mixture, mix well. Divide dough into four ball-shaped portions. Flatten into discs. Wrap each in plastic wrap. Refrigerate until firm, two hours. Preheat oven to 350° Place cranberries, juice, & raisins in a food processor and mix well. On a lightly floured surface roll each portion of dough into a 12-inch circle. Spread each with 1/2 cup cranberry mis. Cut each circle into 12 wedges, roll up wedges from wide end and place point side down 1" apart on creased cooking sheet. Brush with egg. Bake 10-12 minutes or until lightly browned, remove to wire rack to cool. Drizzle with chocolate if desired.

Prevention Not Cure

How to Live to 100 and enjoy it

From December 2022 Prevention Magazine

Ask anyone if they would like to live to be 100 and you may be surprised how many say "no". They don't want to experience many of the "Old Folks Ailments" so commonly seen today. Or, they don't want to be a burden on their loved ones. Or they don't want to lose living an independent lifestyle, confined to as assistant living facility.

Our lifestyle and the environment we live in has a lot to do with our quality of life as we age. Studies have found that many of the things that help to prevent those "Old Folks Ailments", like diabetes and heart attacks are just the things to improve old age quality of life. So, if you do want to live to be 100 or more and enjoy it here are some tips to consider:

1) Manage your stress. Practice **Urban Forest Therapy.** Connecting to nature for 30 minutes several times a week can do wonders to your out-of-control stress level.

2) Practice **Time Distancing.** This is just asking yourself what will some stressor mean next week, next month, or in a year?

3) Schedule **Inner-Me-Time.** Studies have found that the days one goes for a run, meditates, or journals, are the days one eats healthy, and/or gets their much needed exercise.

4) Designate a **Phone-Free Time.** Checking your dumb/smart phone several time daily can add to your stress. Designating a regular Phone-Free Time can do wonders especially if you use that time to move your body as well.

More to come in future issues.

Photos of Jr. High Choir & Pastor Appreciation Month















