

JANUARY/FEBRUARY 2021

BEACON OF LIGHT

Official Newsletter of the Bonney Lake Seventh-day Adventist Church



Our Newsletter for a New Year

BY SHARON PAIZ & SARA STICKLE

Hello, Church Family! We hope you all had a wonderful holiday season and we pray for your health and prosperity in the new year. In this issue of our newsletter, we're talking about new beginnings in many forms. We are sharing some tips to making and sticking to your resolutions, scripture and spirit of prophecy writings on the new heaven and new earth, ways to start conserving energy in the cold of winter, and much more. Be sure to read the whole newsletter so you don't miss a thing!



This issue:

Making Resolutions

PAGE 2

New Heavens & New Earth

PAGE 4

This Month in Bible History

PAGE 8

Adventist Pioneer Spotlight

PAGE 9

Health Ministry

PAGE 11

Plant-based Recipes

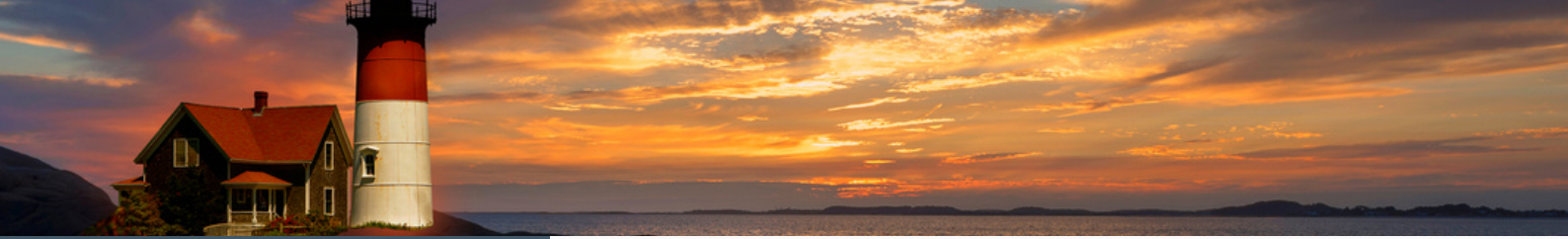
PAGE 14

Games

PAGE 16

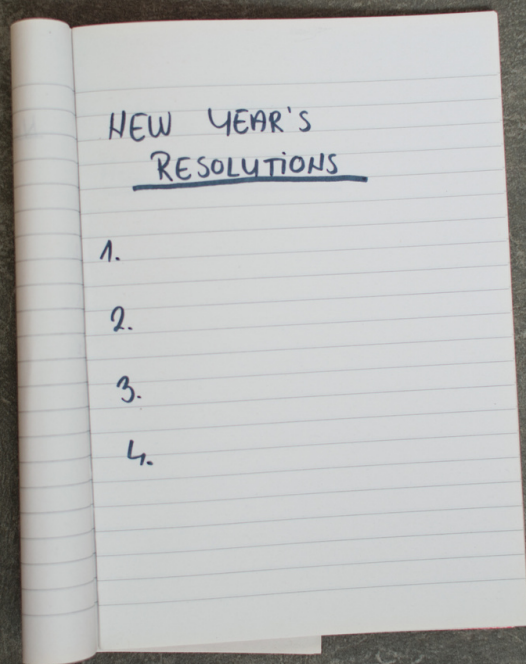
Conserving Energy

PAGE 18



"Commit your
way to the
Lord, Trust
also in Him,
and He
will do it."

PSALM 37:5



Making Resolutions

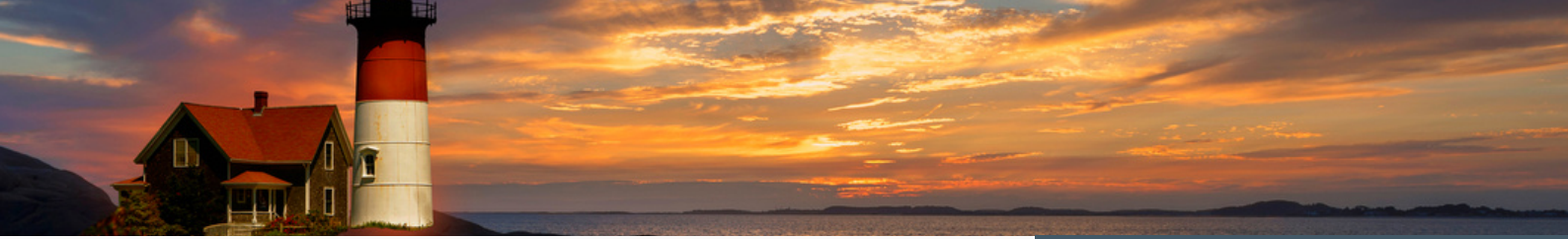
BY SARA STICKLE

The start of a new year inspires many to self reflect and resolve to make changes for the better. If you're like me, you end each year with reflecting on the year's resolutions and gauging how well you did. Then, re-upping the resolutions you still need to work on and adding a myriad of others. Sometimes these resolutions are other-centered and sometimes they're centered on personal development. But self improvement doesn't necessarily translate to selfishness. For example, you may want to work on being more patient. Yes, there are personal benefits to this but chances are, you're really trying to improve relationships or help others feel valued.

I usually get a lot of looks when I reply to people who ask me about my new year's resolutions. "Oh, I have about 25 of them. Want to hear?" The answer is usually "yes" since people either want to be inspired to make their own or they're intrigued to hear what's so wrong with me. Some think it's crazy that I make so many (and maybe it is) but I can tell you that since I started making more than just a few resolutions, I've been much more successful at keeping them. That may also coincide with my reconnection with God and surrendering more to Him now than ever before.

I think the key to making resolutions (after prayer) is to evaluate the aspects of your character, your actions (or inactions) that are nagging at you. Are you not sleeping enough and it's causing you to be grumpy? Are you short with people because you always feel pressure to move quickly? Do you often feel bored and regret not doing anything productive with your time? It may seem like a real downer to write down the things about yourself that you're not all that fond of but that's where we can be thankful this is only done in the first step!

Now, imagine physically putting this list before God. Would you feel good about Him reading your list? Are these the things that you would pray for victory over or for new habits to form? If they wouldn't make your prayer list, cross them off of your resolution list. We know Jesus is coming again soon and time is short; we should be resolving to do the things that bring Him honor and glory, and draw others near to Him.



Making Resolutions, Continued

Finally, now that you have your list, let's come up with a plan. Prayer first, always. Your list is just a bunch of letters without the Spirit's guidance and strength. Decide how regularly you want to evaluate your resolutions and see how you're doing. The important thing to remember is, with God's help, practice makes perfect. You will likely not be 100% successful along the way.

"For a righteous person falls seven times and rises again, But the wicked stumble in time of disaster." Proverbs 24:16

Notice in this verse, both a righteous person and a wicked person fall, but the righteous person keeps getting up. Just because you struggled with a resolution, doesn't mean you have to ditch it. Keep getting up!



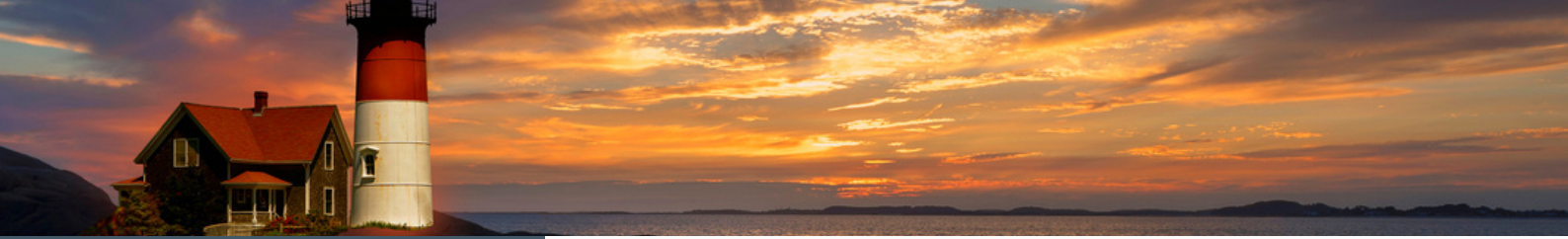
We need the determination and strength of God so we can be sure to get past that dreadful date of January 17, National Quitter's Day where people ditch their new year's resolutions because they've already failed or feel something is too difficult.

"I can do all things through Him who strengthens me." Philippians 4:13

Keep your eyes on Jesus. Know that with God, all things that seem impossible are possible. Let's spend time examining our lives so we can ask God for a change of heart and direction from His Spirit.

**"Whatever you
do in word or
deed, do
everything in
the name of
the Lord
Jesus, giving
thanks
through Him
to God the
Father."**

COLOSSIANS 3:17



"And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea"

REVELATION 21:1



The New Heaven and New Earth

BY SHARON PAIZ

Sin separates. God re-creates.

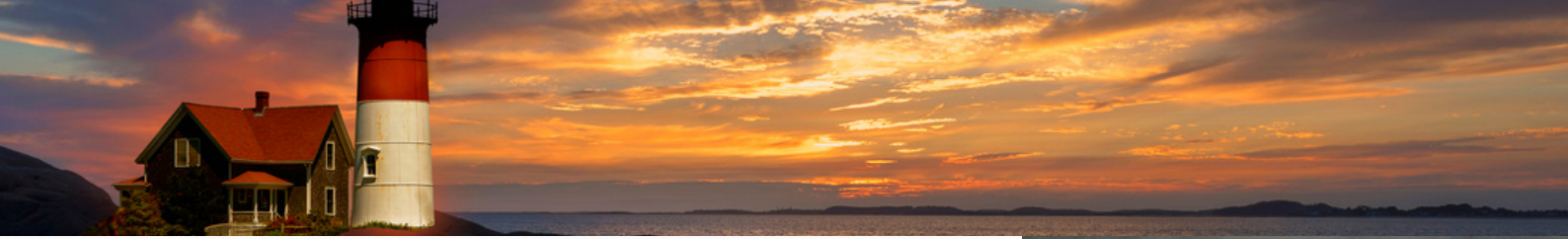
There will come a day when God re-creates earth and it will be even better than when Adam and Eve first walked on this earth. Hebrews 11:16 "But now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God: for He hath prepared for them a city." I am full of hope that God has promised us a new home. "If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also." John 14:3. God's Holy Word is full of hopes and promises of a new world, a perfect world!

"Ellen White was inspired to write in the book Heaven, Page 133, "Let all that is beautiful in our earthly home remind us of the crystal river and green fields, the waving trees and the living fountains, the shining city and the white-robed singers, of our heavenly home—that world of beauty which no artist can picture and no mortal tongue describe. Let your imagination picture the home of the saved, and remember that it will be more glorious than your brightest imagination can portray." My friends, let us allow our minds to imagine what God has prepared for us.

Through the inspiration of the Holy Spirit, Paul wrote in Philippians 4:8 "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." God wants us to think on His beautiful promises.

In a world full of pain and joy there is still hope. Though the world's care presses against us, let us lift our minds higher. Let us look to the heavens and sing:

*"When He shall come with trumpet sound
Oh may I then in Him be found
Dressed in His righteousness alone
Faultless to stand before the throne!"*



My First Vision

BY ELLEN G WHITE

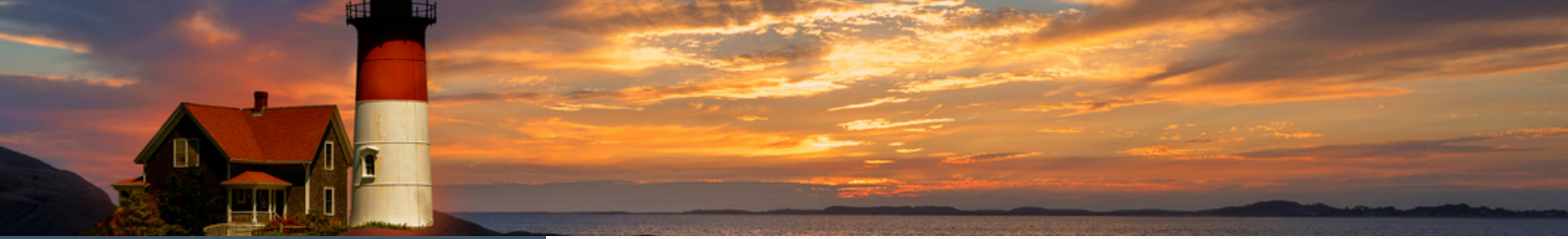
...With Jesus at our head we all descended from the city down to this earth, on a great and mighty mountain, which could not bear Jesus up, and it parted asunder, and there was a mighty plain. Then we looked up and saw the great city, with twelve foundations, and twelve gates, three on each side, and an angel at each gate. We all cried out, "The city, the great city, it's coming, it's coming down from God out of heaven," and it came and settled on the place where we stood. Then we began to look at the glorious things outside of the city. There I saw most glorious houses, that had the appearance of silver, supported by four pillars set with pearls most glorious to behold. These were to be inhabited by the saints. In each was a golden shelf. I saw many of the saints go into the houses, take off their glittering crowns and lay them on the shelf, then go out into the field by the houses to do something with the earth; not as we have to do with the earth here; no, no. A glorious light shone all about their heads, and they were continually shouting and offering praises to God. I saw another field full of all kinds of flowers, and as I plucked them, I cried out, "They will never fade." Next I saw a field of tall grass, most glorious to behold; it was living green, and had a reflection of silver and gold, as it waved proudly to the glory of King Jesus. Then we entered a field full of all kinds of beasts—the lion, the lamb, the leopard, and the wolf, all together in perfect union. We passed through the midst of them, and they followed on peaceably after. Then we entered a wood, not like the dark woods we have here; no, no; but light, and all over glorious; the branches of the trees waved to and fro, and we all cried out, "We will dwell safely in the wilderness, and sleep in the woods." We passed through the woods, for we were on our way to Mount Zion.

As we were traveling along, we met a company who also were gazing at the glories of the place. I noticed red as a border on their garments; their crowns were brilliant; their robes were pure white.



"A glorious light shone all about their heads, and they were continually shouting and offering praises to God."

EARLY WRITINGS PAGE 17



**"You must go
back to the earth
again, and relate
to others what I
have revealed to
you."**

EARLY WRITINGS PAGE 19



As we greeted them, I asked Jesus who they were. He said they were martyrs that had been slain for Him. With them was an innumerable company of little ones; they also had a hem of red on their garments.

Mount Zion was just before us, and on the mount was a glorious temple, and about it were seven other mountains, on which grew roses and lilies. And I saw the little ones climb, or, if they chose, use their little wings and fly to the top of the mountains, and pluck the never-fading flowers. There were all kinds of trees around the temple to beautify the place; the box, the pine, the fir, the oil, the myrtle, the pomegranate, and the fig-tree bowed down with the weight of its timely figs—these made the place all over glorious. .And as we were about to enter the holy temple, Jesus raised His lovely voice and said, "Only the 144,000 enter this place," and we shouted, "Alleluia." This temple was supported by seven pillars, all of transparent gold, set with pearls most glorious. The wonderful things I there saw, I cannot describe.

Oh, that I could talk in the language of Canaan, then could I tell a little of the glory of the better world. I saw there tables of stone in which the names of the 144,000 were engraved in letters of gold. After we beheld the glory of the temple, we went out, and Jesus left us, and went to the city. Soon we heard His lovely voice again, saying: "Come, My people, you have come out of great tribulation, and done My will; suffered for Me; come in to supper, for I will gird Myself, and serve you." We shouted, "Alleluia! glory!" and entered into the city. And I saw a table of pure silver; it was many miles in length, yet our eyes could extend over it. I saw the fruit of the tree of life, the manna, almonds, figs, pomegranates, grapes, and many other kinds of fruit. I asked Jesus to let me eat of the fruit. He said: "Not now. Those who eat of the fruit of this land, go back to earth no more. But in a little while, if faithful, you shall both eat of the fruit of the tree of life, and drink of the water of the fountain." And He said, "You must go back to the earth again, and relate to others what I have revealed to you." Then an angel bore me gently down to this dark world.

Early Writings Pages 17-19



Tithes & Offerings

ONLINE GIVING TIPS & TRICKS

You might be feeling a bit overwhelmed with all of the technology that has to be used to keep us connected. Here, we are highlighting the information you need to easily make your tithe and offering donations.

Online Giving for Bonney Lake SDA Members

- On your computer or phone browser:
 - <https://adventistgiving.org/#/org/ANIMCB/envelope/start>
- Download the app on iOS or Android:
 - Go to the app store on your phone or tablet and search "Adventist Giving".

Mail Your Tithe & Offerings

- Be sure to indicate on your check or in an accompanying note where your offerings should go.
- Mail to Bonney Lake SDA Church at 11503 214th Ave E, Bonney Lake, WA 98391

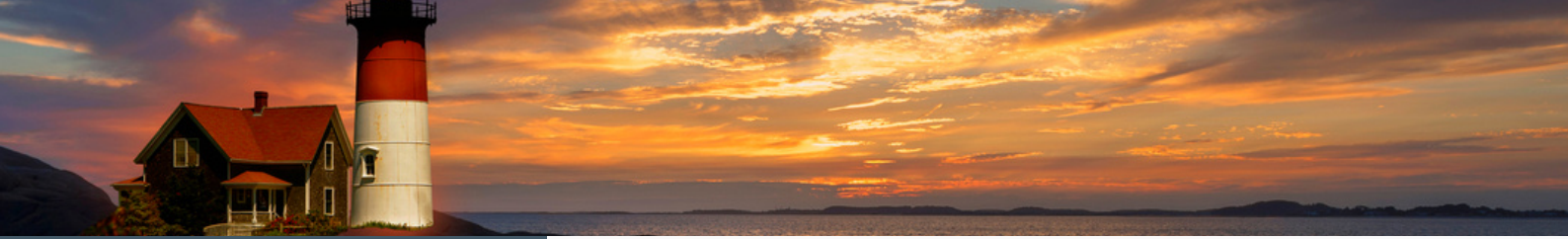


Offerings & Sunset Calendar

Jan 2	Local Church Ministries	4:29	4:30
Jan 9	Washington Youth: Education	4:37	4:38
Jan 16	Local Church Ministries	4:45	4:47
Jan 23	NAD: Religious Liberty	4:55	4:57
Jan 30	Local Church Ministries	5:06	5:07
Feb 6	Local Church Ministries	5:17	5:18
Feb 13	WB: Adventist TV Evangelism	5:28	5:29
Feb 20	Local Church Ministries	5:38	5:40
Feb 27	Washington Youth: Education	5:49	5:51

"Honor the Lord with thy substance and with the firstfruits of all thine increase."

PROVERBS 3:9



"In the fortieth year, on the first day of the eleventh month, Moses spoke to the sons of Israel, in accordance with everything that the Lord had commanded him to declare to them"

DEUTERONOMY 1:3

"On the twenty-fourth day of the eleventh month, that is, the month Shebat, in the second year of Darius, the word of the Lord came to Zechariah the prophet, the son of Berechiah, the son of Iddo"

ZECHARIAH 1:7

Shevat

THIS MONTH IN BIBLE HISTORY

Shevat is the eleventh month of the Hebrew year and covers part of January and part of February. In the Bible, Shevat is mentioned twice.

Beginning the first of Shevat in 1406 B.C., for 37 days, Moses repeated the Torah (the Law) to the Israelites (Deuteronomy). Since the generation that was originally brought out of Egypt had passed away, the younger generation needed an understanding of the covenant, of who God is, and how to transition from their nomadic lifestyle to settled life in the promised land. Shevat is commonly viewed as a time for renewed inspiration in studying the Law.

On the 24th day of Shevat in 520 B.C., Zechariah had his prophetic vision from God (Zechariah chapters 1 through 6). He saw the grand culmination of history; a glorious coming King who triumphs over all and puts an end to sin. This message was meant to wake up the Israelites and energize and encourage them.



You could say it's coincidental that both events were covenant reminders by God's prophets that took place in the same month, 886 years apart. However the coincidence in timing may seem, God frequently used His prophets to tell the story of His redemptive plan resulting in His triumph over evil and His salvation for sinners.



Rachel Oakes Preston

ADVENTIST PIONEER SPOTLIGHT

Rachel Oakes Preston was a Seventh-day Baptist who persuaded a group of Adventist Millerites to accept Saturday, instead of Sunday, as the true Sabbath. Here is her story...

Rachel (Harris) Oakes Preston was born in Vernon Vermont on March 2, 1809. She first joined the Methodist Church. She married Amory Oakes and moved to Verona, New York where Amory soon died. After Amory's death Rachel joined the Seventh-day Baptist Church.

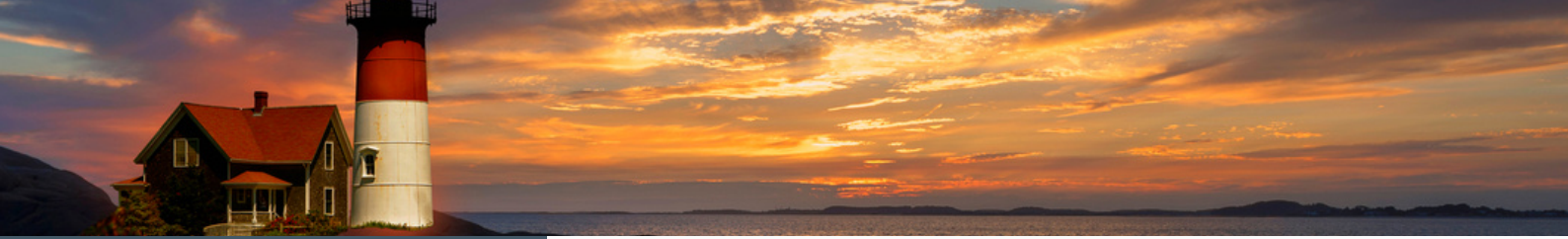
In 1843 Rachel and her daughter, Rachel Delight, moved to Washington, New Hampshire. Her daughter would become a school teacher there. While attending the "Christian Brethren" church with her daughter, she tried to present her views on the seventh-day Sabbath. However, the congregation were "Millerites" and were not open to the Sabbath message as they were focused on preparing for the second coming of Christ. They believed Christ would be coming in 1843-1844.

Rachel shared her belief in the seventh-day Sabbath with Frederick Wheeler. He was an ordained minister of the Methodist Episcopal Church. He had been promoting the teachings of William Miller. Frederick was holding a communion service in the Washington New Hampshire Christian church, one Sunday in the winter of 1844. His message that day was that all should obey the commandments of God. One day while Frederick was visiting with Rachel she asked him, "Do you remember, Elder Wheeler, that you said everyone who confessed Christ should obey all of the commandments of God?" 'Yes', he answered. Rachel replied, 'I wanted to tell you that you had better set the communion table back and put the cloth over it, until you begin to keep the commandments of God.'



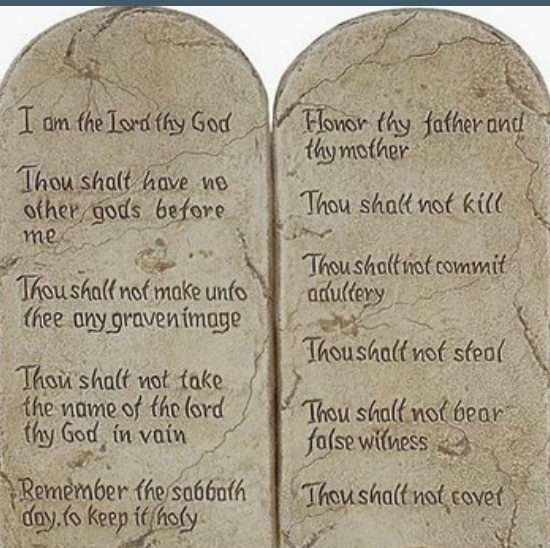
**"You had better set
the communion table
back and put the
cloth over it, until
you begin to keep
the commandments
of God"**

RACHEL OAKES PRESTON



"For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it."

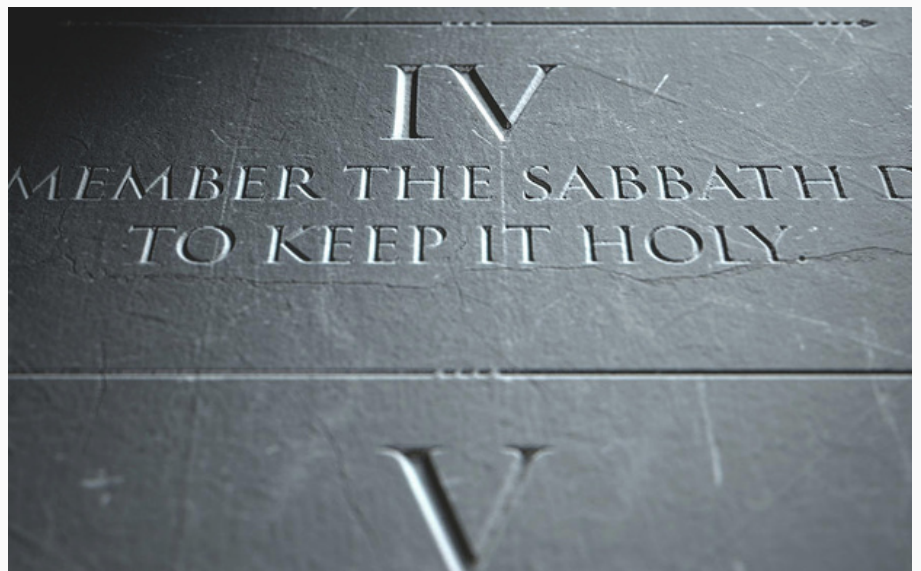
EXODUS 8:11



ADVENTIST PIONEER SPOTLIGHT, CONTINUED

Elder Wheeler went away astonished by what Rachel had said. Her comment weighed heavily on his mind. He kept thinking and studying about the Sabbath and a few weeks later he preached his first sermon on the Sabbath to his "Christian Brethren" congregation.

Rachel also influenced William Farnsworth who also took up the Sabbath message and preached it to "Christian Brethren" congregation as well.

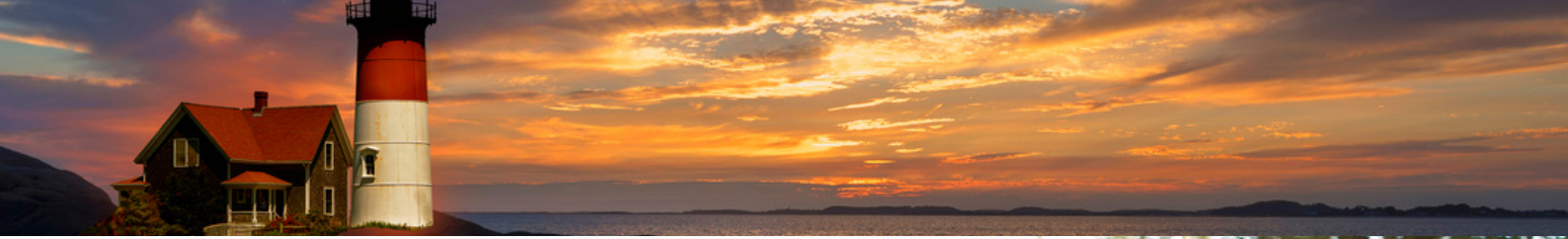


Rachel's message had great influence throughout this group. Her daughter married William Farnsworth's brother, Cyrus and Cyrus became a Sabbath believer.

Thus it was that the first little Sabbatarian Adventist group came into being.

Rachel married Nathan T. Preston. From then on she was referred to as Rachel Oakes Preston.

She did not embrace all the teachings of the Seventh-day Adventist Church until the last year of her life.



Exercise Plan

HEALTH MINISTRY

In our last issue, we talked about the importance of not overeating as well as incorporating exercise to into our daily routine. In this issue, we will talk about ways to plan for success for a healthy new year.

First, let's get inspired by the pen of inspiration.

Ellen G White - WRITINGS REGARDING EXERCISE

Inactivity a Fruitful Cause of Disease—Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and disease is the result.—The Ministry of Healing, 238 (1905)

When physical exercise is taken, the circulation is quickened. The heart receives blood faster and sends it to the lungs faster. The lungs work more vigorously, furnishing a greater amount of blood, which is sent with stronger power through the entire being. Exercise gives new life and strength to every part of the body.—Letter 6, 1885

Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better.—Testimonies for the Church 2:530. HL 130.3

Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases.—The Health Reformer, May 1, 1872. HL 130.4



"You shall walk in all the way that the Lord your God has commanded you, that you may live, and that it may go well with you, and that you may live long in the land that you shall possess"

DEUTERONOMY 5:33



"There is no exercise that will prove as beneficial to every part of the body as walking."

TESTIMONIES FOR THE CHURCH PG 378



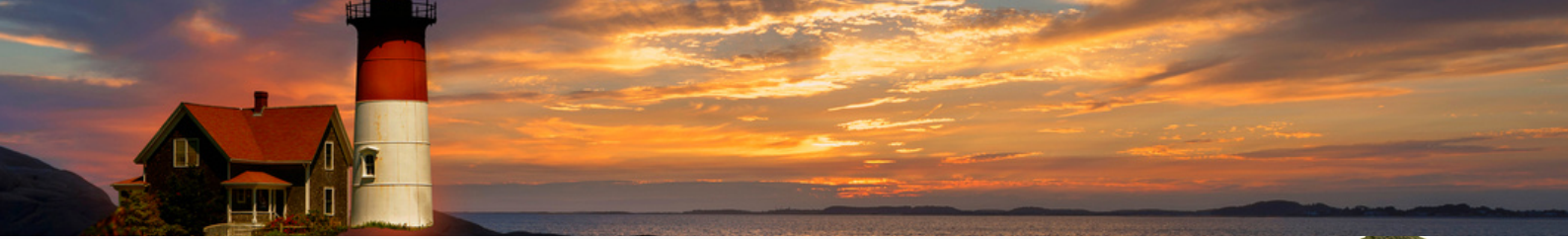
Let's Step It Up In 2021

HEALTH MINISTRY

Join us on a 30-day walk challenge to reach 10,000 steps by the end of the month. By putting one foot in front of the other, you can not only walk off weight, but also dramatically reduce your risk of heart disease, high blood pressure, stroke, depression, osteoporosis, diabetes, high cholesterol, and help clear artery-clogging plaque. Use this simple schedule to walk yourself toward a healthy lifestyle. This routine will help you build on, week by week, a stronger and fitter pace that you can manage. Day by day during the first week, you'll start to feel confident and physically stronger. Over the next couple of weeks, the walks will begin to seem easier. By the end of a month, you'll not only notice shifts in the way your body feels, but also a difference in your mindset. My prayer is that, at the end of these 30 days, exercise becomes something that we don't want to ever go without!

DAY 1	The goal is 5,000 steps <small>You can do it all in one session or break it up into four 5-minute walks. Just count 500 steps per session, and you did it!</small>
DAY 2	ADD 500 STEPS → 5,500 STEPS DAILY GOAL
DAY 3	ADD 500 STEPS → 6,000 STEPS DAILY GOAL
DAY 4	ADD 500 STEPS → 6,500 STEPS DAILY GOAL
DAY 5	ADD 500 STEPS → 7,000 STEPS DAILY GOAL
DAY 6	ADD 500 STEPS → 7,500 STEPS DAILY GOAL
DAY 7	REST* <small>*Rest is part of training the body.</small>
DAY 8	7,500 STEPS
DAY 9	7,500 STEPS
DAY 10	ADD 500 STEPS → 8,000 STEPS DAILY GOAL
DAY 11	8,000 STEPS
DAY 12	8,000 STEPS
DAY 13	8,000 STEPS
DAY 14	REST* <small>*Do you notice that you are "naturally" more active even on rest days? That's what increased fitness does!</small>
DAY 15	8,000 STEPS

DAY 16	8,000 STEPS
DAY 17	ADD 500 STEPS → 8,500 STEPS DAILY GOAL
DAY 18	8,500 STEPS
DAY 19	8,500 STEPS
DAY 20	8,500 STEPS
DAY 21	REST* <small>*Rest days can also be cross-train days. You'll want to rest the walking muscles but why not target the upper body and core with a little strength session (see Super Challenge Strength Training below)?</small>
DAY 22	8,500 STEPS
DAY 23	ADD 500 STEPS → 9,000 STEPS DAILY GOAL
DAY 24	9,000 STEPS
DAY 25	9,000 STEPS
DAY 26	ADD 500 STEPS → 9,500 STEPS DAILY GOAL
DAY 27	ADD 500 STEPS → 10,000 STEPS DAILY GOAL
DAY 28	REST* <small>*You have earned that rest ... doesn't it feel A-MA-ZING to go the distance?</small>
DAY 29	10,000 STEPS
DAY 30	10,000 STEPS



Ingredient Spotlight

HEALTH MINISTRY

Grapefruit

This delicious fruit can typically found year round at your local grocery story. It is a good source of Vitamin A and C as well as Potassium. It also increases iron absorption.

Parsnips

Parsnips are high in antioxidants including vitamin C and polyacetylenes that may prevent oxidative stress and chronic conditions like cancer, diabetes, and heart disease.

Thyme

It's a good source of copper, fiber, iron, and manganese. It is a good source of both Vitamin C and A. If you feel a cold coming on, thyme can help get you back in good health.

Pistachios

Pistachios are high in fiber, which is good for your gut bacteria. Eating pistachios may increase the number of bacteria that produce beneficial short-chain fatty acids like butyrate. Eating pistachio nuts may aid weight loss. In-shell pistachios are especially beneficial, as they promote mindful eating.

Lentils

Lentils are a great source of vegetarian protein and may reduce blood sugar levels compared to some other foods that are high in carbohydrates.

Cabbage

Cabbage contains insoluble fiber, which keeps the digestive system healthy by providing fuel for friendly bacteria and promoting regular bowel movements. It also contains powerful pigments called anthocyanins, which have been shown to reduce the risk of heart disease.

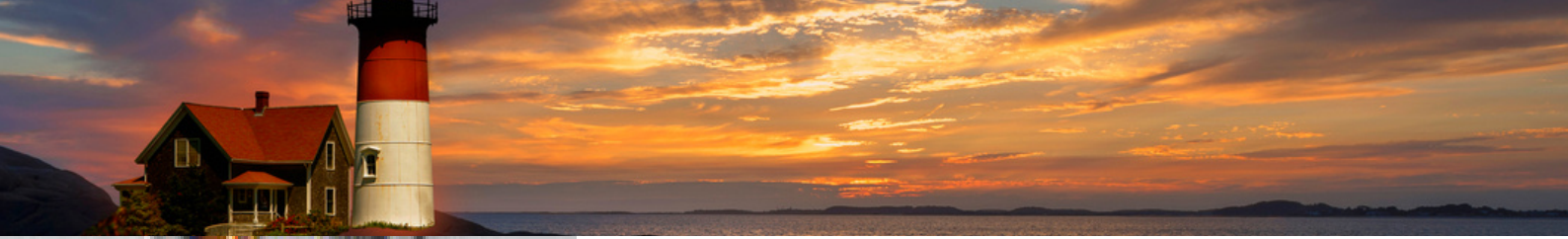
Barley

Whole grain barley contains a range of vitamins, minerals and other beneficial plant compounds. Soaking or sprouting your barley can improve absorption of these nutrients. Barley contains soluble fiber, which reduces hunger and enhances feelings of fullness. It may even promote weight loss.



"Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed; it shall be food for you"

GENESIS 1:29



Plant-based Recipes

DISHES USES OUR SPOTLIGHT INGREDIENTS

We're sharing recipes we've found that use many of this issue's spotlight ingredients in a single recipe. These recipes have been adapted from the original to make them plant-based or to coincide with our health message.

GRAPEFRUIT, ALMOND, & LEMON THYME CAKE

This recipe from OcadoLife Magazine has been adapted and includes our spotlight ingredients grapefruit, pistachios, and thyme.

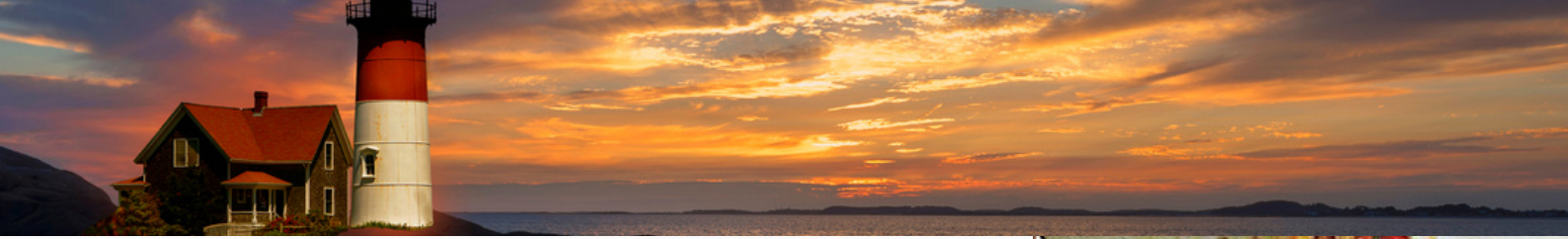
Ingredients

- 1-1/2 cup caster sugar (or blend regular sugar to make it finer)
- 1 cup coconut oil
- Egg replacer of your choice, equivalent to 6 eggs
- 1 tsp vanilla bean paste
- 3 pink grapefruits
- 2 tsp lemon thyme leaves, finely chopped (plus extra stalk for the syrup)
- 2-1/4 cup ground almonds
- 1-1/2 tsp baking powder
- 1/3 cup pistachios
- 1 tsp caster sugar (or blend regular sugar to make it finer)

Instructions

- Preheat oven to 375° and line an 8" springform cake pan with parchment paper.
- For the batter: Beat 1 cup of caster sugar and the coconut oil together. Keep mixing and add the egg replacer slowly, followed by the vanilla bean paste.
- Finely grate the zest of 2 grapefruits into the mixture, then add 1 tsp thyme, the ground almonds and baking powder, mixing thoroughly in between.
- Spoon the batter into the cake pan and cook in the oven for 45 mins.
- For the syrup: Juice the 2 zested grapefruits into a small pan and add the thyme stalk and remaining 1/2 cup of caster sugar. Bring to a boil, then turn down and cook until it's reduced by half and syrupy – carefully remove the stalk and set aside.
- For the topping: Blitz the pistachios, 1 tsp caster sugar, and remaining 1 tsp thyme in a food processor to form a crumb. Slice the final grapefruit into rounds, cutting away the rind, but saving some zest to decorate.
- Test the cake's doneness with a skewer (if it comes out clean, it's done). Pop back in for 10 mins if not.
- Cool for 10 mins, then lift out onto a plate. With a skewer, poke holes over the top and spoon the syrup over. Decorate with the grapefruit, zest, and scatter the pistachio crumb over before serving.

<https://www.ocado.com/webshop/recipe/grapefruit-almond-and-lemon-thyme-cake-/122895>



LENTIL-BARLEY SOUP

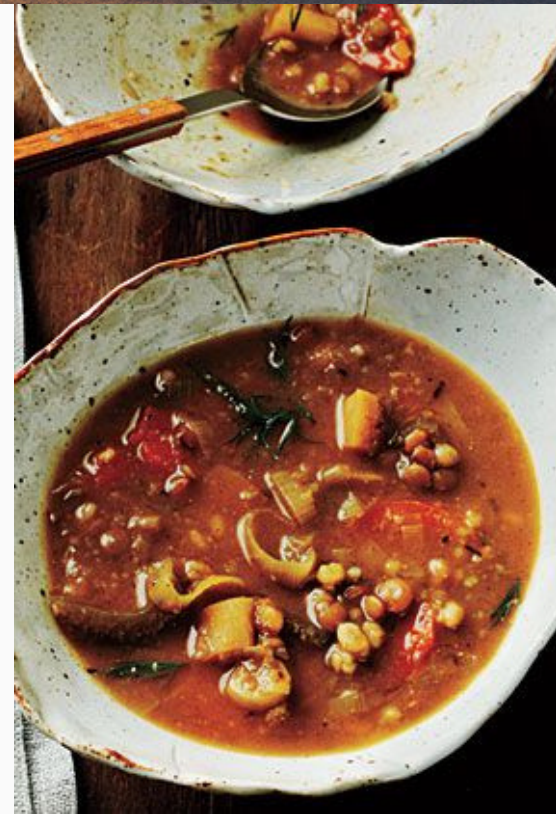
This recipe from Cooking Light has been adapted and includes our spotlight ingredients parsnips, barley, lentils, cabbage, and thyme.

Ingredients

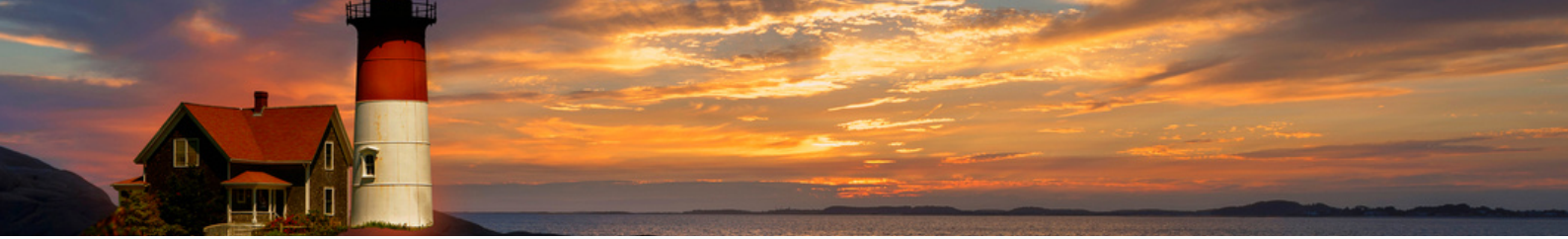
- 2 teaspoons canola oil
- 1 cup sliced leek
- 3 cups vegetable broth
- 1-3/4 cup water
- 1 cup chopped carrot
- 1 cup chopped celery
- 1/2 cup chopped parsnip
- 1/4 cup chopped celery leaves
- 1/4 cup chopped fresh dill
- 1/4 cup uncooked pearl barley
- 1/2 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 2 bay leaves
- 1/4 head of cabbage, chopped
- 1/2 cup dried lentils
- Pinch of salt

Instructions

- Heat oil in a Dutch oven over medium-high heat.
- Add leek to pan; sauté 2 minutes.
- Add broth and water, bring to a boil.
- Add chopped carrot, celery, parsnip, celery leaves, dill, pearl barley, black pepper, dried thyme and bay leaves; return to a boil.
- Cover, reduce heat, and simmer for 15 minutes.
- Stir in lentils and cabbage; cover and cook 30 minutes.
- Discard bay leaves.
- Place 1 1/2 cups soup in a blender. Remove the center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- Return pureed mixture to Dutch oven, and stir in salt.
- Return mixture to a boil; cover, reduce heat, and simmer 10 minutes or until thoroughly heated, stirring occasionally.

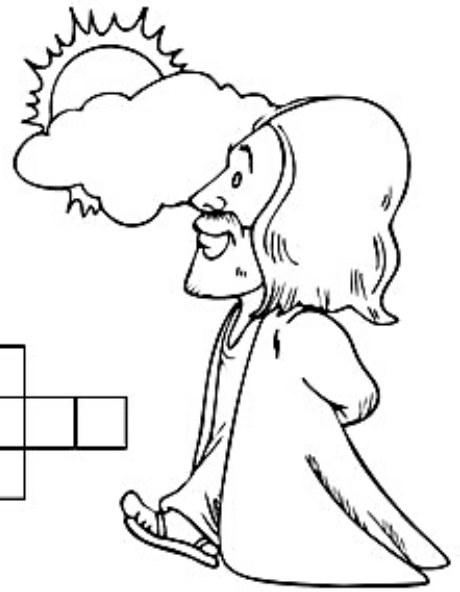
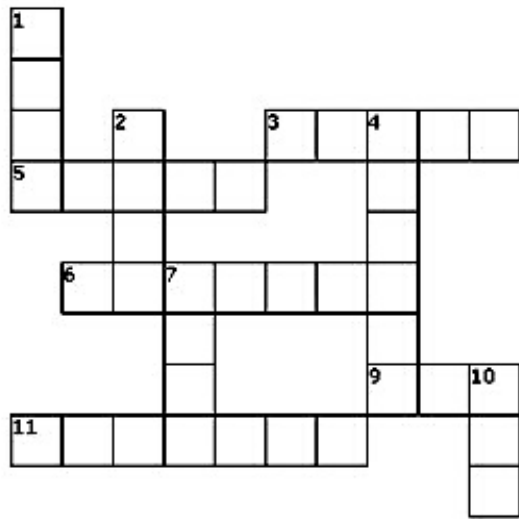


<https://www.myrecipes.com/recipe/lentil-barley-soup>



Crossword Puzzle

Got Jesus?



ACROSS

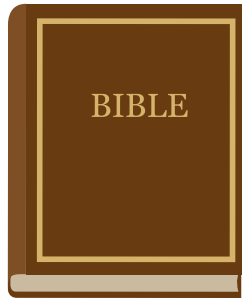
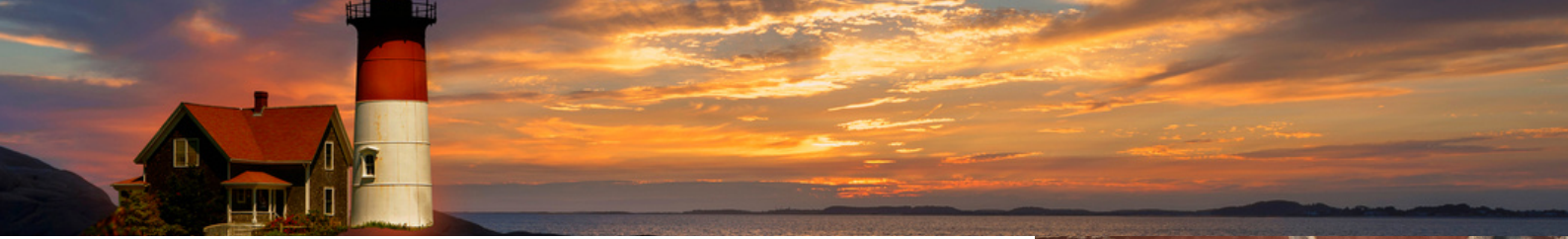
- 3. The organ in the body that pumps the blood
- 5. To make letters and words with a pen or pencil
- 6. To accept as true, genuine, or real
- 9. Evidence given by witness in court
- 11. Something that continues forever

DOWN

- 1. To understand something
- 2. The period from birth to death
- 4. To receive something willingly, such as a gift
- 7. Someone who doesn't tell the truth
- 8. The creator and ruler of the universe
- 10. A male child

God	lie	heart	know
testimony	heart	heart	know
accept	believe	believe	write
	eternal	eternal	
	life	life	
	son	son	

Check your answers



BIBLE WORD SEARCH!

BASIC WORDS OF THE BIBLE

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

JESUS CHRIST
SALVATION
JEW
GENTILE
HOLY SPIRIT
GOD THE FATHER
PERSECUTE

PRAY
TITHE
MINISTRY
BIBLE
HOLY
SACRIFICE
FAITH

MIRACLE
NAZARETH
BETHLEHEM
JERUSALEM
BAPTIZE
TEMPTATION
SIN

CREATED BY MELINDA SKAGGS

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."

MATTHEW 7:7



"Let your light shine
before men, that
they may see your
good works, and
glorify your Father
which is in heaven."

MATTHEW 5:16



5 Ways to Conserve Energy This Winter

With shorter days and colder temperatures, winter comes with greater energy needs. While it's tempting to turn the heat all the way up to make it through the cold season, being mindful of our heating habits is critical to avoid energy losses and unnecessary consumption.

The five tips below will help you maintain a comfortable and cozy home (and body!) this winter while keeping you away from exorbitant heating bills.

1. Lower Your Thermostat. In the winter months, a temperature in the range of 67–70° is recommended for when you're at home. When you are asleep or away, turn your thermostat back 10° to 15° for eight hours and save up to 10% on your heating and cooling bills. A programmable thermostat can make it easy to set back your temperature.

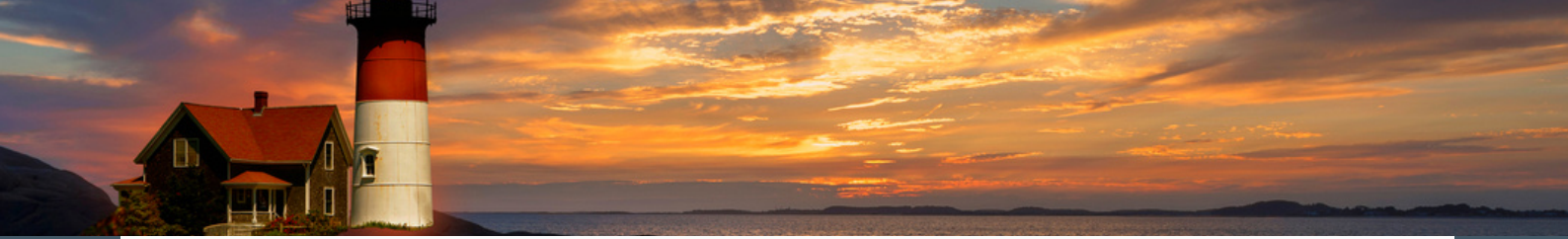
2. Seal Up Insulation Gaps. Look and feel closely around your doors and windows to make sure there are no air leaks. Gaps and holes can temporarily be fixed with insulation materials like weatherstripping or caulk, but think about looking into more durable changes for year-long insulation and energy saving.

3. Adjust Your Fans. Setting your ceiling fans to a low-speed clockwise rotation instead of the usual counterclockwise will redistribute the heat in your living space. As the hot air rises and tends to get "stuck" under the ceiling, the fan's clockwise rotation will push the heat downward allowing for a more even distribution of the heat.

4. Add a Humidifier. During the winter, indoor air can be dry and uncomfortable, and has a hard time retaining heat. Installing a humidifier in your home will moisten the air and consequently allow for a better heat conservation. Houseplants also naturally release moisture in the air and can substitute or complement an electric humidifier.

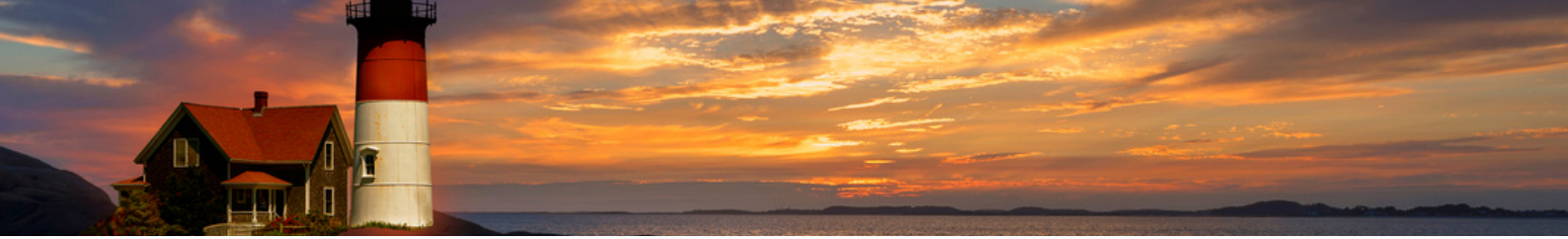
5. Dress in Layers. During the winter, your body is exposed to abrupt weather changes, as you are frequently going from outdoor freezing temperatures to indoor often-overheated spaces. Wearing layers allows you to easily adjust to your changing environments.

<https://sustainability.wustl.edu/5-tips-to- conserve-energy-in-the-winter-months/>



Who to Contact

Pastor: Bruce Koch
Audio & Visual Systems: Bob McDonald & Ben Hiebert
Board Members Chair: Mike Herman
Bulletin Board: Shari Ringering
Bulletin Secretary: Sharon Paiz
Children's Story Coordinator: Karen Herman & Karen Fiedler
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: 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, Ron Ringering, Mark Shoeneman, Vic Matson, Rigo Salinas
Fellowship Dinner Committee Co-heads: Lloyd & Linda Buras
Finance Committee Chair: Ron Ringering
Flower Coordinator: Kaitlyn Herman
Health Ministries Head: Wayne Hurley
Hospitality Committee Head: Rigo and Maria Salinas
Librarian: Marty Beard
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: Vic Matson
Public Relation: Kaitlyn Herman
Religious Liberty Representative: George Beaver
Sabbath School Secretary: Ed Lindsay
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



Seventh-day Adventist Beliefs

FOR OUR READERS WHO ARE OF DIFFERENT FAITHS

Seventh-day Adventists accept the Bible as their only creed and hold certain fundamental beliefs to be the teaching of the Holy Scriptures. These beliefs, as set forth here, constitute the church's understanding and expression of the teaching of Scripture. Revision of these statements may be expected at a General Conference Session when the church is led by the Holy Spirit to a fuller understanding of Bible truth or finds better language in which to express the teachings of God's Holy Word.

- | | |
|---|---|
| 1. Holy Scriptures | 15. Baptism |
| 2. Trinity | 16. The Lord's supper |
| 3. Father | 17. Spiritual Gifts and Ministries |
| 4. Son | 18. The Gift of Prophecy |
| 5. Holy Spirit | 19. The Law of God |
| 6. Creation | 20. The Sabbath |
| 7. Nature of humanity | 21. Stewardship |
| 8. The Great Controversy | 22. Christian Behavior |
| 9. The Life, Death and Resurrection of Christ | 23. Marriage and the Family |
| 10. The Experience of Salvation | 24. Christ's ministry in the Heavenly Sanctuary |
| 11. Growing in Christ | 25. The Second Coming of Christ |
| 12. The Church | 26. Death and Resurrection |
| 13. The Remnant and its Mission | 27. The Millennium and the End of Sin |
| 14. Unity in the Body of Christ | 28. The New Earth |

Join us for the following every Saturday:

- 9:45am Lesson Study
- 11:00am Worship Service

Please visit us online at <https://bonneylakewa.adventistchurch.org>

If you know someone who wants to receive the newsletter, let us know! Provide their name and email address so we can add them to our distribution list. Have an article, photos or information for the next newsletter? Submit information by the 25th of each month for the next issue. Email newsletter@blsdachurch.org.

Newsletter Editors: Sharon Paiz & Sara Stickle



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.

BONNEY LAKE SEVENTH-DAY ADVENTIST CHURCH
11503 214TH AVE E
BONNEY LAKE, WA 98391
(253) 862-8620
BRUCE KOCH - PASTOR
MIKE HERMAN - HEAD ELDER