

Bonney Lake Seventh-day Adventist Church

Newsletter - December 2019 Issue



*For I know the plans
I have for you ...*

*Plans to give you Hope
and a Future*

Jeremiah 29:11

Christmas Program Choir Practice

December 6th at 6:30

December 18th at 6:00

December 20th at 6:30

December 7 Christmas Social

begins at 5:30

December 21 Christmas Breakfast

December 21 Christmas Program

Speakers for Sabbath Worship in December

Dec 7 Pastor Bruce

Dec 14 Thankful Hearts

Dec 21 Christmas Program and

From the Pen of Ellen G White

On Christmas, so soon to come, let not the parents take the position that an evergreen placed in the church for the amusement of the Sabbath school scholars is a sin; for it may be made a great blessing. Keep before their minds benevolent objects. In no case should mere amusement be the object of these gatherings. While there may be some who will turn these occasions into seasons of careless levity, and whose minds will not receive the divine impress, to other minds and characters these seasons will be highly beneficial. I am fully satisfied that innocent substitutes can be devised for many gatherings that demoralize.

Christmas is coming. May you all have wisdom to make it a precious season. Let the older church members unite, heart and soul, with their children in their innocent amusement and recreation, in devising ways and means to show true respect to Jesus by bringing to Him gifts and offerings. Let everyone remember the claims of God. His cause cannot go forward without your aid. Let the gifts you have usually bestowed upon one another be placed in the Lord's treasury. . . . In every church let your smaller offerings be placed upon your Christmas tree. Let the precious emblem "evergreen" suggest the holy work of God and His beneficence to us; and the loving heart-work will be to save other souls who are in darkness. Let your works be in accordance with your faith. . . .

Every tree in Satan's garden hangs laden with the fruits of vanity, pride, self-importance, evil desire, extravagance--all poisoned fruit, but very gratifying to the carnal heart. Let the several churches present to God Christmas trees in every church, and then let them hang thereon the fruits of beneficence and gratitude--offerings coming from willing hearts and hands, fruits that God will accept as an expression of our faith and our great love to Him for the gift of His Son, Jesus Christ. Let the evergreen be laden with fruit, rich and pure and holy, acceptable to God. Shall we not have such a Christmas as Heaven can approve?

Bible Verses of Joy

Romans 12:12 - Rejoicing in hope; patient in tribulation; continuing instant in prayer;

James 1:2 - My brethren, count it all joy when ye fall into divers temptations;

Romans 15:13 - Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Philippians 4:4 - Rejoice in the Lord alway: [and] again I say, Rejoice.

Galatians 5:22 - But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

John 16:24 - Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

1 Peter 1:8 - Whom having not seen, ye love; in whom, though now ye see [him] not, yet believing, ye rejoice with joy unspeakable and full of glory:

Proverbs 17:22 - A merry heart doeth good [like] a medicine: but a broken spirit drieth the bones.

John 16:22 - And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.

Romans 14:17 - For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

Psalms 16:9 - Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

1 Thessalonians 5:16 - Rejoice evermore.

Psalms 118:24 - This [is] the day [which] the LORD hath made; we will rejoice and be glad in it.

Adventist Pioneers

James Springer White 1821-1881

In his youth James White was a school teacher. He later became a Christian minister in Maine. He accepted William Miller's views on the second advent and was successful in preaching the doctrine of the soon coming of the Savior.

He was a talented and capable executive, missionary leader, and powerful public evangelist. Not only did he participate with William Miller, Joseph Bates, and scores of other preachers in announcing the advent of our Lord near in the 1840's, but he outlived the Millerite movement to become the first great apostle of the Seventh-day Adventist cause.

White was the publisher of the first periodical issued by Seventh-day Adventists, Present Truth (1849); the first editor of the Review and Herald (1850), the Youth's Instructor (1852), also the Signs of the Times (1874). He was president of the General Conference between 1865-1967, 1869-1871, and 1874-1880.

If there was a founder of the Review and Herald Publishing Association, it was James White along with his wife, Ellen. He was the sponsor and promoter of the Pacific Press Publishing Association.

He died August 6, 1881, when he was only sixty. He literally worked himself to death. The brethren leaned on him so heavily that his towering figure fell. His sixty years of life were spent unselfishly and sacrificially. No other Seventh-day Adventist minister did more than he to build high principle and efficiency into the life of our churches and institutions.

(Vol. 5, Nos. 1-3 of "Lest We Forget" feature James White.)

Ordination of Chaplain Kevin Daul





Christmas Social



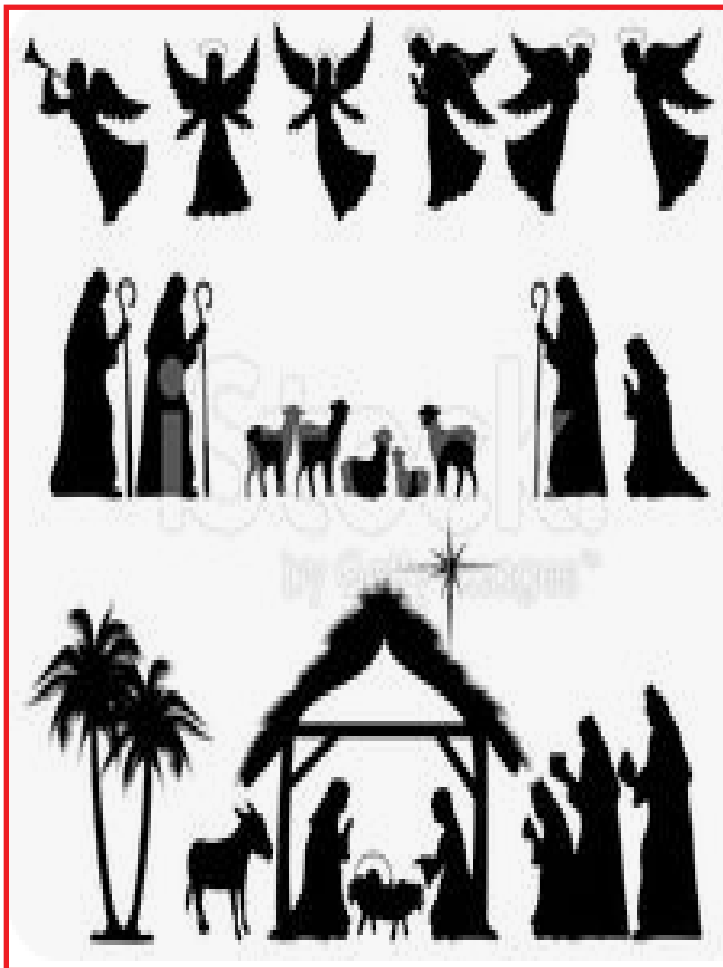
December 7th

*Join us for caroling by hay wagon at 5:30pm.
Afterward eat warm soup and end the evening
with a Christmas ornament exchange*



On This Christmas Morn

*A Poem by
Deborah Ann Belka*



*A promise to the world,
a child to be given
so many years foretold
so all could be forgiven.*

*Moonless night shining,
with the Morning Star
calling watchful shepherds
to come from afar.*

*Wise Men carry gifts,
meant for only a King
angels up in heaven
Glory ~ Glory ~ sing.*

*God became a man,
the Good News is born
begotten Son arrives
on this Christmas morn.*

*Our mighty God concedes,
to the wickedness of man
the Prince of Peace comes
to bridge the empty span.*

*Wonderful is His name,
Counselor to the meek,
the Son was born of flesh
to give power to the weak.*

*Our everlasting Father,
knows our fallen state
so He sent His only Son
to save us from our fate.*

*A promise to the world,
our Lord and Savior is born
sing ~ Praises to His Glory ~
on this Christmas morn.*

Faith Comes By Hearing



the christmas story

The Christmas Story

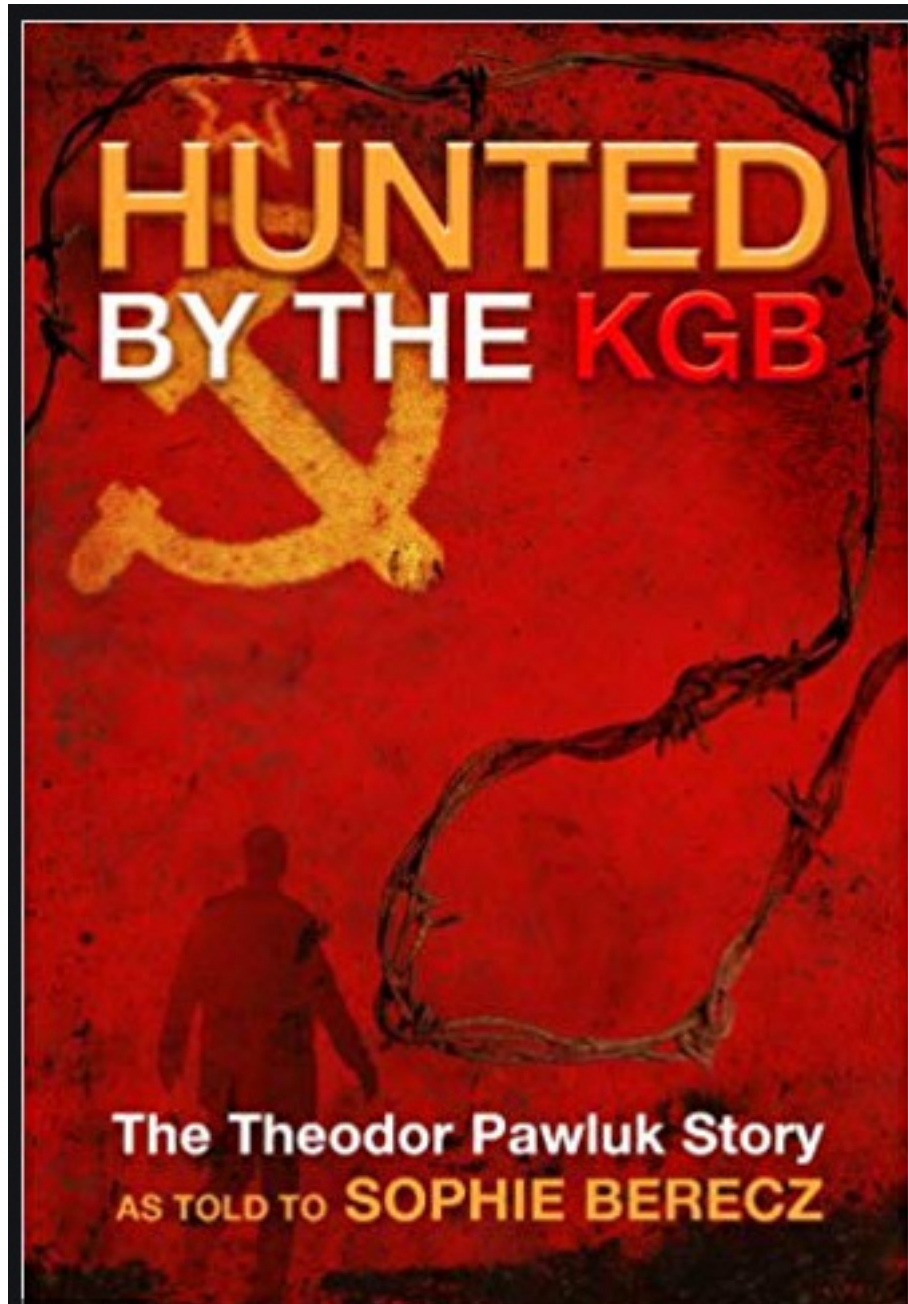
"I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord"

This stirring announcement is part of The Christmas Story – a free, 11-minute dramatized audio presentation taken word-for-word from the New Testament books of Matthew and Luke. The realistic recording was produced using distinct character voices, music, and sound effects to maximize the excitement and emotion of the Scriptures.

What better time of year is there to gather your loved ones together and listen to this short, family-friendly program about the birth of Jesus Christ? Enjoy it as our gift to you this holiday season and a reminder of God's greatest gift to all of us.

Play Audio

SUGGESTED READING-
SUBMITTED BY LAUREL THORP



"Hunted by the KGB", The Theodor Pawluk Story, contains miracles enough to convince any true seeker of God's ability to guide and protect those who put their trust in Him.

[Buy on Amazon](#)

Health Nugget

5 foods to skip for better blood pressure

If you have high blood pressure, here's some food for thought: What you eat can make it easier—or harder—to keep your blood pressure under control.

Like what, you may ask? Here are five surprising foods that can push blood pressure in the **wrong direction**—and some tips to help you dish up heart-healthy fare instead.

5 bad-news foods for blood pressure

Grapefruit juice. Grapefruit contains compounds that may interfere with how your body absorbs some drugs, including some blood pressure medicines. It can leave too much or too little of the drug in your bloodstream, which may be dangerous. Always ask your doctor or pharmacist if grapefruit could affect the medicine you're taking.

What to try instead: Sip on other 100 percent fruit juices. Or, even better, go for sugar-free drinks like water with a twist of lemon.

Black licorice. Licorice root contains a compound that, in large amounts, can lower potassium levels. Low potassium may cause blood pressure to skyrocket. The U.S. Food and Drug Administration warns that if you're 40 or older, eating 2 ounces of black licorice a day for two weeks or longer could be dangerous.

What to try instead: Many licorice-flavored products sold in the U.S. don't contain real licorice root. Look for low-sugar items flavored with anise oil instead.

Processed meats. Too much sodium in your diet can make blood pressure climb. Just one 2-ounce serving of deli meat can contain as much as half of the recommended sodium in your daily diet. Sodium hides in other common processed foods too, like bread, pizza and canned soup. So make it a habit to read nutrition labels and choose foods labeled low sodium, reduced sodium or no salt added.

What to try instead: meatless sandwich fillers like fresh veggies and low-sodium beans.

Sugary drinks. Sweetened beverages—like soft drinks—are a major source of added sugar. All that sugar adds empty calories that may lead to weight gain. And those extra pounds can make it harder to keep blood pressure in a healthy range.

What to try instead: Satisfy your sweet tooth with fresh fruits. They have natural sugars and nutrients your body needs, including blood pressure-friendly potassium.

Baked goods. Many baked goods—like cookies, crackers and doughnuts—are loaded with saturated and trans fats. These unhealthy fats can contribute to high blood pressure. So it's important to choose low-fat alternatives and avoid foods that say hydrogenated or partially hydrogenated on the label.

What to try instead: Try your hand at making your own baked goods at home, where you can control what goes in. In most recipes, you can trade some of the high-fat butter for a heart-healthy oil, like canola.





Special December Days

First Week:

- December 1: Rosa Parks Day
- December 1: World AIDS Day
- December 2: Special Education Day
- December 3: Make a Gift Day
- December 4: Cookie Day
- December 6: Give a Secret Gift Day
- December 7: Pearl Harbor Day
- December 7: Letter Writing Day



Second Week:

- December 8: Winter Flowers Day
- December 9: Homemade Gift Day
- December 10: Human Rights Day
- December 10: Nobel Prize Day



Third Week:

- December 15: Bill of Rights Day
- December 16: Boston Tea Party Day
- December 19: Build a Snowman Day
- December 20: Go Caroling Day
- December 20: Games Day
- December 21: Forefathers Day
- December 21: Look on the Bright Side Day
- December 21: Shortest Day of the Year

Last Week:

- December 25: Christmas Day
- December 30: Take a Walk Day
- December 31: New Year's Eve



Community Services

The Bonney Lake SDA Church ministers to the local community in two distinct ways:

Our long-running Community Services Department distributes household commodities and clothing on the 1st and 3rd Sundays of the month from 5-7 p.m. and the 1st and 3rd Mondays of the month from 9-11 a.m. in the Fellowship Room behind the church. We're honored to assist approximately 50 households each month with this ministry. Here are some ways you can help:

Donations needed: non-perishable items such as toothpaste, toothbrushes, toilet paper, shampoo, soap, gently-used (and clean!) clothing.

Assistance: sorting clothes, bagging items, setting up and taking down tables, making friends.

Team Thankful Hearts is a more recent venture, and its focus is to go out into the community to simply lend a helping hand to others and spread the love of Jesus. Projects done and have included store cards for those in need, holiday meals for the community, surprise grocery purchases (see video at right), car oil changes for single moms, and free haircuts for veterans.

Want to join in on the fun? Let us know and we'll get you connected in making a difference in your own backyard.

Adventist Community Services Offering is **December 14th, 2019. Give your offering at your local church, marking "ACS Offering" on your tithe envelope, or give online at www.communityservices.org. You can make a difference today!**

Recipe Corner

VEGAN GLUTEN-FREE PUMPKIN PIE

THE best Pumpkin Pie that requires just 10 ingredients and is both vegan and gluten-free! Crisp crust, flavorful pumpkin center - the perfect pumpkin pie for your holiday meals.

Author: *Minimalist Baker*



PREP TIME	COOK TIME	TOTAL TIME
1 hour	1 hour	2 hours

Servings: 10 (slices)
Category: Dessert
Cuisine: Gluten-Free, Vegan
Freezer Friendly: No
Does it keep?: 3-4 Days

★★★★★
4.49 from 116 votes

Ingredients

CRUST

- 6 Tbsp cold vegan butter (or chilled coconut oil with varied results)
- 1 1/4 cup [Bob's Red Mill 1:1 Gluten-Free Flour](#)*
- 1/4 tsp salt
- 4-6 Tbsp ice cold water

FILLING

- 2 3/4 cups pumpkin puree (1 1/2 15-ounce cans yield 2 3/4 cups)
- 1/4 cup maple syrup
- 1/4 cup brown sugar
- 1/3 cup [unsweetened plain almond milk](#)
- 1 Tbsp olive oil (or melted coconut oil)
- 2 1/2 Tbsp cornstarch or arrowroot powder
- 1 3/4 tsp [pumpkin pie spice](#) (or sub mix of ginger, cinnamon, nutmeg & cloves)
- 1/4 tsp sea salt

Recipe Corner

Instructions

1. To prepare crust, add gluten-free flour and salt to a large mixing bowl and whisk to combine. Slice or dollop the cold butter in and work gently with a fork or pastry cutter to cut it in. Don't overwork, just get it incorporated.
2. Next add ice cold water a little at a time and use a wooden spoon to stir. Only add as much water as you need to help it come together.
3. Once a loose dough is formed, transfer to a piece of plastic wrap and work gently with your hands to form a 1/2 inch thick disc. Wrap firmly and refrigerate for a minimum 30 minutes, up to 2 days. Just let it warm back up a little before using. You don't want it too warm or it can get too soft to handle.
4. Once your dough is chilled, preheat oven to 350 degrees F (176 C) and prepare pie filling.
5. Add all pie ingredients to a blender and blend until smooth, scraping down sides as needed. Taste and adjust seasonings as needed. Set aside.
6. To roll out the crust, unwrap the disc and place it between two sizable layers of wax paper (plastic wrap will work OK, but is a little more difficult to work with). Use a rolling pin to gently roll it into the shape of your pie pan. If it cracks, don't stress - you can reform it with your hands once you get it in the pan. But try and be gentle.
7. To transfer the crust, remove the top layer of wax paper and gently lay the pie dish face down on top of the crust and use the support of the wax paper to quickly but carefully invert it. Don't overthink it - just do it.
8. Once you get the crust inverted, gently use your hands to form it into the pan, working the crust up along the sides. It can be a little tricky but it bakes beautifully, so it's worth the effort! Just try not to overwork the dough in the process - it shouldn't take more than a few minutes to perfect the shape. Any holes or cracks can be mended with a little excess dough and the heat of your hand.
9. TIP: I would advise against trying to be fancy and do any elaborate design with the crust, so just get the crust in, get a flat edge and go.
10. Pour filling into pie crust and bake for 58-65 minutes. The crust should be light golden brown and the filling will still be just a bit jiggly and have some cracks on the top. Remove from oven and let cool completely before loosely covering and transferring to the refrigerator to fully set for 4-6 hours, preferably overnight.

<https://minimalistbaker.com/vegan-gluten-free-pumpkin-pie/>

Kids' Corner

Christmas Wordsearch

M E H E L H T E B U G H D S
Y C E O U R W J O S E P H A
S B D E A W M A R Y K Q I X
D F A T L B C K S U S E J Y
O C S B W T O P A T W T T E
N Q S D D R T R Z T Z I W U
K S S T E R T A V W V S Z D
E R W G N Y E N C I H G A O
Y I N G F E X H T D S M N S
Y A V F Y C S A P J V H G E
M G S L C S N E M E K E E V
S P I B I X G W R U H K L L
X X N X O U B W T P I S C C
U R H L E L B A T S Q I R F

Angel
Baby
Bethlehem
Cattle
Donkey
Jesus
Joseph

Manger
Mary
Nativity
Presents
Shepherd
Stable
Star

Kids' Corner-Mad Lib



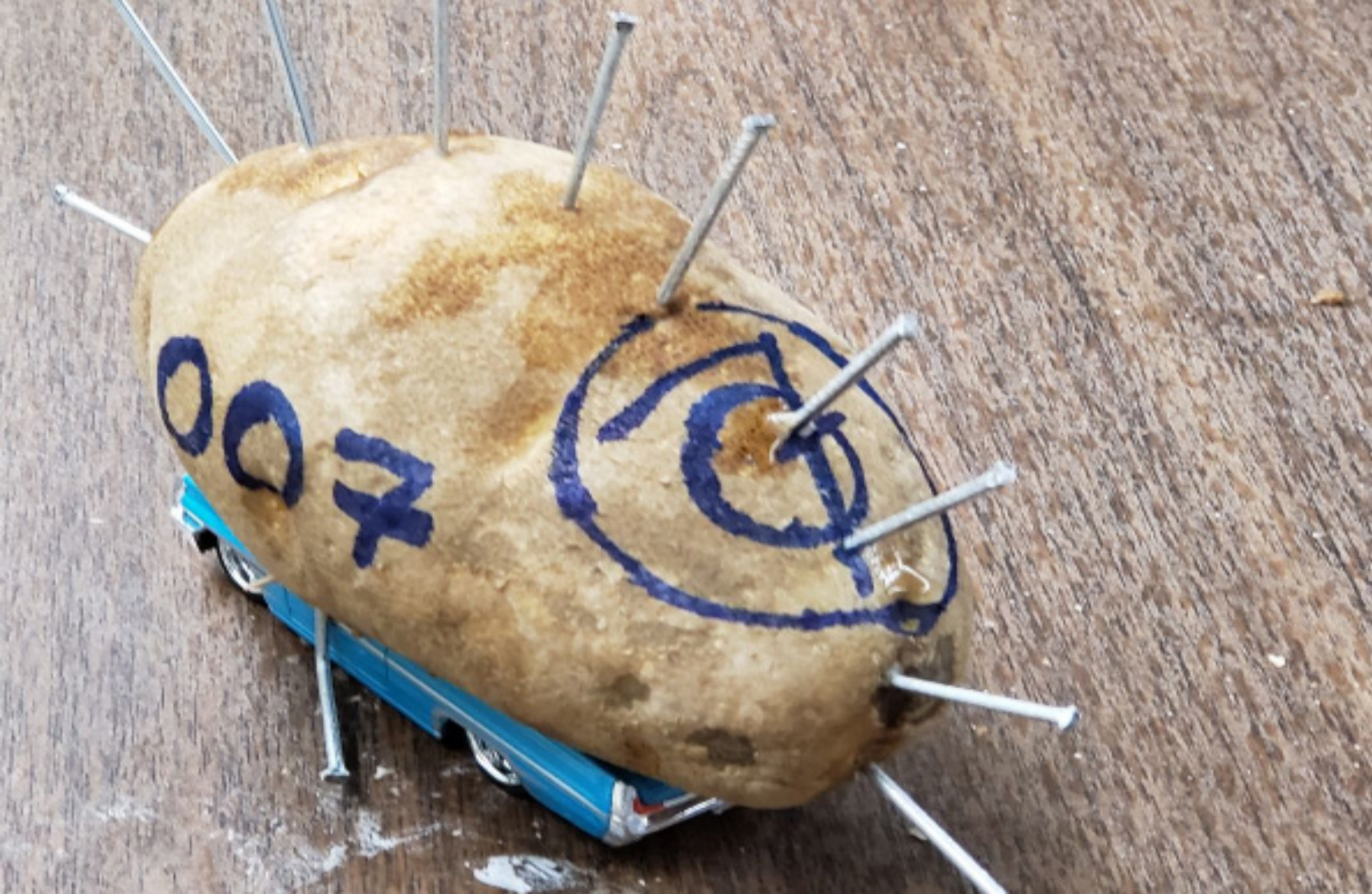
Christmas Tree!

Every _____ we _____ to a tree
(month) (verb)
_____ far away. Not just any _____
(place) (adjective)
farm, a _____ tree _____. My dad
(adjective) (place)
and I _____ onto the _____ to _____
(verb) (noun) (verb)
for the perfect _____. Some people like
(noun)
them _____ and _____ and some like
(adjective) (adjective)
them _____ and fat. We are searching
(color)
for a tall and _____ one! "Over there!" I
(adjective)
exclaim, "Dad it's over there!" Off we _____,
(verb)
saw in hand to _____ this year's _____
(verb) (noun)
down. _____ it's _____ finally!
(exclamation) (holiday)



Simply Spudtacular!







Group Study

Every second and fourth Sabbath of the month, the Peckham's host a study at their house at 4:00pm. You can join them at 21103 16th Street, Lake Tapps, WA 98391.

Audio Visual Info



Please e-mail the Audio Visual team at pa@blsda.com with anything you want on the large screen during church service.

You can e-mail them things like:

- Adding or removing a name from our family prayer list
- Including pictures for a Story Time
- Announcement slides

Our church is equipped with an audio assistance system. If, during Worship Service, you need a device please visit our Audio-Video booth in the rear of the Sanctuary.

Calendar of Recurring Events

Adventist Community Services:	1st & 3rd Sunday of each month 5:00 PM - 7:00 PM 1st & 3rd Monday of each month 9:00 AM - 11:00 AM
Healthy Hearts Fitness Club	Each Monday at 7:00 PM
Pathfinders:	Each Tuesday at 7:00 PM
Mid-week Bible Study and Prayer Meeting:	Each Wednesday in the Youth Room 7:00 PM "Steps to Personal Revival: Being Filled with the Holy Spirit"
Elders Meeting:	2nd Monday of each month 7:00 PM - 8:00 PM
Board Meeting:	2nd Thursday of each month 7:00 PM - 9:00 PM
Prayer Walk:	Each Sabbath at 9:00 AM
Fellowship Potluck Luncheon:	1st & 3rd Sabbath of each month in the Fellowship Hall after Sabbath service
Group Study	1st and 4th Sabbath of each month Peckham's Residence 21103 16th St E Lake Tapps, WA 98391

If you want to include something in the bulletin, please e-mail bulletin@blsda.com before end of day each Wednesday

If you want to include something included in the newsletter, please e-mail sharon19806@comcast.net. All submissions must be received by the **27th** of each month

Sunset Times - December 2019

Friday		Saturday	
6	4:15PM	7	4:15PM
13	4:14PM	14	4:14PM
20	4:16PM	21	4:17PM
27	4:20PM	28	4:21PM

Signs Of The Times

SIGNS OF THE TIMES

8 Great Reasons to Send *Signs*

The time to act is now.

- 1 Signs brings Jesus and people together.
- 2 Signs shares the Seventh-day Adventist message.
- 3 Signs makes soul winning economical.
- 4 Signs gets past the front door.
- 5 Even shy people can witness with Signs.
- 6 Signs will witness for you.
- 7 God works through Signs to save others.
- 8 An investment in Signs will pay dividends for eternity.



Sharing the Good News

Sharing *Signs* Order Form

PERSONAL SUBSCRIPTION (12 monthly issues)

Check here to subscribe for yourself.

Name _____

Address _____ Apt No. _____

City _____ State/Province _____

ZIP/Postal Code _____ Phone (_____) _____

GIFT SUBSCRIPTION (12 monthly issues)

Yes! I want to send *Signs* to somebody special. Please send my gift of a *Signs* subscription to:

Name _____

Address _____ Apt No. _____

City _____ State/Province _____

ZIP/Postal Code _____ Phone (_____) _____

(Please include additional names for gift subscriptions on a separate piece of paper.)

PAYMENT METHOD (Please check one)

Check or money order enclosed.

Charge my VISA MasterCard Discover AMEX

Card No. _____ Exp. Date _____

Authorized Signature _____

Name on Card _____

Date _____ CVV Code _____

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To sign up online:

<https://www.adventistbookcenter.com/signs-of-the-times-magazine-yearly-us-subscription.html>

Who To Contact

Pastor: Bruce Koch

Audio & Visual Systems: Ben McDonald & Ben Hiebert

Board Members Chair: Mike Herman

Bulletin Board: Shari Ringering

Bulletin Secretary: Sharon Paiz

Children's Story Coordinator: Marlys Proctor and Traci Comstock

Choir Head: Open

Church Clerk: Jennifer Hamerly

Church Administrative Assistant: Jill Anfinson

Community Services: Fred & Mary Lou Haskell

Head Deacon: Lloyd Buras

Deacons: Marty Beard, Robert Cassidy, Vaun Fiedler, Fred Haskell, Ben Hiebert, Lowell Hoffman, Ed Lindsay,

Marc Mann, Boo McDonald, Jordon McDonald

Head Deaconess: Janice Ellison

Deaconesses: Carol Daul, Katherina Daul, Marina Koch, Lila Lindsday, Sharon Paiz, Julie Ringering, Sara

Stickle, Joana Schoeneman, Susan Young

Disaster Response Preparedness: Marty Beard

Head Elder: Mike Herman

Elders: Norm Peckham, Wayne Hurley, Kevin Daul, Ron Ringering, Mark Schoeneman, Phil Proctor

Fellowship Dinner Committee Co-heads: Lloyd & Linda Buras, Phil & Marlys Proctor

Finance Committee Chair: Ron Ringering

Flower Coordinator: Kaitlyn Herman

Health Ministries Head: Carol Daul

Hospitality Committee Head: Rigo and Maria Salinas

Librarian: Marlys Proctor

Literature Rack & Periodical: Marty Beard

Loss Control Head: Lloyd Buras

Music Ministry & Special Music Coordinator: Kaitlyn Herman

Newsletter Editor: Sharon Paiz

Nominating Committee Chair: Mike Herman

Organist & Pianist: Eileen Anderson

Outside Reader Board Head: Sara Stickle

Pathfinders: Karen Fiedler

Personal Ministries Head: Sara Stickle

Photographer Head: Vaun Fiedler

Praise Team Head: Kaitlyn Herman

Prayer Coordinator: Starla McDonald

Public Relation: Kaitlyn Herman

Religious Liberty Representative: George Beaver

Sabbath School Secretary: Marlys Proctor

Sabbath School Superintendent: Ruth Matson

Senior Ministries Representative (SAGE): Open

Social Committee Head: Karen Herman

Technology: Ben Hiebert

Head Treasurer: Linda Buras

Head Usher: Lloyd Buras



Get the Newsletter!

Do you or someone you know want to receive the newsletter by e-mail? Please send your name and e-mail address to the newsletter editor at: sharon19806@comcast.net

Mission

Our mission is to be a beacon of light in Bonney Lake, sharing the everlasting gospel of Jesus Christ, giving hope that all may have salvation, as we prepare for his imminent return.

Join us for the following on Saturdays:

9:15am Song Service

9:30am Weekly Lesson Study
 Adult Classes are studying "Ezra and Nehemiah" in Quarter 1

10:50am Worship Service



BONNEY LAKE
 SEVENTH-DAY ADVENTIST CHURCH
 11503 214TH AVE E.
 BONNEY LAKE, WA 98391
WWW.BLSDA.COM
 (253) 862-8620
 BRUCE KOCH - PASTOR

On behalf of the Bonney Lake SDA church family, welcome to this house of God. We want you to feel welcome and do make a new friend or two while you're here.

Have an article, photos or information for the next newsletter? Submit information by the 25th of each month for the next issue to sharon19806@comcast.net