

NOVEMBER 2020

# BEACON OF LIGHT

Official Newsletter of the Bonney Lake Seventh-day Adventist Church



## Our ThanksGIVING Newsletter

BY SHARON PAIZ & SARA STICKLE

Hello, Church Family! In this issue of our newsletter, we can't stop talking about Thanksgiving! But is it just about food, family, and saying grace before we eat? We're highlighting ways to take this day of thanks to the next level; sharing food and love with our community and reminding ourselves that appetite should never be our focus. We have a whole Thanksgiving menu below but it's stemmed in our health message and meant to be shared with others! We hope you enjoy reading and we pray that we'll all get inspired to live out the Gospel message in this season of giving.



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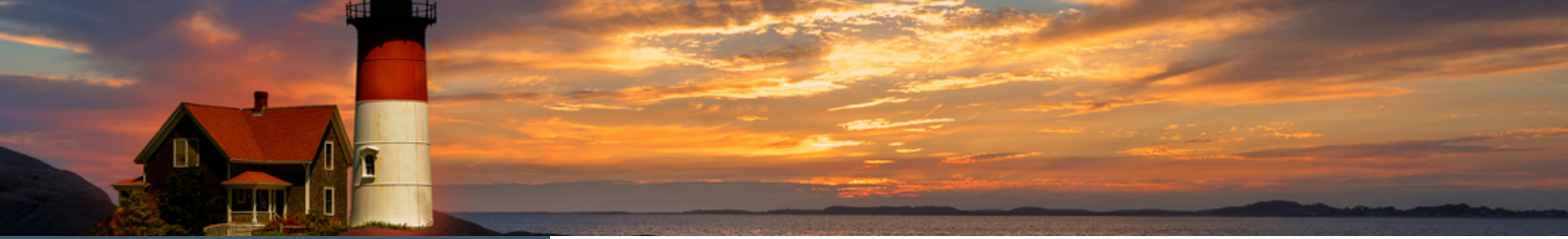
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She... began giving thanks to God, and continued to speak of Him to all those who were looking for the redemption of Jerusalem.

LUKE 2:38



## ThanksGIVING

BY SARA STICKLE

Nobody loves Thanksgiving more than I do. When most people I meet learn that this is my favorite day of the year (besides when Daylight Savings Time ends!), they often ask, "Why Thanksgiving and not Christmas?" My quick response is that Thanksgiving is the day that brings my extended family together once a year and we stopped celebrating Christmas as a family a long time ago. Since this is the day we get together, it's my favorite day!

It's hard to convey to people in a just a brief conversation what this day means to me. And before this year, I was perfectly happy with my reasons for looking forward to Thanksgiving. But since last Thanksgiving, much has changed in the world and in our family. Thanksgiving this year will be different for us and I find myself questioning if I was celebrating it for the right reasons.

While the origins of Thanksgiving are questionable, we've come to know it as a day of giving thanks to God for the abundance of blessings in our lives. This thought caused me to pause and think about what it truly means to give thanks to God. Is it taking a minute to express appreciation before diving into a feast? I turned to the Bible for guidance (what a novel idea!).

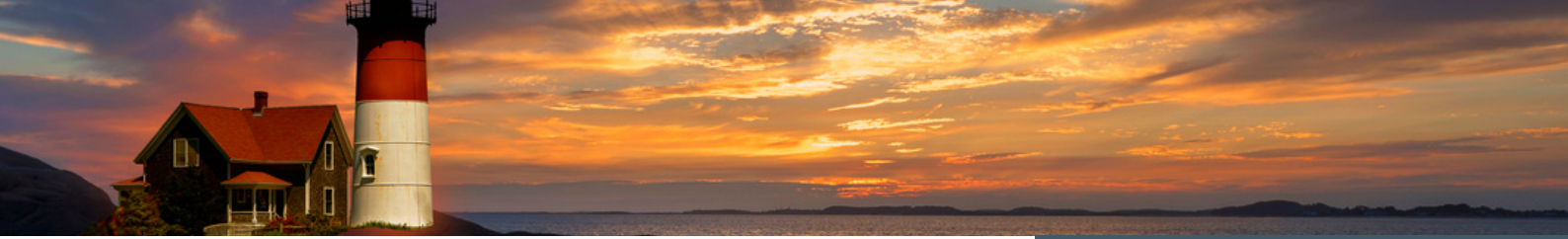
Romans 14:6 - He who observes the day, observes it for the Lord, and he who eats, does so for the Lord, for he gives thanks to God; and he who eats not, for the Lord he does not eat, and gives thanks to God.

Luke 2:38 - At that very moment she came up and began giving thanks to God, and continued to speak of Him to all those who were looking for the redemption of Jerusalem.

Colossians 3:17 - Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.

Psalms 86:12 - I will give thanks to You, O Lord my God, with all my heart, And will glorify Your name forever.

Psalms 30:12 - That my soul may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.



## ThanksGIVING Continued

These verses are a good starting point to help me reassess my approach to thanksgiving to God. They tell me that my gratitude to God should be expressed in many ways, not just with words. In everything I do, it should be done in the name of Jesus; whether it be eating or drinking, doing activities with friends, talking to new people, cooking a meal, putting together a newsletter - all things I do should glorify God and thus, give Him thanks.

Now this may seem like a no-brainer to most and it did to me as well. But when I pause to consider my habits, I see that much of my thanksgiving to God is done in private; in my silent prayers to Him. Some of it is done publicly in sharing with family, church family, and friends. Should that be reversed? Or at least more evenly balanced? Are there more ways I can show thanks to God?

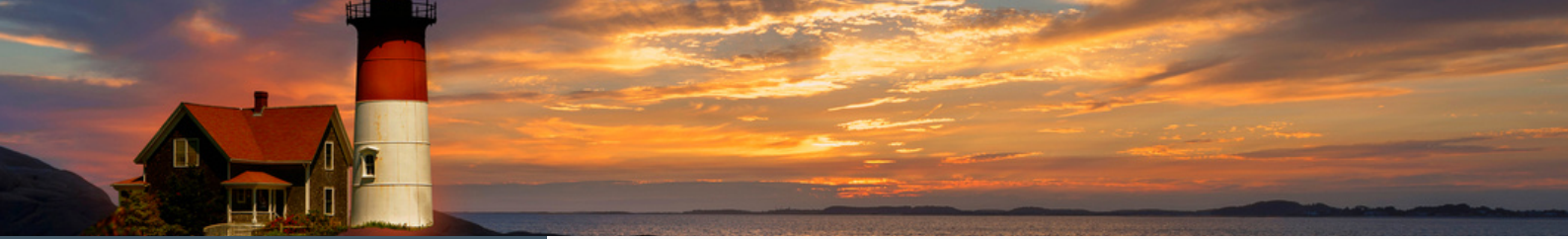
Our actions should be like the prophetess Anna described in Luke; her thanksgiving poured out into ministry to people looking for redemption. Ellen White shares in the *Desire of Ages*, page 55, "Anna also, a prophetess, came in and confirmed Simeon's testimony concerning Christ. As Simeon spoke, her face lighted up with the glory of God, and she poured out her heartfelt thanks that she had been permitted to behold Christ the Lord." How did Anna pour out her heartfelt thanks? She did so by ministering others.



I want this to become my new spirit of Thanksgiving; to show my gratitude to God by serving others and sharing the good news of redemption through Jesus Christ. It's great to have a day to share thanks to God with family and friends but it's much greater to thank God by daily partnership with him to minister and grow His eternal kingdom.

That my soul  
may sing  
praise to You  
and not be  
silent. O LORD  
my God, I will  
give thanks to  
You forever.

PSALM 30:12



"For the poor shall never cease out of the land: therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land."

DEUTERONOMY 15:11

## Random Acts of Kindness

BY SHARON PAIZ

As children of a loving God the Bible tells us that we are made in God's image. 1 John 4:7,8 says "Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love." I am convicted that as a child of a loving God in order to reflect His image I must be open providing for the needs of others even putting those needs ahead of my own. I find that as I open my heart to doing for others the Holy Spirit fills my heart with joy and from that joy comes the desire to give more abundantly.

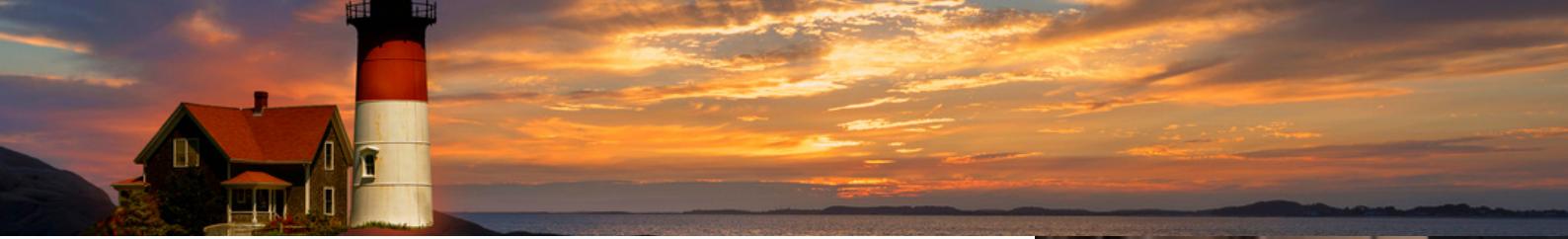
**Every act, every deed of justice  
and mercy and benevolence,  
makes heavenly music in Heaven.**

Ellen G. White

Here are a few ideas that you might find helpful to reach out to others and brighten their days with joy.

- Introduce yourself, even if — especially if — you've lived near each other for a while but haven't met.
- Make eye contact, smile and wave.
- Scrape the ice off a neighbor's windshield after you've finished doing yours.
- Mow their lawn, rake their leaves or sweep their sidewalk as a surprise.
- Make a double batch of the cookies you're baking and bring some next door.
- Walk your neighbor's dog when he has to stay late at the office.
- Offer to babysit a neighbor's child for free.
- Build a "little free library" box in your yard. Put books in it for your neighbors to borrow, and invite them to donate their books.
- Make dinner for a neighbor who has just had a baby or surgery.

My prayer is that, as we open our hearts to provide for others, they will pay it forward. If we want to change the world we must love as Jesus loves and give as Jesus gives. God bless you all!



# 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

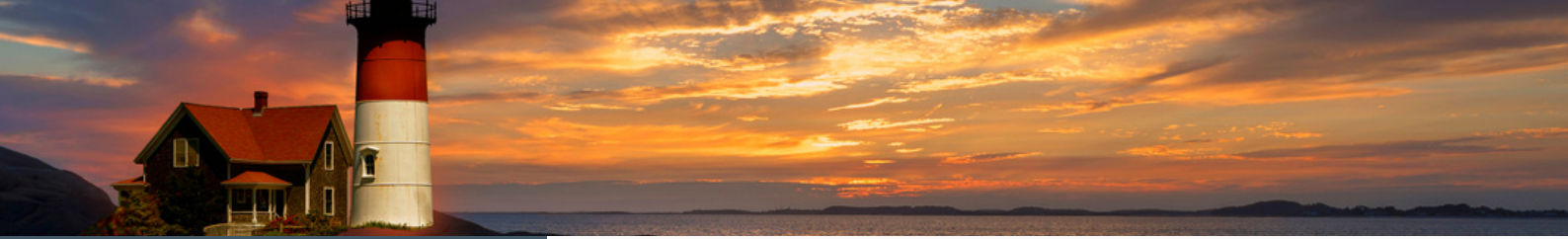


## Offerings & Sunset Calendar

Nov 7	Local Church Ministries	4:43	4:41
Nov 14	WB: Global Mission	4:34	4:33
Nov 21	Local Church Ministries	4:27	4:26
Nov 28	Washington Youth: Sunset Lake	4:22	4:21
Dec 5	Local Church Ministries	4:19	4:19
Dec 12	NAD: Adventist Comm. Services	4:18	4:19
Dec 19	Local Church Ministries	4:20	4:21
Dec 26	Washington Youth: Children	4:24	4:25

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

PROVERBS 3:9



"For the poor shall never cease out of the land: therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land."

DEUTERONOMY 15:11

## November Devotional

### 30 DAYS OF FAITH

Here is a reading plan for the month of November that we found on Pinterest. The website is no longer active but thanks to technology, the image is still available and circulating the internet! Devote yourself to reading a chapter each day and noting the verses that the Holy Spirit impresses on your heart.

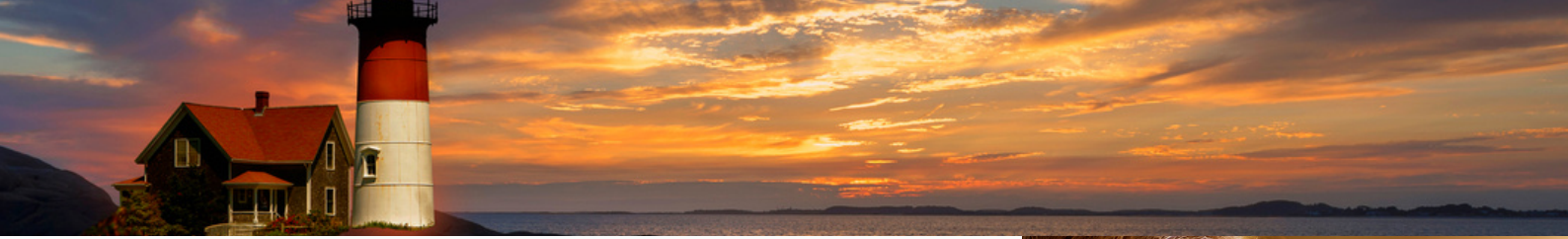
## 30 Days of Faith

NOVEMBER READING PLAN

Day 1: Hebrews 11	Day 16: Luke 13
Day 2: Hebrews 12	Day 17: Luke 14
Day 3: James 1	Day 18: Luke 15
Day 4: James 2	Day 19: Luke 16
Day 5: James 3	Day 20: Luke 17
Day 6: James 4	Day 21: Luke 18
Day 7: James 5	Day 22: Psalm 51
Day 8: James 6	Day 23: 1 John 1
Day 9: Matthew 13	Day 24: 1 John 2
Day 10: Matthew 18	Day 25: 1 John 3
Day 11: Matthew 19	Day 26: 1 John 4
Day 12: Matthew 23	Day 27: 1 John 5
Day 13: Matthew 25	Day 28: 2 John 1
Day 14: Luke 11	Day 29: 3 John 1
Day 15: Luke 12	Day 30: Jude 1

Commit to spending 30 minutes to pause, reflect, rejuvenate in God's presence daily. Journal a passage from each chapter that speaks to your heart.

WHOLEMAGAZINE.ORG



## A Thanksgiving Story "A Pilgrims' Process"

BY MICHAEL GRIEGO

**Acknowledging that their purpose was to glorify God, the Pilgrims had a clear vision and staked their very lives on following it.**

I heard some late night comedy shows conduct "Man on the Street" interviews about Thanksgiving. Some people thought the Pilgrims landed in Hawaii, that Ronald Reagan declared Thanksgiving a national holiday, and that the first Thanksgiving was in 1942, 1642, or 1842. It's amazing how a nation can lose sight of its history. (Answer: the Pilgrims landed off the coast of Cape Cod, Massachusetts in 1620. George Washington declared it a national holiday in 1789. While debatable, the first Thanksgiving was most likely between 1621 and 1623.)

It took seven weeks for 102 passengers (including 34 children) on the Mayflower to cross the ocean from England and land on the east coast. Of the passengers, only 27 men and women and 14 of their children were specifically Pilgrims, having been associated with the Separatist church in Scrooby, England. Refusing to conform to the Church of England, they sought refuge in Holland. (Is your elementary school history coming back to you?) After 12 years they became concerned that their children would no longer identify themselves as English. They considered settling in America and made arrangements with the Virginia Company to settle south of the Hudson River as part of the Virginia Charter. Fierce winds blew them off course to the north – to the shores of Cape Cod.

### **Avoiding Rebellion**

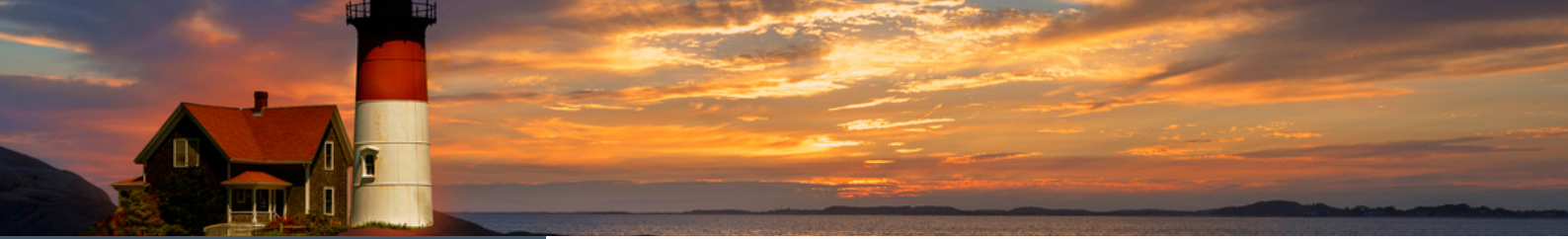
Since they landed outside the jurisdiction of the Virginia Company, they would be on their own. On the ship there were signs of mutiny by the non-Pilgrim hired hands and servants. The Pilgrim leadership saw that they must act quickly to prevent a mutiny. The 16 Pilgrim men wrote up a compact, now known as the Mayflower Compact, and presented it to those on board. It was agreed to by 54 of the 65 men.

*Continued on the next page*



**"All this is for your benefit, so that the grace that is reaching more and more people may cause thanksgiving to overflow to the glory of God."**

2 CORINTHIANS 4:15



"I will give to the  
 Lord the thanks due  
 to His righteousness,  
 and I will sing praise  
 to the name of the  
 Lord, the Most High."

PSALM 7:17



The compact read as follows:

*In the name of God, Amen. We whose names are underwritten, the loyal subjects of our dread Sovereign Lord King James by the grace of God, of Great Britain, France, Ireland, king, Defender of the Faith, etc. Having undertaken, for the glory of God and the advancement of the Christian Faith and honor of our King and country, a voyage to plant the first colony in the northern parts of Virginia, do by these presents solemnly and mutually in the presence of God and one another, covenant and combine ourselves together into a civil body politic, for our better ordering and preservation and furtherance of the ends aforesaid, and by virtue hereof to enact, constitute and frame such just and equal laws, ordinances, acts, constitutions and offices from time to time, as shall be thought most meet and convenient for the general good of the colony. Unto which we promise all due submission and obedience. In witness whereof we have hereunder subscribed our names at Cape Cod the 11th of November, in the year of the reign of our Sovereign King James of England. Anno Domini 1620*

Acknowledging that their purpose was to glorify God, they covenanted together to enact laws "for the general good of the colony" and promised to abide by them. The Pilgrims had a clear vision and staked their very lives on following it.

**Godly Thanks**

Before leaving Holland, the Pilgrims had knelt on the dock to ask God's blessing on their voyage, and now William Bradford, Plymouth Colony's first elected governor, recorded "Being thus arrived in a good harbor and brought safe to land, [we] fell upon their knees and blessed the God of heaven." But the new life was hard, bitter and sad. During their first winter after their landing in 1620, 47 people died including 14 of the 18 women. Only 3 families were left intact. Nevertheless these humble Christian men and women were to be the seeds of what would become the United States of America.

What should be noted, remembered and commended by this current generation is the faith, fortitude and vision of the original Pilgrims.

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ. – Colossians 2:6-8

<https://biblicalviewpoint.com/2013/11/22/pilgrims-process/>





## Ellen G. White

### ADVENTIST PIONEER SPOTLIGHT

Ellen G. White was a co-founder of the Seventh-day Adventist Church along with her husband James and close friend Joseph Bates. Mrs. White is also known as a messenger from God. She was born Ellen Gould Harmon in Gorham, Maine, November 26, 1827, to Robert and Eunice Harmon. She and her twin sister Elizabeth were the youngest of eight children.

When Ellen was in her early teens she and her family accepted the Bible interpretations of the Baptist farmer-turned-preacher, William Miller. In December 1844 God gave young Ellen the first of an estimated 2,000 visions and dreams. In August 1846 she married James White, a 25-year-old Adventist minister who shared her conviction that God had called her to do the work of a prophet. Soon after their marriage the Whites began to keep the seventh-day Sabbath according to the fourth commandment.

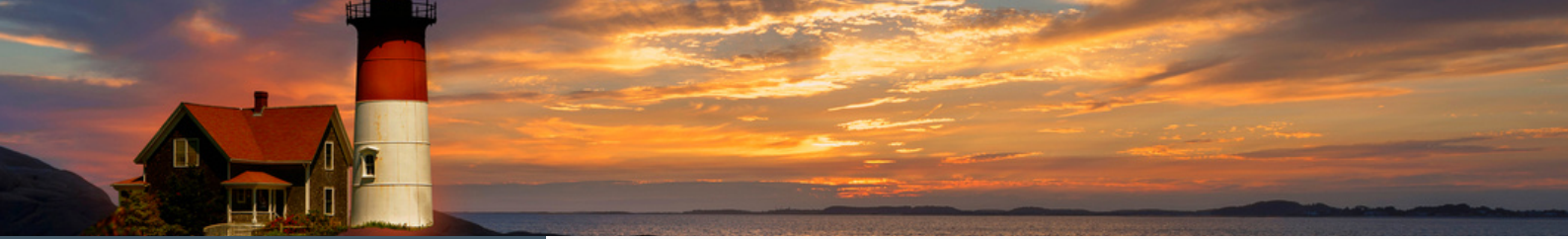
Initially shy and reluctant, Ellen White eventually became a very popular public speaker, not only in the United States, but in Europe and Australia as well. She was much in demand in Adventist meetings and also before non-Adventist audiences, where she was a much-sought-after temperance lecturer. In 1876 she addressed her largest audience—estimated at 20,000—at Groveland, Massachusetts, for more than an hour without a microphone.

In her vision of June 6, 1863, Mrs. White was given instruction on such health-related matters as the use of drugs, tobacco, tea, coffee, flesh foods, and the importance of exercise, sunshine, fresh air, and self-control in diet. Her health counsels, based on such visions, have resulted in Adventists' living approximately seven years longer than the average person in the United States.



**"We are all woven together in the great web of humanity, and whatever we can do to benefit and uplift others will reflect in blessing upon ourselves.."**

PATRIARCHS AND PROPHETS  
PG 534



“Let praise and thanksgiving be expressed in song. When tempted, instead of giving utterance to our feelings, let us by faith lift up a song of thanksgiving to God.”

ELLEN G. WHITE



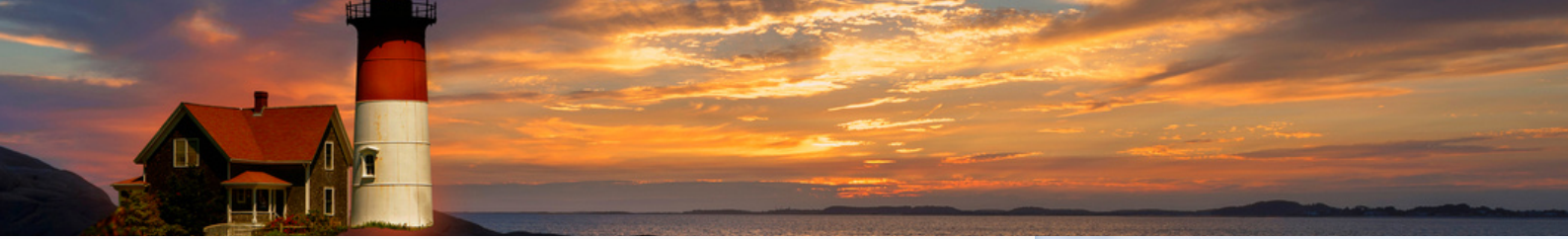
#### PIONEER SPOTLIGHT CONT'D

Ellen White was a generous, practical Christian. For years she kept bolts of cloth on hand so that if she saw a woman who needed a new dress, she could provide assistance. In Battle Creek she attended auctions and bought items of used furniture, which she stored; then if someone’s home burned or some other calamity befell a family, she was prepared to help. In the days before the church started its retirement plan, if she heard of an older minister in financial straits, she sent a little money to help him meet his emergency needs.



For 70 years, until her death on July 16, 1915, Ellen White faithfully delivered the messages God gave her for His people. She never was elected to an office in the church, yet her advice was constantly sought by denominational leaders. Her formal education ended at age nine, yet her messages set in motion the forces that produced the present worldwide Adventist education system, from day-care centers to universities. Though she herself had no medical training, the fruitage of her ministry can be seen in the network of Adventist hospitals, clinics, and medical facilities that circle the earth. And though she was not formally ordained as a gospel minister, she has made an almost unparalleled spiritual impact on the lives of millions, from one end of the earth to the other.

<https://whiteestate.org/resources/pioneers/ewhite/>



## Health Ministry

### OVEREATING

Many of us are guilty of eating too much on Thanksgiving day (and the days surrounding it). Let's look at counsel from Spirit of Prophecy.

#### WRITINGS REGARDING OVEREATING

What influence does overeating have upon the stomach? It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as the result. If persons were diseased before, they thus increase the difficulties upon them, and lessen their vitality every day they live. They call their vital powers into unnecessary action to take care of the food that they place in their stomachs.—Testimonies for the Church 2:364, 1870

Often this intemperance is felt at once in the form of headache, indigestion, and colic. A load has been placed upon the stomach that it cannot care for, and a feeling of oppression comes. The head is confused, the stomach is in rebellion. But these results do not always follow overeating. In some cases the stomach is paralyzed. No sensation of pain is felt, but the digestive organs lose their vital force. The foundation of the human machinery is gradually undermined, and life is rendered very unpleasant.—Letter 73a, 1896

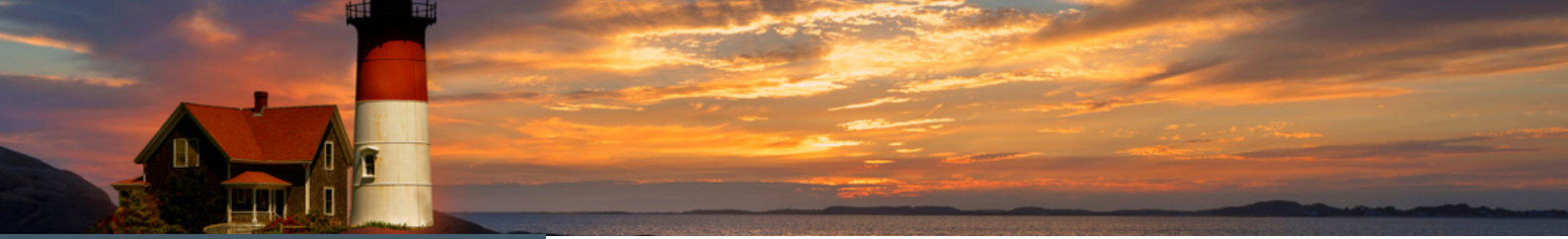
Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. Overeating has a worse effect upon the system than overworking; the energies of the soul are more effectually prostrated by intemperate eating than by intemperate working. Testimonies for the Church 2:412, 413, 1870

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia. Serious injury is thus done to the delicate digestive organs. In vain the stomach protests, and appeals to the brain to reason from cause to effect. The excessive amount of food eaten, or the improper combination, does its injurious work. In vain do disagreeable premonitions give warning. Suffering is the consequence. Disease takes the place of health.—Testimonies for the Church 7:257, 1902



**"The excessive amount of food eaten, or the improper combination, does its injurious work."**

TESTIMONIES FOR THE  
CHURCH 7:257 1902



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

TESTIMONIES FOR THE CHURCH PG 378



## Health Ministry Continued

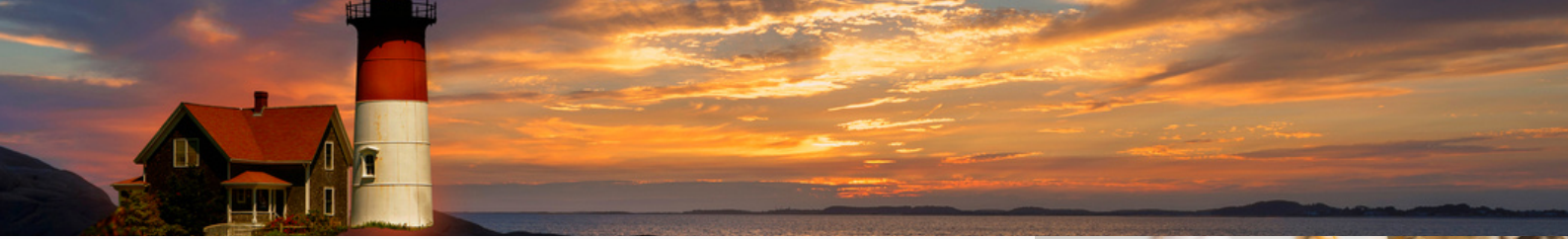
WILL YOU OVERFEED YOU STOMACH BUT STARVE YOUR BODY, MIND AND SOUL?

Ellen White provides the following guidance in Christian Temperance and Bible Hygiene

Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in deep study or violent exercise immediately after eating, hinders the digestive process; for the vitality of the system, which is needed to carry on the work of digestion, is called away to other parts. But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. The mind is diverted from self to the beauties of nature. The less the attention is called to the stomach, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget your troubles; think of something cheerful.—Christian Temperance and Bible Hygiene, 101, 1890

Here are a few references to how exercise is so important for our bodies and minds; not to mention how we can all do it by just taking a walk!

- When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter... A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe.—Testimonies for the Church 2:529
- 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.—The Health Reformer, May 1, 1872.
- Neither study nor violent exercise should be engaged in immediately after a full meal; this would be a violation of the laws of the system.—Testimonies for the Church 2:413
- Moderate exercise every day will impart strength to the muscles, which without exercise become flabby and enfeebled.—Testimonies for the Church 2:533.
- Exercise is important to digestion, and to a healthy condition of body and mind.—Testimonies for the Church 2:413



## Health Ministry Continued

### HEALTH BENEFITS OF THANKSGIVING INGREDIENTS

Let's talk turkey! I mean... let's get to the real health benefits of the foods that are so popular at Thanksgiving. We eat some of these foods because it's tradition, but we may be surprised by what they bring to the table.

#### **Apples**

Good source of fiber and Vitamin C. Their fiber content may aid weight loss and lowering your blood pressure.

#### **Brown rice**

Highly nutritious; providing the body with an impressive array of vitamins, minerals, and antioxidants.

#### **Cranberries**

Rich source of Vitamin C, Manganese, Vitamin E, Vitamin K1, and Copper. They are also very high in antioxidants and they improve several risk factors for heart disease.

#### **Medjool dates**

Contain antioxidants and nutrients that may lower your risk of heart disease, promote digestion, and support heart health.

#### **Green beans**

Contain protein to promote healthy bones, hair, organs, and muscles.

#### **Oats**

Rich in carbohydrates, fiber, vitamins, and minerals. They can help reduce cholesterol and blood sugar levels, and promotes a healthy gut.

#### **Pumpkin**

Highly nutritious and particularly rich in Vitamin A. They may protect your cells against damage by free radicals.

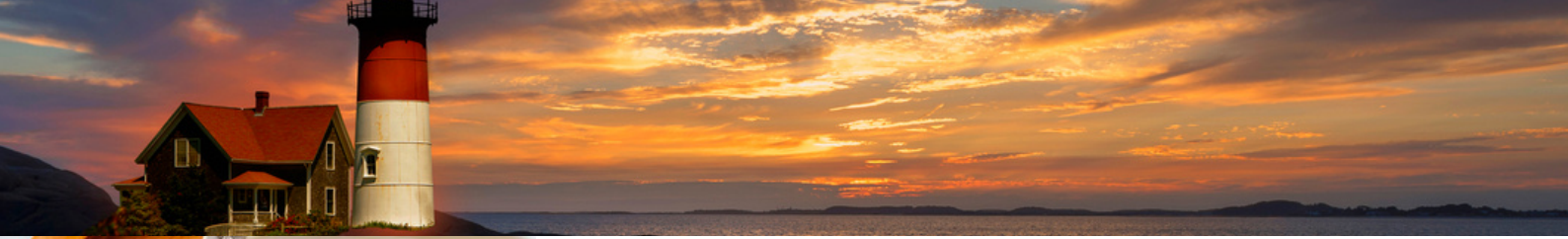
#### **Walnuts**

Rich in antioxidants. They are are a good source of the plant form of omega-3 fat, which may help reduce heart disease risk.



**"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 Thanksgiving Recipes

### DISHES TO SHARE THIS HOLIDAY SEASON

We're giving you a whole Thanksgiving menu to prepare and share with others. Here you'll find a salad, soup, entree, side dishes, bread, and dessert. Make any or all of the dishes to show your friends, neighbors, and family how delicious plant-based eating can be!

### GREEN SALAD WITH APPLES, CRANBERRIES & PEPITAS

This recipe from Cookie & Kate has been adapted to coincide with our health message.

#### Ingredients for Salad

- 5 oz (about 5 cups) spring greens salad blend
- 1 large or 2 small Granny Smith apple(s)
- 1/3 cup dried cranberries 1/4 cup pepitas (green pumpkin seeds) or chopped raw pecans
- 2 oz vegan cheese (about 1/3 cup)

#### Ingredients for Vegan Cheese

- 1 cup raw cashews, soaked several hours/over night
- 1/2 cup raw macadamia nuts, soaked several hours/over night
- 1/4 cup filtered water
- Juice of 1 lemon (about one tablespoon)

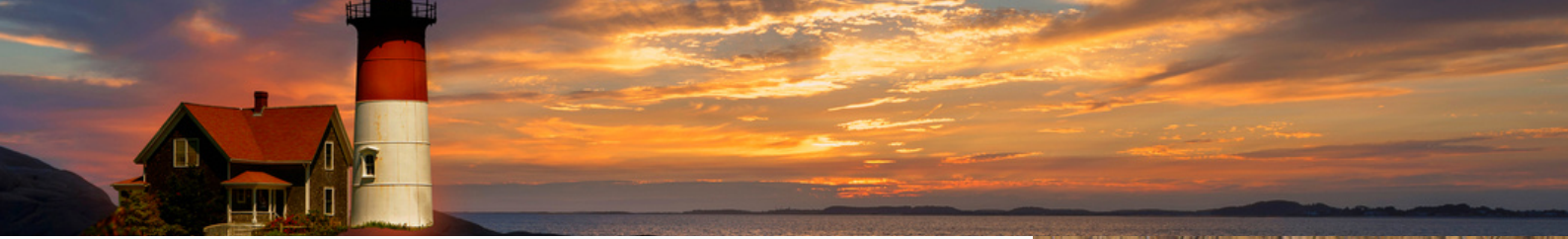
#### Ingredients for Dressing

- 1/4 cup extra-virgin olive oil
- 1/2 Tbsp lemon juice
- 1 1/2 tsp honey
- 1 tsp ginger or wasabi
- 1/4 tsp fine sea salt

#### Instructions

- Blend the vegan cheese ingredients in a food processor or blender until smooth. transfer to a sterilized glass jar. Cover with plastic wrap and secure with rubber band. Wrap jar in a kitchen towel and leave in a room temperature place overnight.
- Toast the pepitas: In a medium-sized skillet, toast the pepitas over medium heat, stirring frequently, until they are turning golden on the edges and making little popping noises (if using pecans instead, warm them just until they are fragrant). Transfer the pepitas to a small bowl to cool.
- Make the dressing: In a cup or jar, whisk together the olive oil, lemon juice, honey, wasabi or horseradish and salt until well blended. Season to taste
- Just before serving, chop the apple into thin, bite-sized pieces. Place your greens in a large serving bowl. Top with sliced apple, dried cranberries and toasted pepitas. Use a fork to crumble the vegan cheese over the salad.
- Drizzle the salad with just enough dressing to lightly coat the leaves once tossed (you probably won't need all of it). Gently toss to mix all of the ingredients and serve!

<https://cookieandkate.com/favorite-green-salad-with-apples-cranberries-and-pepitas/>



## CREAM OF QUINOA & MUSHROOM SOUP

This recipe from One Ingredient Chef has been adapted to coincide with our health message.

### Ingredients

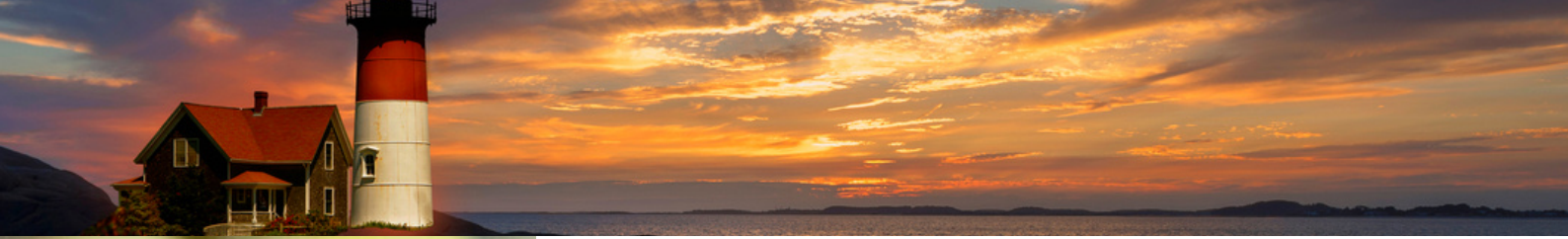
- 2 cups cooked white quinoa
- 2/3 cup raw cashews
- 4 cups vegetable broth
- 2 cups any mushrooms (1-2 varieties)
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 white onion
- 3 stalks celery
- 1 large carrot
- Salt to taste
- 1/2 cup lemon juice
- 3 Tbsp Braggs Liquid Aminos
- 1-2 Tbsp flour (optional)
- Chives, for garnish

### Instructions

- Cook the quinoa by adding 2 parts water with 1 part rinsed quinoa to a covered saucepan and simmering until the water is absorbed. Also, begin soaking the raw cashews in warm water, which will soften them before they're blended into a cream shortly.
- In one stockpot, add the vegetable broth, sliced mushrooms, oregano, and thyme and bring to a simmer. This will infuse the broth with the mushroom flavor and result in a much more flavorful soup. Any varieties of mushrooms will work here, but I used one cup of fresh cremini and dried shiitake. If using dried mushrooms, use about a third less as they will expand.
- Finely dice the onions, celery, and carrots and add them to a larger stockpot with a splash of water. Sauté over medium heat until the veggies soften and the onions turn translucent. Then, add in 1/2 cup lemon juice and give everything another 5 minutes to simmer.
- Drain the cashews of their soaking water and blend them with 1 cup fresh water until completely smooth. Then, add \*everything\* into the big stockpot with the veggies – broth, mushrooms, quinoa, and cashew cream. Also, add in about 3 tablespoons of Braggs Liquid Aminos.
- If you prefer the soup to be thicker, feel free to add 1-2 tablespoons of whole wheat or brown rice flour and quickly whisk into the soup to prevent clumps. Otherwise, just let this simmer for about 15 more minutes until it tastes perfect. Then, serve with chopped chives.



<https://www.oneingredientchef.com/cream-of-quinoa-soup/>



## COUSIN CINDY'S WALNUT LOAF

My dear cousin shared this recipe with me a few years ago and it has become a staple in my house. Definitely a fall favorite! Tis the season!

### Ingredients

#### Loaf

- 2 cups Old Fashioned Oats
- 2 cups cooked brown rice
- 1 cup finely chopped walnuts
- 1 Tbsp parsley
- 1 tsp salt
- 2 t bouillon (use your favorite)
- 3/4 cup of water
- 2 Tbsp Braggs Aminos
- 1 cup raw cashews
- 1 medium onion
- 2 stalks celery

#### Topping

- 1 cup ketchup
- 1 cup sugar
- 1 Tbsp Braggs Aminos
- Liquid smoke (optional)

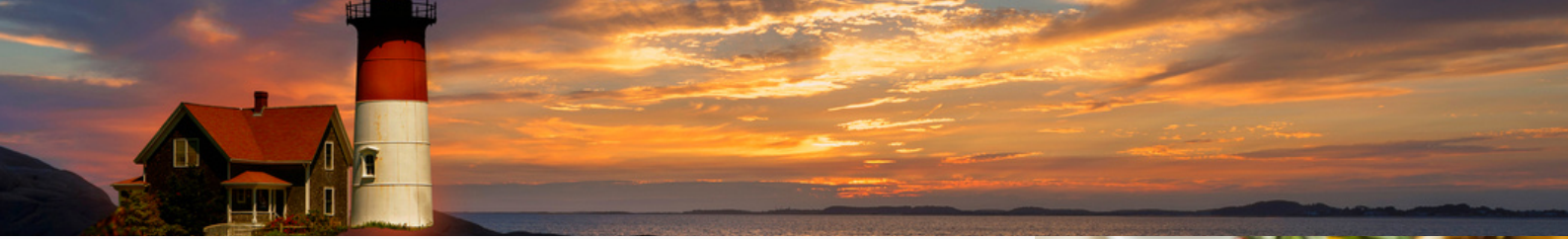
### Instructions

- Put oats in blender and grind to a fine consistency. Place in large bowl
- Add brown rice, parsley, salt and bouillon and set aside
- In blender add cashews, water and Braggs and blend until creamy
- Add rough chopped onions and celery and pulse a few times. DO NOT PUREE
- Add to oats mixture and mix with wooden spoon until well combined
- Lightly oil 8"x8" baking dish and add mixture and even out
- Top with ketchup mixture (omit if using gravy)
- Bake at 350 for 45 minutes (internal temperature should be 160 degrees)

Many thanks







## BRAZIL NUT GRAVY

This recipe is the perfect topping for "Cousin Cindy's Walnut Loaf".

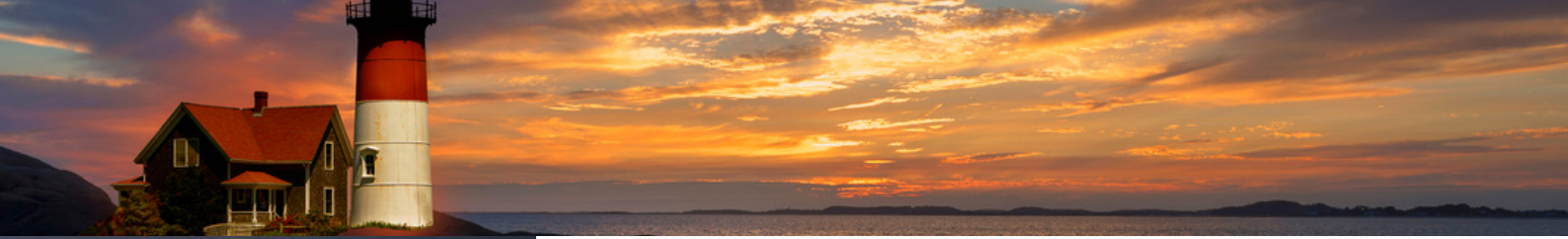
### Ingredients

- 4-1/2 cups hot water divided
- 1/8 cup Brazil nuts
- 2 Tbsp onion powder
- 2 tsp salt
- 2 Tbsp nutritional yeast
- 3 Tbsp Braggs Aminos
- 6 Tbsp cornstarch
- 2 Tbsp "beef flavored" seasoning

### Instructions

- Place 3 cups water in medium pot on stove to boil
- Blend remaining ingredients with the remaining 1-1/2 cups hot water until smooth
- When water in pot is at a rolling boil, add brazil nut mixture stirring constantly with wire whisk until boiling
- Allow to cool slightly and serve over any loaf or steam vegetables





## PUMPKIN & SAGE RISOTTO

This recipe from One Ingredient Chef has been adapted to coincide with our health message. Risotto is a real comfort food and when the weather starts getting colder and we throw in some fall-inspired ingredients like pumpkin and sage, the comfort in this dish gets

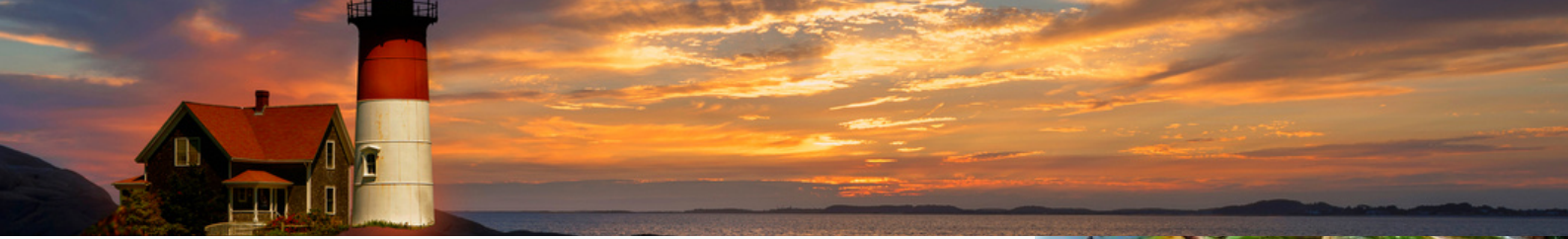
### Ingredients

- 1 small pumpkin
- 1 handful fresh sage leaves
- 1 medium red onion
- 3 stalks celery
- 1 1/2 cups arborio (risotto) rice
- 3 1/2 cups vegetable stock
- 1 lemon
- Olive oil
- Sea salt & black pepper
- 1/4 cup Daiya Mozzarella-style shreds (optional)

### Instructions

- Preheat the oven to 350° F.
- Cut pumpkin into small cubes, add them to a baking sheet with a splash of olive oil and roast for about 45 minutes until fully cooked and slightly browned.
- Meanwhile, finely chop the celery and onions and add them to a large saucepan over medium heat with a splash of olive oil. Allow these to soften but not brown.
- In a separate pot, add vegetable stock with a few large sage leaves and bring to a simmer.
- Add the arborio rice to the hot pan with celery and onions and allow it to cook dry for 1-2 minutes. Then, add a bit of the vegetable stock and stir until it is absorbed into the rice.
- Slowly add one ladle-full of stock into the pan at a time and stir occasionally until fully absorbed before adding more. This should take 20-30 minutes.
- As the risotto is nearing completion, check on the pumpkin in the oven (did you forget about it?). It should be soft and fully cooked. When it is, toss it into the pan with the risotto along with generous amounts of salt and black pepper.
- Taste the risotto. If all the stock has been absorbed and it is still too al dente and crunchy, use warm water until you have a perfect lava-like texture and the rice has become softened but not completely overcooked.
- At the last minute, squeeze in a little lemon juice and throw in a few tablespoons of finely-chopped sage leaves. You can also add a handful of non-dairy mozzarella-style shreds (Daiya works well). Stir these into the rice and remove from the heat. Let the risotto rest for 2-5 minutes before serving.

<https://www.oneingredientchef.com/pumpkin-sage-risotto/>



## EASY VEGAN GREEN BEAN CASSEROLE

The onion topping on this casserole is SO much better than the fried ones that come in a can. Everyone's broiler is different, though, so keep a close eye on them while they're crisping up. You will be rewarded with super flavorful "fried" onions that you'll want to make again and again.

### Ingredients

#### Onion Topping

- 1 small onion, thinly sliced
- 1 Tbsp extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 3 Tbsp all-purpose flour
- 2 Tbsp Panko bread crumbs

#### Casserole

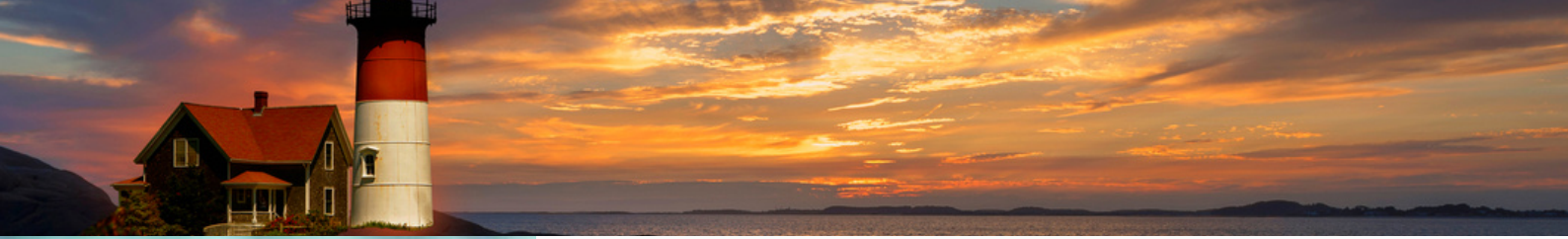
- 1 lb. green beans, trimmed
- 6 Tbsp extra-virgin olive oil, divided
- 2 medium shallots, finely chopped
- 8 oz sliced mushrooms
- Kosher salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 1/4 cup all-purpose flour
- 3 cup almond milk

### Instructions

- Preheat oven to broil on medium and line a medium baking sheet with aluminum foil.
- In a medium bowl, toss onion with olive oil and season with salt and pepper.
- Add flour and Panko and toss to coat onions.
- Broil, tossing every 2 to 3 minutes, until onions are crisp and golden, about 6 to 8 minutes in total.
- Turn oven down to 375°.
- Prepare an ice bath. In a large pot of boiling water, add green beans and cook until bright green, about 6 minutes. With a slotted spoon or tongs, quickly transfer green beans to ice bath to cool, then drain and transfer to a large bowl.
- In a large ovenproof skillet over medium heat, heat 2 tablespoons olive oil.
- Add shallots and cook, stirring occasionally until tender, about 5 minutes.
- Add mushrooms and season with salt and pepper. Cook, stirring often, until mushrooms are golden, about 5 minutes more.
- Stir in garlic then transfer mixture to the bowl with the green beans.
- Heat remaining 4 tablespoons of olive oil in the same skillet over medium heat.
- Whisk in flour and cook until golden, about 2 minutes.
- Gradually whisk in almond milk and bring to a simmer. Cook until thickened, about 4 minutes.
- Remove from heat then add green bean mixture and toss until even combined.
- Transfer mixture to a medium casserole dish. Bake until warmed through and bubbling around the edges, about 20 minutes.
- Top with "fried" onions and bake 5 minutes more.



<https://www.delish.com/holiday-recipes/thanksgiving/a23013030/easy-vegan-green-bean-casserole-recipe/>



## GARDEN HERB BISCUITS

Fresh herbs and a healthy handful of vegetables liven up this simple staple. This recipe and photo are courtesy of BitterSweet Blog.

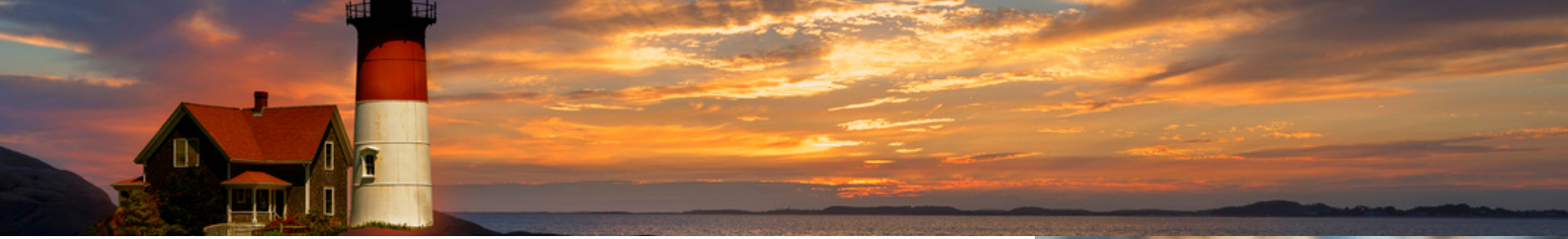
### Ingredients

- 2 1/2 cups all-purpose flour
- 2 1/2 tsp baking powder
- 1 tsp coarse sea salt or Kosher salt
- 1/4 tsp freshly ground black pepper
- 2 Tbsp fresh parsley, chopped
- 2 Tbsp fresh chives, chopped (you could use rosemary, sage, or tarragon if you want more seasonal flavors)
- 1 1/2 tsp fresh thyme
- 1/4 cup vegan butter
- 4 oz (1/2 package) vegan cream cheese
- 1 cup carrot, zucchini, sweet potato, or parsnip, finely grated (or a combination of any of these)
- 3/4 cup plain, unsweetened non-dairy milk
- 1 tsp apple cider vinegar or lemon juice
- Additional melted vegan butter (optional)

### Instructions

- Preheat your oven to 425°F and line a baking sheet with a silicone baking mat or piece of parchment paper. Set aside.
- In a large bowl, whisk together the flour, baking powder, salt, pepper, and fresh herbs. Make sure the herbs are well distributed throughout the dry mixture.
- Cut the butter and cream cheese into tablespoon-sized pieces before adding them in next, and use a fork or pastry cutter to further incorporate the two until they are the size of peas. Toss in the carrot and/or zucchini shreds.
- Finally stir in both the non-dairy milk and vinegar/lemon juice at once, and mix with a wide spatula just until the thick batter comes together.
- On a very lightly floured surface, pat out the dough to about 1 to 1-1/2 inches tall. Use a 2-inch round cookie cutter to cut out the biscuits, and space them out equally across your prepared baking sheet. Gather up any scrapes, pat back into shape, and cut again, until the dough is all used up. You should get 6 – 8 tall biscuits out of the mix.
- If desired, brush a small amount of melted vegan butter across the tops of the biscuits for an extra rich flavor, and then pop them into the oven. Bake for 18 – 22 minutes, until golden brown all over.
- Let cool for at least 10 minutes before eating, just so that you don't burn your mouth!

<https://bittersweetblog.com/2012/08/15/biscuit-eater/#mv-creation-249-jtr>



## MAPLE PECAN PIE BARS

Here's a better-for-you and more approachable recipe for pecan pie. Replacing eggs, corn syrup, butter, and white sugar with more natural, plant-based ingredients will give you a healthier spin on traditional Thanksgiving pies. This recipe and photo are courtesy of One Ingredient Chef.

### Ingredients

#### Crust

- 5 Tbsp applesauce
- 2 Tbsp coconut oil
- 1 Tbsp maple syrup
- 3 medjool dates
- Pinch of salt
- 1 cup whole wheat flour
- 1/4 cup rolled oats

#### Filling

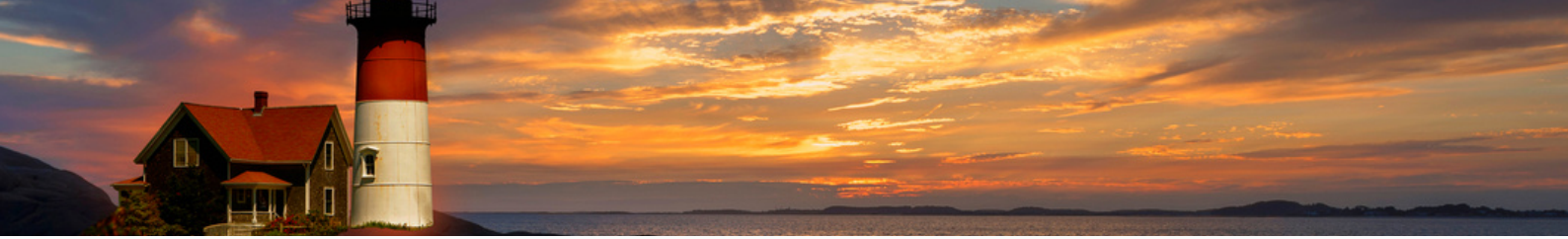
- 15 medjool dates
- 2/3 cup pecan pieces
- 1 tsp vanilla
- Pinch of salt
- 1 Tbsp maple syrup
- Pecan pieces, for garnish



### Instructions

- Preheat your oven to 350°F.
- To make the crust, first combine the applesauce, coconut oil, maple syrup, 3 dates, and a pinch of salt in a food processor.
- Pulse a few times, scraping down the sides after each run, until the ingredients are somewhat integrated.
- Add the 1 cup of whole wheat flour and 1/4 cup rolled oats and pulse the mixture repeatedly until you have an even dough that is somewhere between sticky and crumbly. Note: if it's too dry, add 1-2 tablespoons more applesauce.
- Lightly oil a nonstick 9x9 pan (or a super-cool baking pan with square molds) and add this dough to the base of the pan, about 1/3 inch thick and press it down evenly.
- Make the incredibly simple and unprocessed pecan filling by combining about the dates, pecan pieces, maple syrup, vanilla, and a pinch of salt in the food processor. Let this run for a full 2-3 minutes to break down the pecans into a deliciously gooey filling that tastes just like pecan pie.
- Spoon on top of the crust layer and press it down evenly. Top with a few pecan pieces and press them into the surface.
- Bake for approximately 18-22 minutes, just until the pecan filling begins to turn slightly darker around the edges. Allow to cool slightly, but for best results, serve warm.

<https://www.oneingredientchef.com/healthy-maple-pecan-pie-bars/>



# Crossword Puzzle

## ACROSS

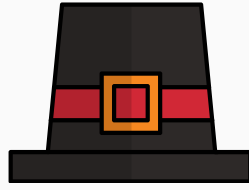
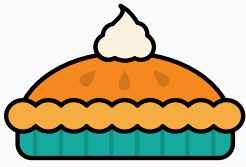
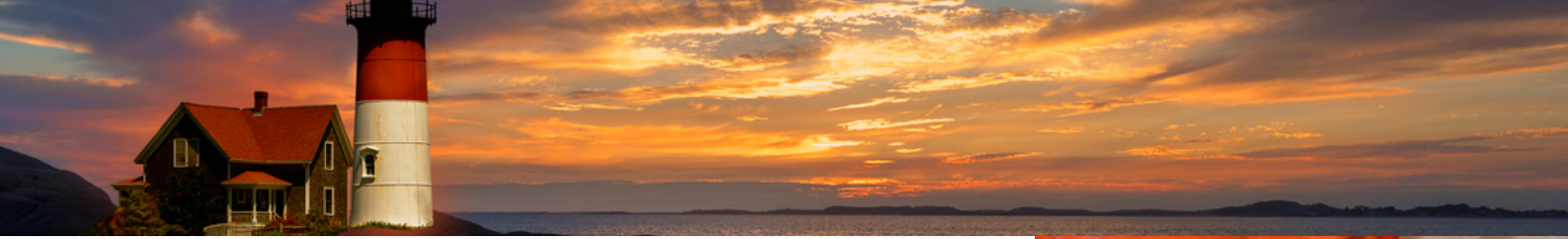
2. Unto you, O God, do we give thanks, unto you do we give thanks: for that your name is near your wondrous \_\_\_\_ declare. Ps 75:1
6. Sing unto the Lord, O ye saints of His, and give thanks at the remembrance of His \_\_\_\_\_. Ps 30:4
8. Let us come before His presence with thanksgiving, and make a \_\_\_\_\_ noise unto Him with psalms.
10. Sing unto the Lord with thanksgiving; sing praise upon the \_\_\_\_ unto our God. Ps 147:7
12. Praise ye the Lord. O give thanks unto the Lord; for He is good: for His \_\_\_\_\_ endures for ever. Ps 106:1

14. Enter into His gates with thanksgiving, and into His courts with praise: be \_\_\_\_\_ unto Him, and bless His name. Ps 100:4
16. I will praise the name of God with a song, and will \_\_\_\_\_ Him with thanksgiving. Ps 69:30
17. O give thanks unto the Lord; call upon His name: make known His \_\_\_\_\_ among the people. Ps 105:1
21. It is a good thing to give thanks unto the Lord, and to sing praises unto your \_\_\_\_, O most High. Ps 92:1
22. O give thanks unto the \_\_\_\_ of gods: for His mercy endures for ever. Ps 136:2
23. O give thanks unto the God of \_\_\_\_\_: for His mercy endures for ever. Ps 136:26
24. That I may publish with the \_\_\_\_\_ of thanksgiving, and tell of all your wondrous works. Ps 26:7
25. Whither the tribes go up, the tribes of the Lord, unto the \_\_\_\_\_ of Israel, to give thanks unto the name of the Lord. Ps 122:4
26. I will give thanks in the great \_\_\_\_\_: I will praise you among much people. Ps 35:18

## DOWN

1. So we your \_\_\_\_\_ and sheep of your pasture will give you thanks for ever: we will show forth your praise to all generations. Ps 79:13
3. And let them sacrifice the sacrifices of thanksgiving, and declare His works with \_\_\_\_\_. Ps 107:22
4. At \_\_\_\_\_ I will rise to give thanks unto you because of your righteous judgments. Ps 119:62
5. Therefore will I give thanks unto thee, O Lord, among the \_\_\_\_\_, and sing praises unto your name. Ps 18:49
7. I will offer to you the \_\_\_\_\_ of thanksgiving, and will call upon the name of the Lord. Ps 116:17
9. Rejoice in the Lord, you righteous; and give thanks at the \_\_\_\_\_ of His holiness. Ps 97:12
11. Offer unto God \_\_\_\_\_; and pay your vows unto the most High. Ps 50:14
13. Save us, O Lord our God, and gather us from among the heathen, to give thanks unto your holy name, and to \_\_\_\_\_ in your praise. Ps 106:47
15. O give thanks to the \_\_\_\_\_ of lords: for His mercy endures for ever. Ps 136:3
18. O give thanks unto the Lord, for He is good: for His mercy \_\_\_\_\_ for ever. Ps 107:1
19. To the end that my glory may sing praises to you, and not be \_\_\_\_\_. O Lord my God, I will give thanks unto you for ever. Ps 30:12
20. Surely the righteous shall give thanks unto your name: the upright shall dwell in your \_\_\_\_\_. Ps 140:13
22. For in death there is no remembrance of thee: in the \_\_\_\_ who shall give thee thanks? Ps 6:5





## Thanksgiving Word Scramble

1. rcon \_\_\_\_\_
2. ukppmin \_\_\_\_\_
3. krueyt \_\_\_\_\_
4. omfaylwer \_\_\_\_\_
5. niwsebho \_\_\_\_\_
6. ciarrbesne \_\_\_\_\_
7. spmiligr \_\_\_\_\_
8. ricdukmts \_\_\_\_\_
9. dnenir \_\_\_\_\_
10. syam \_\_\_\_\_
11. solrl \_\_\_\_\_
12. eremnbov \_\_\_\_\_
13. gobabl \_\_\_\_\_
14. dessret \_\_\_\_\_
15. ngstufif \_\_\_\_\_
16. uyhtarsd \_\_\_\_\_
17. efats \_\_\_\_\_
18. rgavy \_\_\_\_\_
19. nnasidi \_\_\_\_\_
20. rbeda \_\_\_\_\_

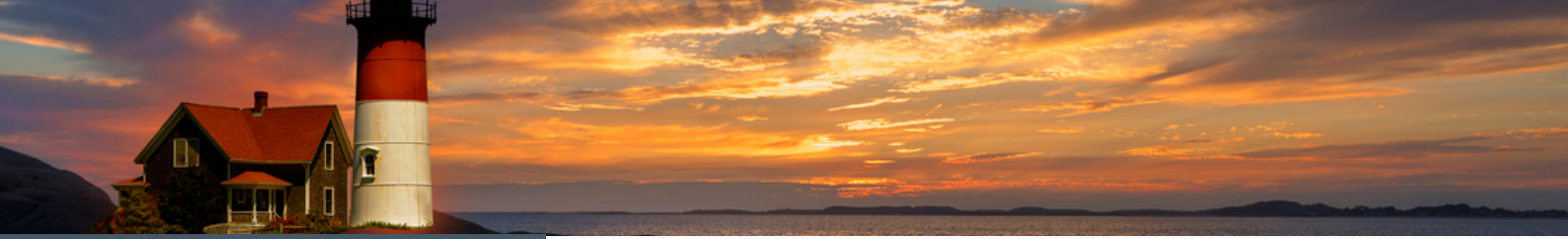


**"You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God."**

2 CORINTHIANS 9:11

Answers  
 corn, pumpkin, turkey, Mayflower, wishbone, cranberries, pilgrims, drumstick, dinner, yams, rolls, November, gobbie, dessert, stuffing, Thursday, feast, gravy, Indians, bread

<https://www.printableparadise.com/images/thanksgiving-word-scramble.pdf>



And God said, “Let the earth bring forth living creatures according to their kinds—livestock and creeping things and beasts of the earth according to their kinds.” And it was so.

GENESIS 1:24



## Cold Weather Safety Tips for Pets

For some of us, our furry friends are a part of our families. As the temperature drops, it's important to keep them hydrated, warm, comfortable, and most importantly--safe--during the winter weather season. Here are a few cold weather safety tips for pets:

### **KEEP THEM HYDRATED**

Just like humans, animals require a lot of water! This is especially true during the winter months when the humidity is low and can cause dehydration in animals. Additionally, because exercising in colder temperatures increases heart rate, we need to be sure our furry friends are staying hydrated.

### **KEEP THEM SAFE**

There are many dangers in the winter that can be harmful to our pets. Try using a pet-friendly de-icer or salt, as some types may be harmful to their paws! Be sure that if you walk your pets outside you avoid ponds or frozen lakes as your pet (as well as you) could be in danger if the ice breaks! Also, when pets are outside, keep them leashed. Snow can mask familiar scents which would normally guide them home in case they get lost. Lastly, after being outside, wipe down their paws and check for injuries or bleeding.

### **KEEP THEM WARM**

If it's too cold for you, it's usually too cold for your pet, too! Short-haired, young, and older animals are much more susceptible to the cold and are at a greater risk of hypothermia or frostbite. If you plan on being outside for more than a few minutes, consider dressing your pet in an animal sweater or coat.

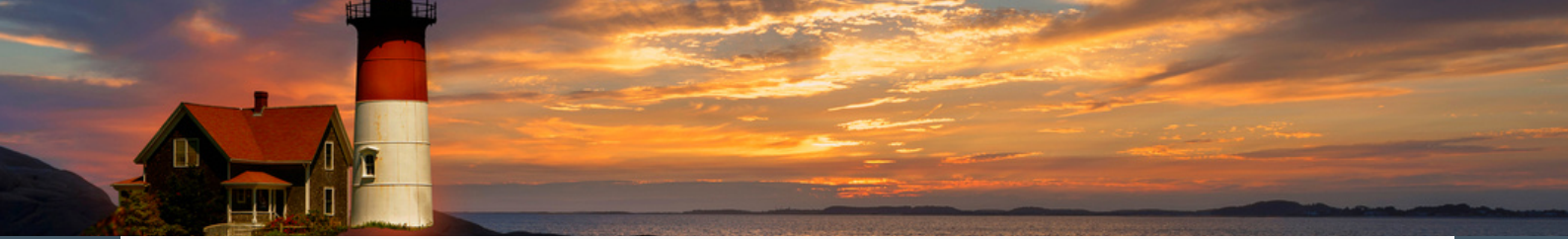
### **KEEP THEM COMFORTABLE**

While coats and sweaters are a great way to keep your pet's body temperature up, try pet booties to keep their feet warm and comfortable. Additionally, just as hot cars are a danger for animals in the summer months, cold cars are just as dangerous! Keep your pets in the comfort of your home as much as possible and only take them on car rides when necessary.

Keeping your furry friends safe is a top priority. The last thing you'd want is to have something happen to your pet. Use the safety tips to keep your pets safe and warm all winter long.

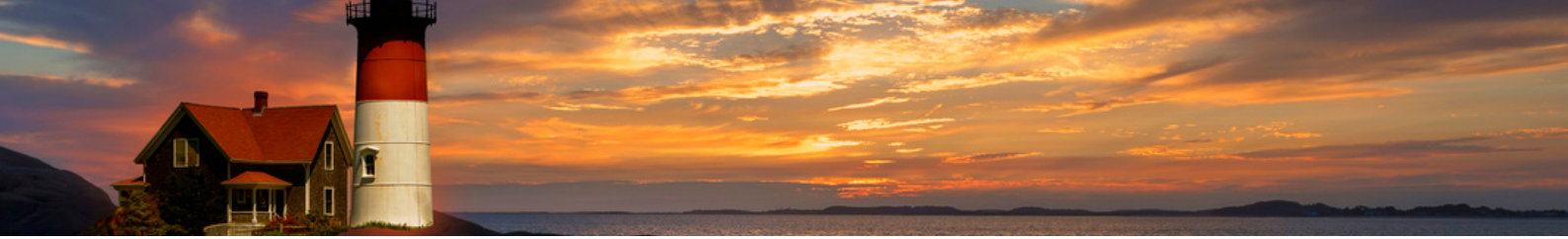
<https://blog.nycm.com/2020/01/cold-weather-safety-tips-for-pets.html>





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Audio & Visual Systems: Bob McDonald & Ben Hiebert  
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Bulletin Board: Shari Ringering  
Bulletin Secretary: Sharon Paiz  
Children's Story Coordinator: Traci Comstock  
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Church Clerk: Jennifer Hamerly  
Church Administrative Assistant: Jill Anfinson  
Community Services: Fred & Mary Lou Haskell  
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Deacons: Marty Beard, Robert Cassidy, Vaun Fiedler, Fred Haskell, Ben Hiebert,  
Lowell Hoffman, Ed Lindsay, Marc Mann, Boo McDonald, Jordon McDonald  
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Hospitality Committee Head: Rigo and Maria Salinas  
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Religious Liberty Representative: George Beaver  
Sabbath School Secretary: Open  
Sabbath School Superintendent: Ruth Matson  
Senior Ministries Representative (SAGE): Open  
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## 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](mailto: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.**

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