

AUTUMN 2021

# BEACON OF LIGHT

Official Newsletter of the Bonney Lake Seventh-day Adventist Church



## Autumn Newsletter

SHARON PAIZ & SARA STICKLE

It is hard to believe that we are already in the last quarter of 2021! Autumn is our very favorite of all the seasons. In Autumn, all of our senses awake. With our eyes, we experience the changing of the color in the leaves. Green trees bursts into orange, gold, red and brown. We feel the night air get crisp and who doesn't love "sweater weather"?! Our noses get to, once again, enjoy the scent of pumpkin pie, pumpkin bread, pumpkin tea... well everything pumpkin and caramel apples. Family and friends may unite together around the fire pit to roast marshmallows and share stories of their summer vacations. We look forward to the fourth Thursday in November where we gather around the table with family and friends and celebrate and share all the blessings that God, our Father, has bestowed upon us this year. Many of us, likely may share times when those blessings showed up in sorrow and struggle, though at the time we may not have seen them as blessings, had we known the beginning from the end, we would be praising God and even THANKFUL for them.

We hope you enjoy this quarter's newsletter and that you find blessings in it as well. A special thank you to all who contributed.



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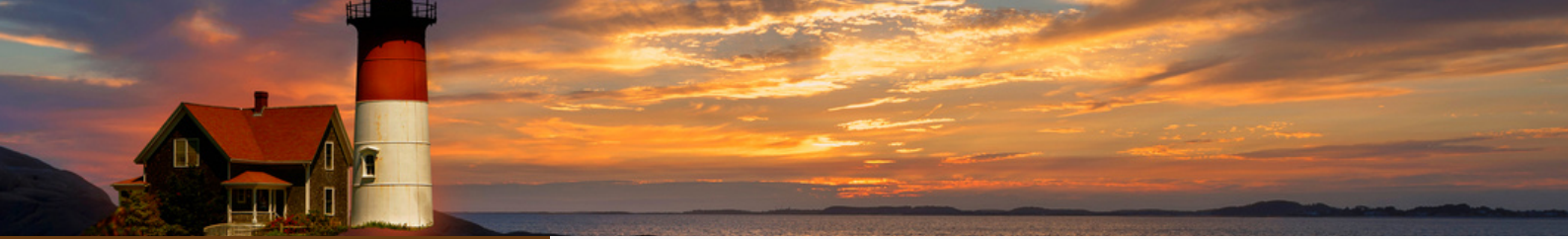
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"God was present  
and He cared about  
Daniel. Yes, God  
was involved with  
this world and  
intimately in the  
lives of His  
children!"

PASTOR BRUCE KOCH



## The Autumn that Signaled the Beginning of the End

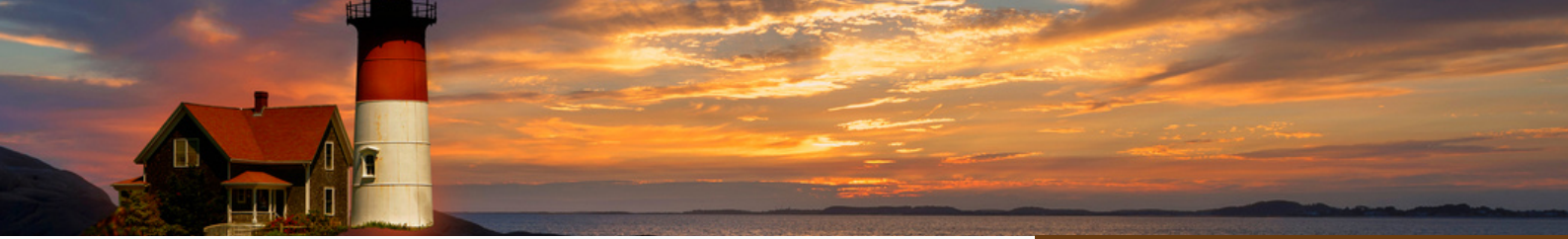
PASTOR BRUCE KOCH

Autumn provokes a multitude of thoughts. As I stand at my kitchen sink viewing a glorious pink sunrise, my eye also catches an object that has been sitting on the sill below the window through which I have been peering. This object has been in that very spot for 20 years. What could be so significant that it would command such a position of notoriety? It is a cut glass bottle of pure Maple Syrup made from sap tapped from the grove of Maple Trees on the farm of William Miller. I purchased it, along with other items, during a Washington Conference sponsored Adventist History Tour of New England in 1993. This unopened bottle of syrup has been in my possession for 28 years.

What is it that makes an old bottle of maple syrup, long past its prime, a keepsake that I treasure? Let me give you a history lesson on one of the most important Autumn seasons in the history of our world.

The dating of the historic events takes us back a time just prior to 1844 AD. The setting is centered around a farm in Low Hampton, NY. It is the home of William Miller, a well-respected gentleman farmer, a Patriot who served as a Captain in the New York State Militia during the War of 1812, a former Constable of the county and a lay preacher who, upon his conversion from Deism to Christianity became an avid student of the Scriptures. William Miller, as a Deist, once believed that God created this world and set it in motion but then, drew back and took no further interest in it. He witnessed the daily struggle of life in the early 1800s and saw the carnage of battle during the war and longed for something in which he could find hope. He began to read the Bible, specifically the Book of Daniel and began to discover, first through Daniel's life and then Daniel's prophecies, that sought for hope.

Daniel's life story told Miller that even in the greatest calamity, the destruction of Jerusalem and the Temple by the Babylonians and the taking of Judah's best and brightest youth as slaves in exile, God was present and He cared about Daniel.



## The Autumn that Signaled the Beginning of the End (continued)

Yes, God was involved with this world and intimately in the lives of His children! In the prophetic passages of Daniel, William Miller found even greater hope and joy. God was actively involved in the affairs of the entire World and had revealed His plans through prophetic symbols that could be interpreted through careful study of the Scriptures.

Miller had a deductive mind through which he tackled the puzzles of life. In his new relationship with God, he prayed for wisdom to understand Daniel's prophecies. With no seminary training, he turned to the only Bible Study tool that was available to him, Cruden's Complete Concordance of the Bible, first published in 1737, a relatively new source to mine the Scriptures.

Through the concordance, Miller was able to look up every word in a passage and compare it in other passages in which it was used. The commentary also gave Hebrew and Greek insights into the broader meaning of each word in its original language. Through diligent and determined study and guided by the Holy Spirit, Miller reached his defining conclusion. Studying the apocalyptic prophetic symbols and dates carefully led him to conclude that Jesus Christ was returning to earth as promised, very soon.

One specific passage, Daniel 8:14, became His focal point: "And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed."

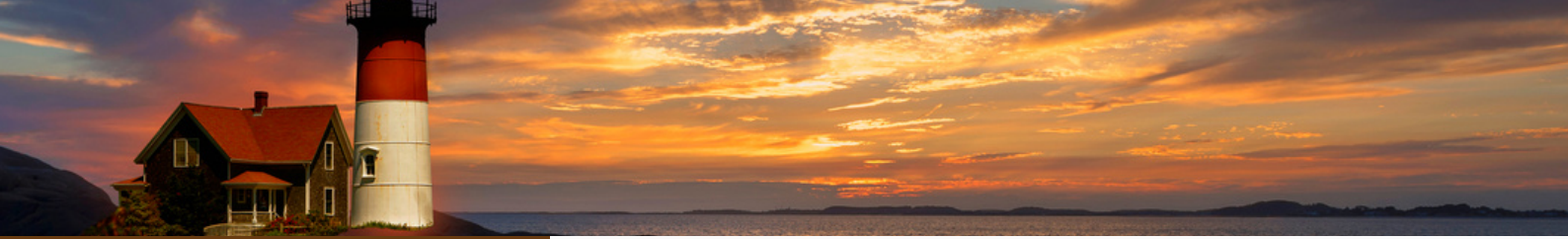
Miller studied the Sanctuary, its structure and its ceremonies, and interpreted that the 2300 days were about to be fulfilled. He also interpreted the cleansing of the Sanctuary to be this Earth, hence the Second Coming of Jesus. How his heart overflowed with joy and love for Jesus. But was this really true? Had he, a humble farmer and not a learned Bible Scholar, erred in his conclusions?

It was at this time that God spoke to him saying, "Go, tell it to the world!" Miller balked, thinking I'm a nobody. I cannot speak before men or command an audience. I am unworthy. God continued to repeat to Miller: "Go, tell it to the world!"

**"And he said  
unto me, Unto  
two thousand  
and three  
hundred days;  
then shall the  
sanctuary be  
cleansed."**

DANIEL 8:14





"Blessed is he  
that reads,  
and they that  
hear the  
words of this  
prophecy.."

REVELATION 1:3



## The Autumn that Signaled the Beginning of the End (continued)

It was at this point that William Miller's anguish drove him to a place of solace he had long ago discovered on his farm, a grove of maple trees. It was to this serene canopy of nature that he went to pray. Over the months and years, this was where he met with God.

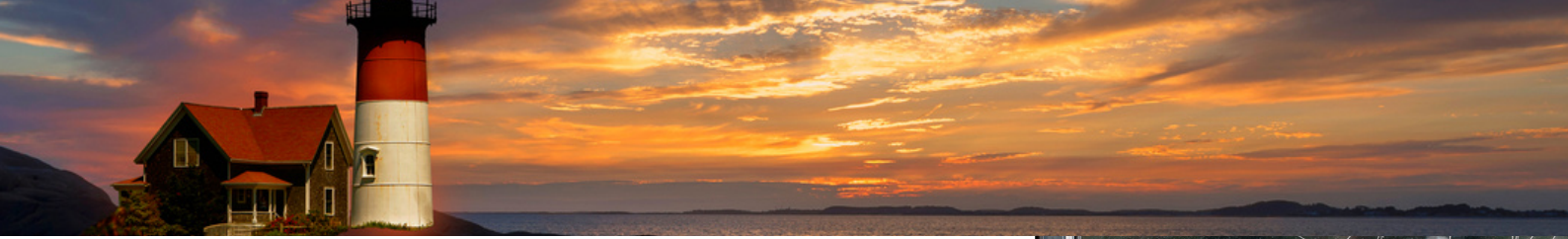
Now, he would make a bargain with God. Confessing his reluctance to follow God's command that he preach this Second Advent Message, he told God that, if someone were to come to him and ask him to preach, he would answer the call. He then returned to his home relieved and at peace thinking that no one would ever come to a humble farmer to preach the Word of God.

Soon after returning to his front room study, there was a knock on his front door. He opened it to find his nephew from a near by town standing there with his hat in hand, a symbol at the time of someone in need. His nephew didn't hesitate to make his request known. "Uncle Willie, our preacher is away for a few weeks, my father sent me to ask you if you can come to share what you have been studying from the Book of Daniel. Will you please come?"

William Miller then began his ministry that lit the flame of the Second Advent Movement in the early 19th Century. A movement that was simultaneously begun in Europe, South America and other parts of the world in like manner. A movement that, in North America, would directly lead to the beginnings of the World-wide Seventh-day Adventist Church, called by God's prophecies to preach the Message of the Three Angels to prepare for the very, very soon coming of Jesus Christ to welcome His followers home to Heaven.

This is why this bottle of Maple Syrup speaks to my heart. It is from the trees in that still preserved grove on Miller's farm where he was called by God to preach that Jesus is indeed coming again! I cannot look at it without praying for that same Holy Spirit to convict me every day to "Go, tell it to the World!"





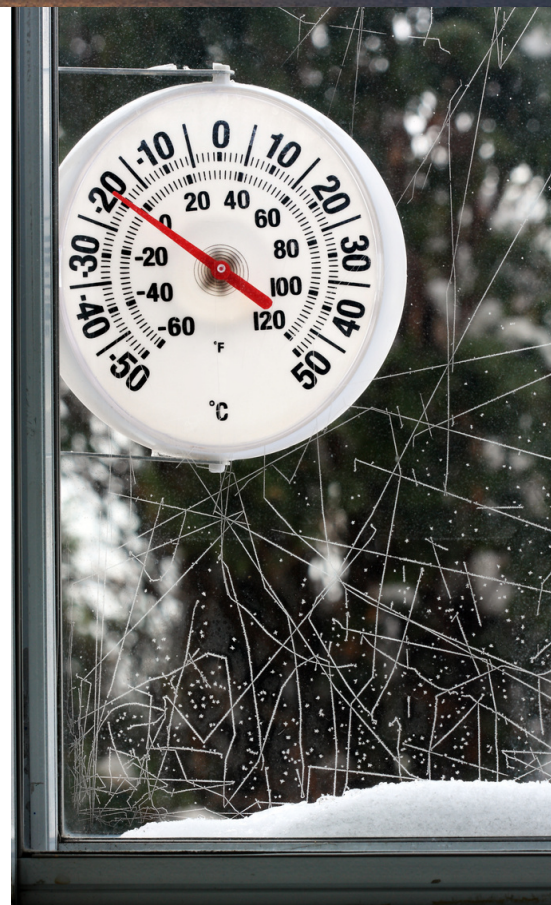
## Cold Weather Preparedness

HEALTH MINISTRY - DRESS FOR SUCCESS

Soon the thermometer will be dropping and now is the time to prepare. Many people often wait until the last minute to prepare for the future. Waiting until the last minute puts unnecessary burdens on us that can add to unnecessary health risks. Anxiety can lead to insomnia, depression, digestive and bowel problems as well as headaches and chronic pain. Ugh... I want to avoid those things at all cost. Are you with me? Now is a good time to consider how we might prepare for the cooler weather coming our way before it gets here. Preparation = Less stress.

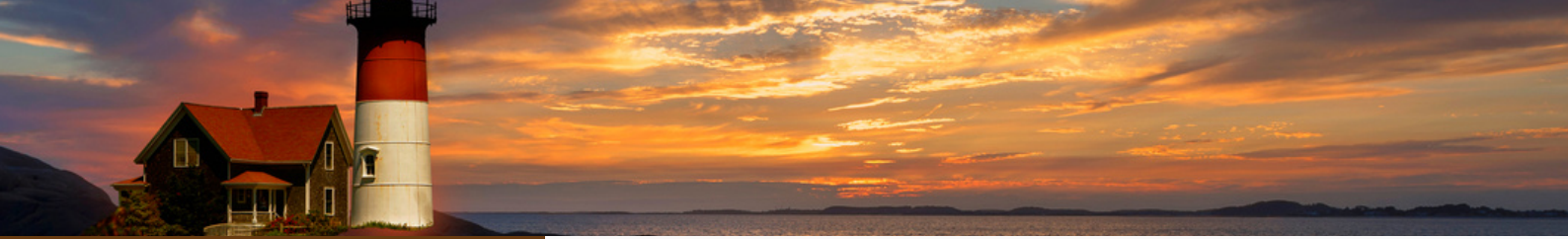
Here are a few ideas to help you get a head start:

1. Wear three layers. Your base layer might consist of a thin pair of leggings will keep you warm without making you sweat. Your middle layer can be something like a thick fleece for insulation. And the outer layer—a winter coat serves as a barrier against wind and rain.
2. Keep it snug. Close-fitting clothing will help keep out the chill. Again with leggings... consider wearing them under skirts and dresses to keep your legs warm.
3. Wear long coats. Make sure you have at least one long sweater and coat for the coldest days.
4. Choose the right type of down. Down is a great material for keeping warm since it's lightweight while also insulating. For rainy weather, you'll either want synthetic down or a separate rain shell to protect your down jacket.
5. Avoid cotton. Cotton is an amazing, breathable material, but it holds a lot of water, making it less ideal for winter weather. If you have wool pants, wear those instead of denim.
6. Treat your hat, gloves, and scarf as accessories. Adding a hat is an easy way to keep your whole body warm.
7. Ensure that your clothing is weatherproofed. Before winter, take your favorite boots to a shoe repair shop to get them reheelled and weatherized. Spray weather-proofing spray on your rain jackets if needed.
8. Choose shoes with tread. If you live in a place with snow, choose shoes with tread to avoid slipping on ice.



**"For to the snow  
He says,  
'Fall on the earth,'  
And to the  
downpour and  
the rain,  
'Be strong.'"**

JOB 37:6



Haystacks  
made their  
first public  
appearance  
at a 4th of  
July faculty  
picnic in the  
1950s.



## Haystacks

SARA STICKLE

If you have ever been to an Adventist potluck, you have likely had Haystacks. Many Adventists probably know the history, but I didn't so I went in search of how this dish became so popular. I Google'd "Adventist Haystacks" and right away, found what I was looking for. But I found a lot of other interesting search results that I thought I would share.

For those of you who are also wondering where our famous Haystacks came from, the origin is traced back to the 1950s. Ella May Hartlein and her husband lived in Arizona and enjoyed Mexican food that was so readily available to them. When they relocated to Iowa, they no longer had access to the cuisine they loved so much. Ella May got creative by using Fritos and topping them with beans, lettuce, veggies, and cheese. She shared her recipe for a 4th of July picnic that was being hosted by the women whose husbands worked at the local academy. It was such a hit that it became part of the faculty's weekly menu and was submitted, among other recipes from the picnic, to a local newspaper and was titled "Hartlein Special". Somewhere along the way, they came to be known as "Haystacks".

But Adventists aren't the only ones enjoying Ella May's creation. The Mennonites spun off a version with a lettuce base, topped with chips or crackers, followed by ground meat cooked in a marinara-like sauce, and finally topped with chopped veggies and cheese. The Latter-Day Saints also have a version called "Hawaiian Haystacks" that start with a base of white rice topped with chicken and gravy/sauce, then pineapple, cheese, celery, tomatoes, coconut, almonds, and crunchy chow mein noodles.

As far as other haystack facts are concerned, here a couple to nibble on.

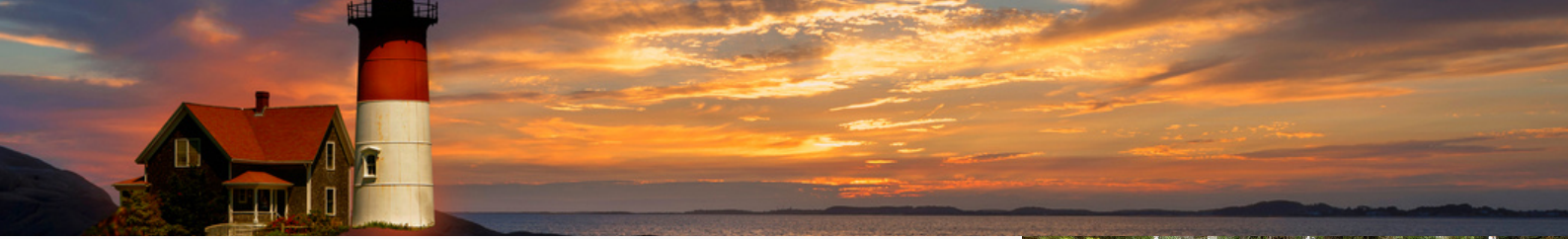
The term "needle in a haystack" dates back to the 1600s in the story of Don Quixote de la Mancha where the translation says, "might as well look for a needle in a bundle of hay".

There are also dessert haystacks made from crunchy chow mein noodles, butterscotch chips, peanut butter, and roasted peanuts.

On a Saturday in August, 1806, five Williams College students, gathered in a field to discuss the spiritual needs of those living in Asian countries. When a thunderstorm struck, they took shelter in the lee of a haystack and continued to pray.

This gathering came to be called "The Haystack Prayer Meeting," and it is the first documented resolution ever made by Americans to begin foreign missionary work.



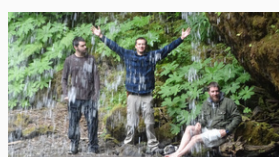
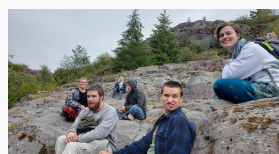
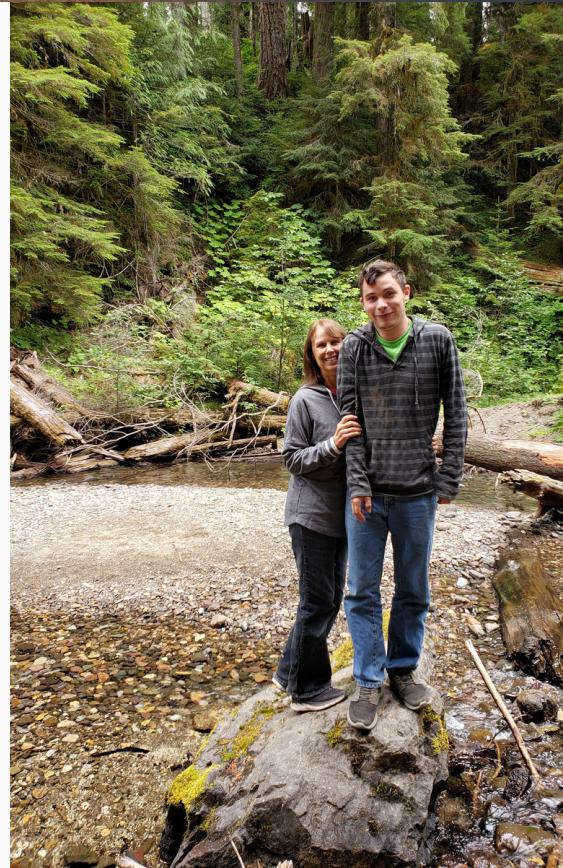


## Young Adult Camping Trip

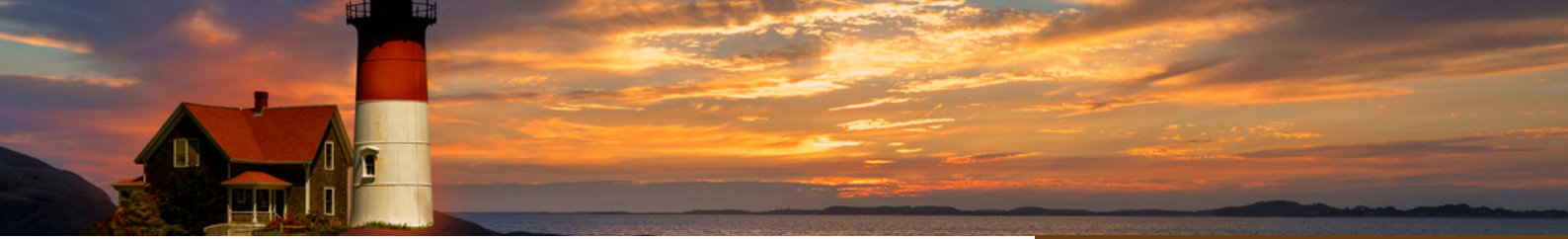
KAITLYN HERMAN

This past August the Young Adult Sabbath School Class gathered their camping gear and headed towards Mt. St. Helens to Iron Creek Campground. The weekend was full of fellowship which included eating meals together and sitting around the campfire talking with one another.

We traveled on Windy Ridge interpretive drive, hiked down to Spirit Lake and up to various viewpoints, learning about the eruption of Mt. St. Helens and how God amazingly allowed the plants and animals to grow and reproduce quickly filling the bare land in record breaking time. Although these were all highlights, the greatest part of the entire trip was having the privilege of worshipping the Creator in His Creation. The class is excited to see what next summer's adventure holds for them.





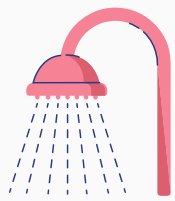


# Breast Cancer Awareness Month

HEALTH MINISTRY

Breast cancer is the most common cancer diagnosed in women and it's the second leading cause of death behind lung cancer. While it's rare, it's also possible for men to get breast cancer. There are typically no symptoms when the tumor is small and most easily treated, which is why early detection is so important. The most common physical sign is a painless lump. Less common signs and symptoms include breast pain, persistent changes in the skin, and nipple discharge. If you encounter of these concerns, you should schedule an appointment with your doctor.

Regardless of your age, women should be performing breast self-exams every month. You get the best results in the shower since the water allows you to better feel irregularities. Here are 3 ways you can perform a breast self-exam at home.



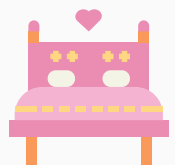
### In The Shower

With the pads of your 3 middle fingers on one hand, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts feeling for any lump, thickening, hardened knot, or any other breast changes.



### In Front of a Mirror

Visually inspect your breasts with your arms at your sides, then with your arms raised overhead, and last with your palms on your hips pressed firmly to flex your chest muscles. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples.



### Lying Down

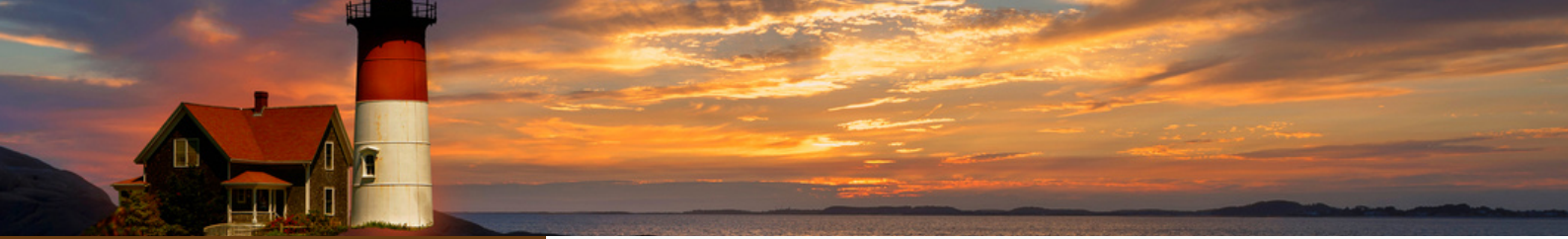
When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat on the left side.

Perform  
monthly breast  
self-exams and  
schedule annual  
mammograms if  
you're 40+

NATIONAL BREAST CANCER  
FOUNDATION, INC.







It's Time to  
"Fall Back".  
Daylight Saving  
Time ends on  
Sunday,  
November 7.



## The History of Daylight Savings Time

EXCERPT FROM CHIEF METEOROLOGIST, GARY STEPHENSON

We all seem to cheer when daylight saving time arrives every March. The idea of an extra hour of daylight at the end of the day is what most of us need after the chilly shorter days of December, January, and February. But where did the crazy idea of "shifting time" come from?

Benjamin Franklin gets some credit for the idea of daylight saving time, though his recommendation was really a joke. In a letter to the editor of the Journal of Paris, Franklin jokingly recommended the people get out of bed earlier in the morning to minimize the use of candles and lamp oil. He never even mentioned setting clocks back or forth.

In the United States, daylight saving time was first used in 1918 when a bill introduced the idea of a seasonal time shift. It lasted seven months before the bill was repealed. During World War II, President Franklin Roosevelt re-established the idea of daylight saving time. It was called "War Time." War Time began in February 1942 and lasted until the end of September 1945.

In 1966, the Uniform Time Act of 1966 established the idea of regulating a yearly time change. Daylight saving time would begin the last Sunday in April and end the last Sunday in October. During the 1973 oil embargo, the United States Congress ordered a year-round period of daylight saving time to save energy. The period would run from January 1974 to April 1975. The plan did little to save energy and in October 1974, the U.S. switched back to standard time.

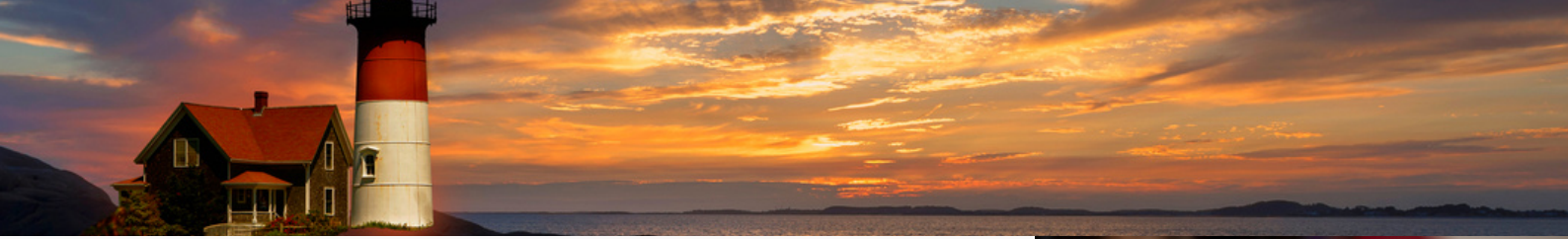
From 1987 through 2006, daylight saving time started the first weekend in April, running through the last weekend in October. In 2007, the start and end of daylight saving time shifted again. That year, it began on the second Sunday in March and it ended on the first Sunday in November.

And that's where we are in 2021. Daylight saving time ends on Sunday, November 7 this year. In recent years, there has been a push to make daylight saving time year-round. Several states have passed legislation to make this law.

I guess "time" will tell if we see year-round daylight saving time in the future.

Here is the link if you would like to read the entire article.

<https://spectrumlocalnews.com/nc/charlotte/weather/2021/02/24/why-daylight-saving-time->



# 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

Oct 2	Local Church Ministries	6:50	6:48
Oct 9	Washington Secondary Ed.	6:36	6:36
Oct 16	Local Church Ministries	6:23	6:21
Oct 23	Washington Youth: Ed	6:10	6:08
Oct 30	Local Church Ministries	5:58	5:57
Nov 6	Local Church Ministries	5:47	5:46
Nov 13	WB: Radio Ministry	4:48	4:37
Nov 20	Local Church Ministries	4:30	4:29
Nov 27	Washington Youth: Sunset Lake	4:24	4:24
Dec 4	Local Church Ministries	4:20	4:20
Dec 11	NAD: Adventist Comm. Serv.	4:19	4:19
Dec 18	Local Church Ministries	4:20	4:20
Dec 25	Washing Youth: Children	4:23	4:23

“A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord: it is holy to the Lord.”

LEVITICUS 27:30





# November

# 2021

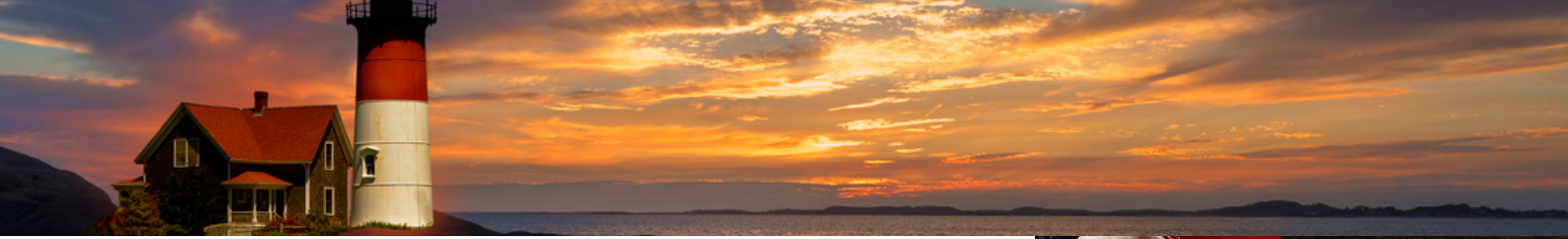
## Count Your Blessings!

**As the year turns the corner from Summer to Autumn we see God's creations in all their beauty. To help you embrace this glorious season, here are 30 prompts of gratitude for you to use to count your blessings each day in November. Give praise and glory to God!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Thank God that He never changes Hebrews 13:8	2 Praise God for His unfailing love Psalms 136:1	3 Praise God for your freedom to worship	4 Praise Him for the opportunity to share His Word	5 Praise Him that His word is a lamp and a light	6 Praise Him for your church family
7 Thank Him for His grace	8 Praise God for his unending mercy	9 Praise Him that hears all your prayers	10 Thank God for pets!	11 Thank Him for the friends in your life	12 Thank God for Jesus (John 3:16)	13 Praise Him for the Sabbath
14 Thank those who have served in the armed forces	15 Praise God for the roof over your head	16 Thank God for the advances in medicine	17 Sing to God "This Little Light of Mine"	18 What moment from this week are you most thankful for?	19 What challenge are you most grateful for?	20 Lift up your voice and sing to God. Sing to Him "Into My Heart"
21 Thank God for a way out when you are tempted!	22 Praise God from Whom all blessings flow!	23 Pray for your community and thank God for them	24 Thank God for the Holy Spirit and pray!	25 Just be thankful for today 😊	26 Tell God that you love Him. He already knows but it brings Him joy	27 Thank God for the food He provides you with
28 Tell someone that God loves them	29 Thank God for the beautiful things in nature	30 Thank God for the fresh air that fills your lungs				





## Veteran's Day Appreciation

SHARON PAIZ

Veterans Day occurs on November 11 every year in the United States in honor of the "eleventh hour of the eleventh day of the eleventh month" of 1918 that signaled the end of World War I, at that time it was known as Armistice Day.

In 1953 Alvin J King, a shoe salesman living in Kansas, suggested changing the name to Veterans Day in order to recognize all veterans from all wars and conflicts, He had suffered from the loss of nephew who had perished serving his country in 1944 during WWII.

In 1954 President Dwight D. Eisenhower officially changed the name. The Uniform Monday Holiday Act was signed on June 28, 1968, and it changed the traditional days for Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day, to ensure that the holidays fell on a Monday, giving federal employees a three-day weekend. However that didn't set right with President Gerald Ford and in 1975 he returned Veterans Day to November 11, due to the important historical significance of the date.

Great Britain, France, Australia and Canada also commemorate the veterans of World War I and World War II on or near November 11th: Canada has Remembrance Day. Great Britain commemorates Veteran's Day by observing two minutes of silence at 11 a.m. every November.

Every Veterans Day, Arlington National Cemetery holds an annual memorial service. The cemetery is home to the graves of over 400,000 people, most of whom served in the military.

Bonney Lake Seventh-day Adventist Church would like to thank all service members of who have risked their lives to protect our freedom. Your service is priceless.



**"I urge your private and public expression of gratitude for the heritage of liberty and freedom which they have secured for all Americans."**

PRESIDENT GERALD FORD





"Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;"

PHILIPPIANS 1:6

## Thankfulness

STORY BY FAY ANGUS, SUBMITTED BY JANICE ELLISON

One of the most cherished moments of our day comes when, as a family, we join hands around the dinner table and give thanks for all the blessings God has given us. As the children were growing up, this became a choice opportunity for them to learn how to pray out loud, develop the gift of a grateful year, and speak conversationally with God.

One evening when shepherd's pie, the children's favorite, was on the table, six-year-old Ian enthusiastically volunteered to say the blessing. After he had duly thanked God for the food and the highlights of the day, he paused and then added, "And thank You, God, for the nice little boy you gave this family." "Nice little boy!" I gasped. "Where?" "Right here," he grinned, pointing to himself. "I was thanking God for me!"

Doing the dishes later that night, I thought, the boy has a point. We all come tagged with the designer label: "Individually Crafted With the Compliment of Your Creator." Suddenly I was overwhelmed. Why in all my years of thanksgiving, I had never ever thanked God for me! Hands dripping wet with suds, eyes spilling tears of wonder, then and there I quietly said, Thank You, God, for all the workmanship You put into making me!"

Take time today to thank Him for a designer original--you.

## Fitness & Good ole' Vitamin D

SHARON PAIZ

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy. A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called osteomalacia in adults.

When I moved from sunny Southern California to this beautiful state of Washington in 2014, one of my first priorities was finding a family doctor. The older I get the more I realize that I could use all the support I could get to get and keep my body healthy.

I found a wonderful doctor who told me the first thing I should know about Washington is that it rains a lot. Because sunshine is not as ample here as it is in California, he told me that getting the proper amount of Vitamin D is essential. I didn't know! Now it is part of my daily vitamin routine.

AN EVERYDAY HEALTH INFOGRAM

# AUTUMN



## SHORTER DAYS, LESS SUNLIGHT

What less sun exposure means for your health

Vitamin D, good for bones and immunity, decreases	Seasonal affective disorder causes depression
Catch early morning rays to prep melatonin for better sleep.	Serotonin, the happiness hormone, decreases

**4**  
FACTS

Sources: Harvard School of Public Health, National Institutes of Health, Sleep Disorders Center at Northwestern University, Psychology Today





## Craft Corner

### AN ONLINE COMPILATION

Check out these easy crafts you can do by yourself or with your loved ones!



#### MITTEN TREE

If you have more mittens than you can count, round them up to create a playful Christmas tree. Add a few colorful pom-poms or whatever you think would be fun!



#### GLITTER TAPE CANDLE HOLDER

Decorate a votive candle holder with red and silver glitter tape and top it off with a wooden embellishment that feels right for Christmas.



#### GIFT BOW WREATH

If your kids had enough of holiday gifts adorned with bows, reserve them for your front door. This creative wreath idea is good enough to use for years on end.



#### HOLIDAY SHAKERS

Turn basic salt and pepper shakers into eye-catching holiday decor. Place everything from deer to evergreens inside your shakers for a cheery holiday look.



#### THREAD SPOOL WREATH

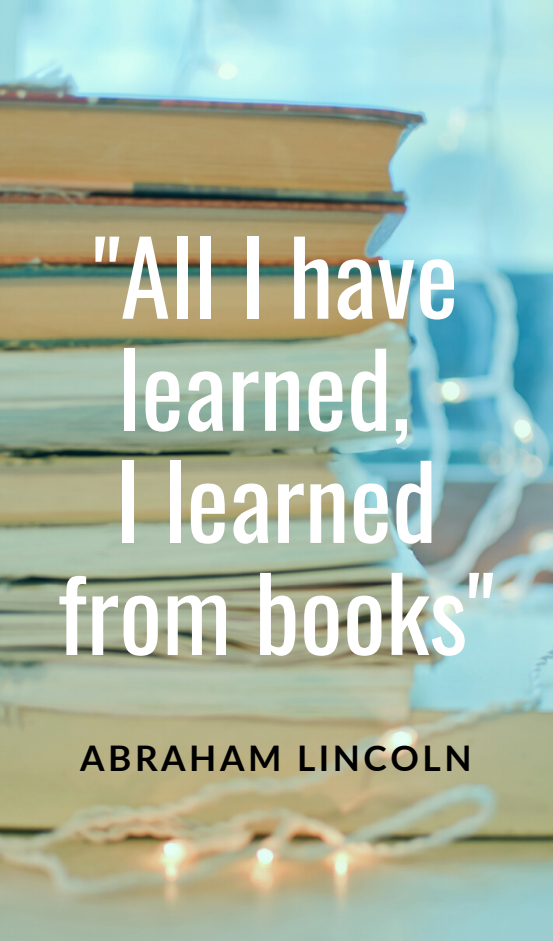
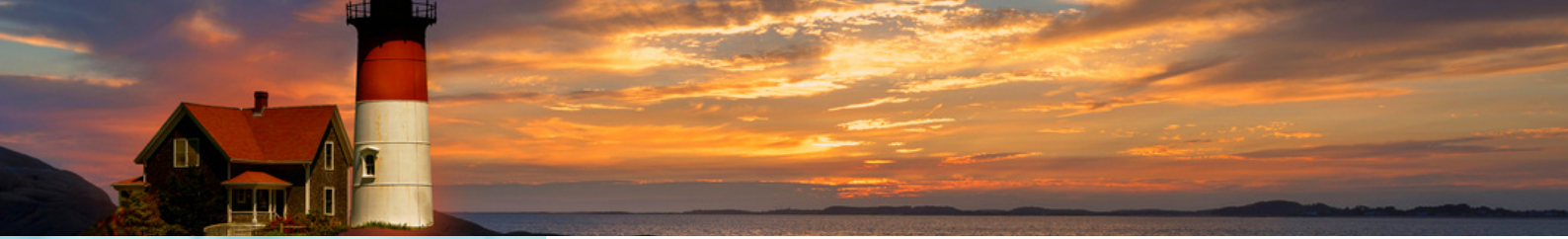
Grab your stash of empty spools and wrap them in ribbon. Hang your new wreath with wire, and you're ready to welcome holiday guests!



#### GINGERBREAD COOKIE NAPKIN HOLDER

Cut two neat rectangles in a small gingerbread cookie, so you can loop a ribbon through it and use it as an edible napkin ring.





## Book Recommendation

ED LINDSAY

For the past 30 years our Adventist storyteller, Joe Wheeler, has produced a collection of holiday stories in a series called "Christmas in My Heart". Approximately 2 years ago, Dr. Wheeler sustained a serious fall in his Colorado home and we thought it would end the series, if not also his life.

However, he survived, but was unable to compile more stories for volumes 28 and 29. Providentially this year Dr. Wheeler was able to hand-pick his favorite stories from books 1-27 and add two new stories. This will be the final book in this series and probably the last we will see from Joe Wheeler.

If you want to enjoy some heartwarming stories focusing on love, marriage and the family you will want to add this volume to your library.

## Submit Your Church Photos!

SHARON PAIZ, PHOTOGRAPHY COORDINATOR

We are happy to announce that we have created a drop box to allow members to conveniently share photos. Some examples of the photos you could share would be our annual visit to Sunset Lake for church service or, like the photos Kaitlyn shared for this newsletter for, the Young Adult Sabbath School Class camping trip!

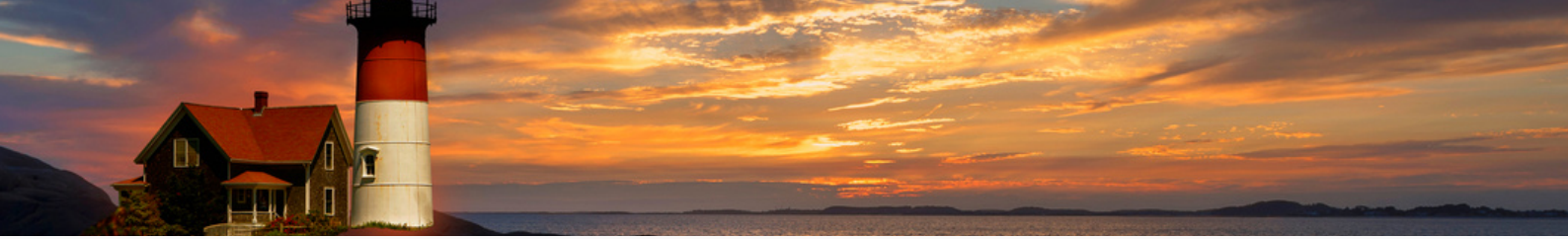
These photos could be used in our quarterly newsletter, or in our slide presentations before worship service begins and possibly even for events like baby showers or weddings where appropriate.

Please use this link to access the photo folder:

<https://drive.google.com/drive/folders/13QvADaMoVCv8Wmgvy36dni2OCOXtyCno?usp=sharing>

If you have any questions about how to get your photos into this folder please feel free to reach out to me. I would be happy to assist you!





# Random Acts of Kindness

Use this calendar as a guide or do your own random acts of kindness! This shouldn't be a stressful activity. Pray as you start each day for God to lead you to the activity that will bring joy to others. Let us strive to be like Jesus and so we can draw people to Him, and they can know the peace that only He can bring.

## DECEMBER 2021

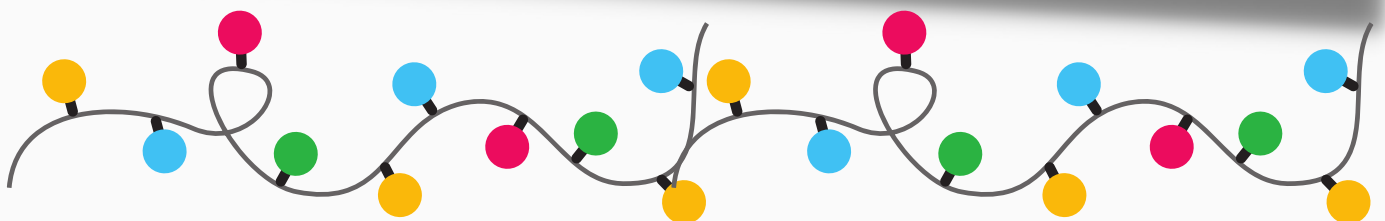


SUN	MON	TUE	WED	THU	FRI	SAT
NOVEMBER S M T W Th F S 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11	JANUARY S M T W Th F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5	30	ROSA PARKS' DAY 1  Treat everyone you meet today with respect.	2  Get festive and decorate your home for the holidays.	3  Take time out today to crank up and enjoy your favorite holiday music.	4  <b>FREE DAY!</b> Get creative! Make up your own RAK today!
5 Send coloring books, toys, and balloons to a children's hospital.	6 Organize a "Charity Day" at work.	7 Leave dollar bills on the shelves at the dollar store with a note that says "treat yourself!"	CHRISTMAS TREE DAY 8 Create a kindness tree. Ask family and friends to decorate it with notes of a kind act they did.	CHRISTMAS CARD DAY 9 Send cheerful holiday cards with inspiring quotes to hospitalized children using the Cardz for Kidz service.	10 Plan to become CPR certified next year.	11 Join "Soldiers' Angels" and send a holiday care package to a deployed service member.
12 Name a star after someone at nameastar.com.	13 Make a list of five things for which you are grateful.	14 Wear an outfit to work that makes you feel great.	15 Try a session of acupuncture or get a massage.	16 Contribute toys to your local Toys for Tots campaign.	17 Get some friends together and gather treats for delivery workers with a note of appreciation for all their hard work.	18 Bring workers or the unhoused who are out in the cold hand warmers.
19 Open your home for the holidays. Invite neighbors and friends over for drinks or dessert.	20 Help the environment. Turn off lights, heaters and fans when not in use.	FIRST DAY OF WINTER 21 Plan a road trip to someplace new.	22 Create handmade holiday gifts for friends, family and coworkers.	23 Leave some treats and a thank you card for your office cleaning crew.	CHRISTMAS EVE 24 Do something you love: go for a walk, draw, read, yoga, whatever it is, do it for you.	CHRISTMAS DAY 25 Gift a loved one an experience rather than a material gift.
KWANZAA 26 Hand out candy canes along with a smile or a note wishing the recipient a joyful holiday season.	27 Buy a decadent treat for yourself at the grocery store or your favorite bakery.	CALL A FRIEND DAY 28 Keep in touch with your friends. Call them or suggest meeting for coffee.	29 Offer to watch your friend's kids for an afternoon so they can have some time to recharge.	30 Listen to a guided meditation.	NEW YEAR'S EVE 31 Set intentions for 2022. What goals do you hope to accomplish?	1

Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.

**RANDOM ACTS OF KINDNESS**  
FOUNDATION

© The Random Acts of Kindness Foundation







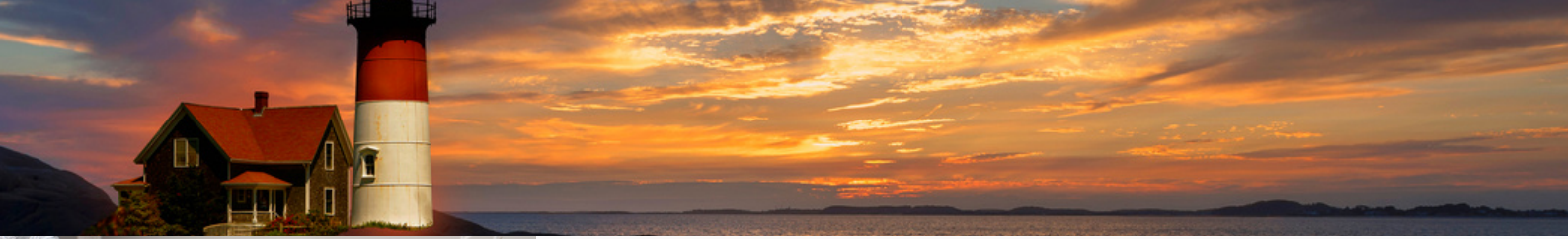
## Kaitlyn's Christmas Playlist

THESE COULD BECOME YOUR NEW FAVORITES TOO!

1. All is Well – Michael W. Smith featuring Carrie Underwood
2. Almost There – Michael W. Smith featuring Amy Grant
3. Angels from the Realms of Glory – Fountainview Academy Orchestra & Choir
4. Behold that Star – The King's Heralds
5. Birthday of a King/Hark the Herald Angels Sing (Medley) – David Phelps
6. Breath of Heaven – Amy Grant
7. Carol of the Drum – The King's Heralds
8. Christmas Everyday – Kenny Rogers
9. Christmas to Remember – Rescue
10. Ding Dong Merrily on High – Fountainview Academy Orchestra & Choir
11. Emmanuel God with Us – Point of Grace
12. God Rest Ye Merry Gentlemen – Kingdom Heirs
13. Grown Up Christmas List – Amy Grant
14. Hark the Herald Angels Sing/O Come All Ye Faithful – Clay Aiken
15. Have Yourself a Merry Little Christmas – Michael Buble'
16. Infant Holy, Infant Lowly – BYU Vocal Point
17. Joseph's Lullaby – MercyMe
18. Joy to the World/For Unto Us (Medley) – David Phelps
19. Midwinter – Twila Paris
20. O Come, O Come, Emmanuel – The Piano Guys
21. Oh Holy Night – Jordan Smith
22. Silent Night – Jordan Smith
23. Somewhere In My Memory – Michael W. Smith
24. That's Christmas to Me – Pentatonix
25. The Christmas Guest – Reba McEntire
26. The First Noel – Andy Williams
27. The Holly and the Ivy – Mannheim Steamroller
28. The Miracle of Christmas – Michael W. Smith
29. The Perfect Tree – Ray Boltz
30. 'Til the Season Comes 'Round Again – Amy Grant

Our Head of Music Ministry, Kaitlyn Herman has shared with us some of her favorite versions of well-known Christmas songs.





## Taking the Stress Out of the Holidays

SARA STICKLE

Ask ten different people what kinds of feelings the holidays stir up for them and you might get ten different answers. Some just focus on the joy while others struggle with depression and loneliness. Some feel excitement but still worry about how they'll juggle all the pressure that often comes with gatherings and gifting. And some just feel stressed and anxious, looking forward to the passing of the season.

In *Mind, Character, and Personality Volume 2*, Ellen White says, "There are many whose hearts are aching under a load of care because they seek to reach the world's standard. They have chosen its service, accepted its perplexities, adopted its customs. Thus their character is marred, and their life made a weariness. In order to gratify ambition and worldly desires, they wound the conscience and bring upon themselves an additional burden of remorse. The continual worry is wearing out the life forces."

When I ask people why they are so stressed during the holidays, I often hear them saying that they're trying to keep up with expectations. They would enjoy time with family and loved ones if they didn't have to figure out how to select and buy gifts for each person, or make sure their house is perfectly decorated, or find a way to attend every event to which they're invited.

What if we pause this year and take some time to think about what we want to accomplish during the holidays. What activities could we do that would give others joy that would return joy to us? What activities could we eliminate that aren't bringing glory to God? Are we asking God for His guidance and peace?

Matthew 6:34 says, "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

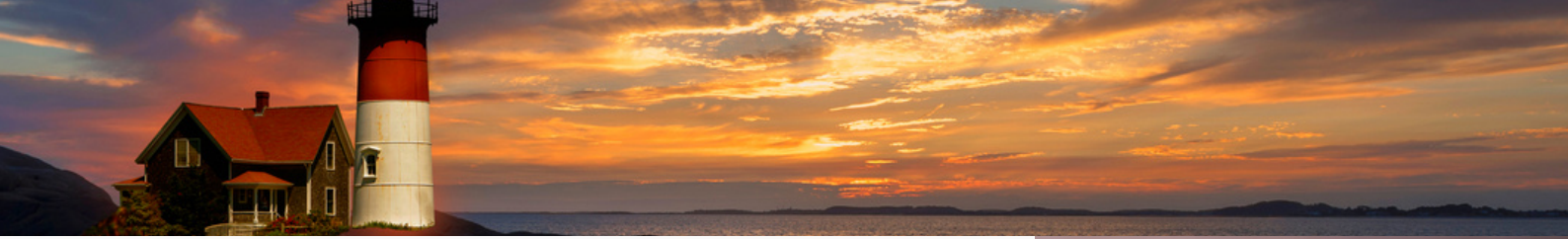
Hebrews 13:5 says, "Keep your life free from love of money, and be content with what you have, for he has said, 'I will never leave you nor forsake you.'"

So with our focus on the day at hand, and on what we have and not what we wish we had, we can appreciate the beauty our God grants us during this dedicated time of togetherness.

**"The  
continual  
worry is  
wearing out  
the life  
forces."**

ELLEN G. WHITE  
MIND, CHARACTER, AND  
PERSONALITY, VOL. 2





## Ingredient Spotlight

### GOOD FOOD FOR MENTAL HEALTH

#### Whole Grains

Many types of food fall under this category, like beans, soy, oats and wild rice. While your body and brain utilize carbohydrates for energy, too often we consume simple carbs, which lead to blood sugar spikes. Foods classified as whole grains contain complex carbohydrates, which leads to glucose being produced more slowly, as a more even and consistent source of energy.

#### Spinach

Spinach and other leafy greens provide your brain with solid amounts of folic acid, which has been shown to be a great deterrent to depression. It also helps fight off insomnia, which is heavily linked to mental impairments and can help reduce dementia in older adults.

#### Tomatoes

The source of a tomato's red hue, lycopene is classified as an all-around beneficial phytonutrient. One of the many health boosts it provides is in the fight against brain disease. It's been shown to delay the onset and progression of Alzheimer's Disease, fighting off cell damage. In addition, lycopene has been shown to help with memory, attention, logic and concentration.

#### Nuts

Nuts are an excellent source of omega-3 fatty acids, helping to fight depression. Cashews, for example, help provide oxygen to the brain with a dose of magnesium.

Almonds contain a compound called phenylalanine, which is shown to help the brain produce dopamine and other neurotransmitters that boost your mood. Phenylalanine has also been linked to a reduction in the symptoms of Parkinson's Disease.

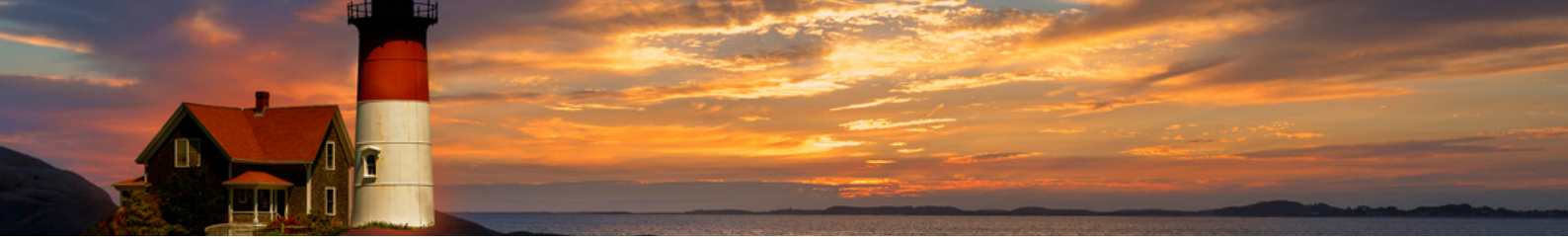
#### Olive Oil

Pure, extra virgin olive oil has been quite popular as of late as a part of healthy Mediterranean-style diets. This type of oil contains polyphenols, which help to remove the effects of proteins linked to Alzheimer's Disease. It can also help improve learning and memory.



"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

### HOLIDAY DISHES YOU'LL FEEL GOOD ABOUT EATING

We don't need to eat unhealthy food during the holidays to feel like we're enjoying the flavors of the season. We are sharing a few recipes to fill your holiday table with the beautiful food God intended for us to eat!

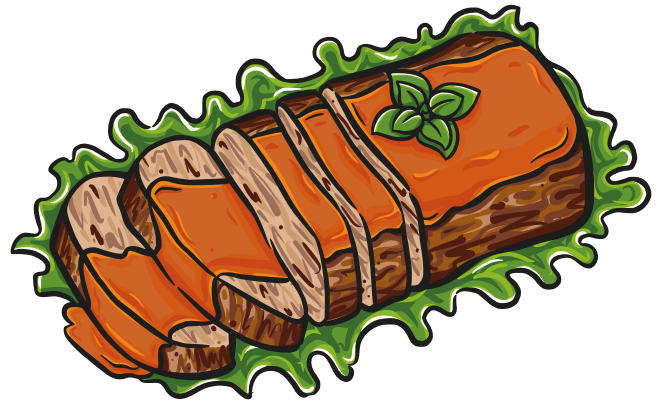


### HOLIDAY NUT LOAF

This recipe was submitted by Lila Lindsay.

#### Ingredients

- 1 cup tofu and 1/2 cup water
- 2 cloves garlic, minced, or 1 tsp garlic powder
- 1 Tbsp Bragg's Liquid Aminos (or 2 tsp soy sauce)
- 1/4 cup gluten flour or cornstarch
- 1 1/2 tsp salt
- 1 Tbsp onion powder
- 1 tsp sage or Italian seasoning
- 3-4 cups soft whole grain bread crumbs\*
- 2 cups pecans (or walnuts, almonds, or cashews) - chopped
- 2 cups finely chopped onions\*



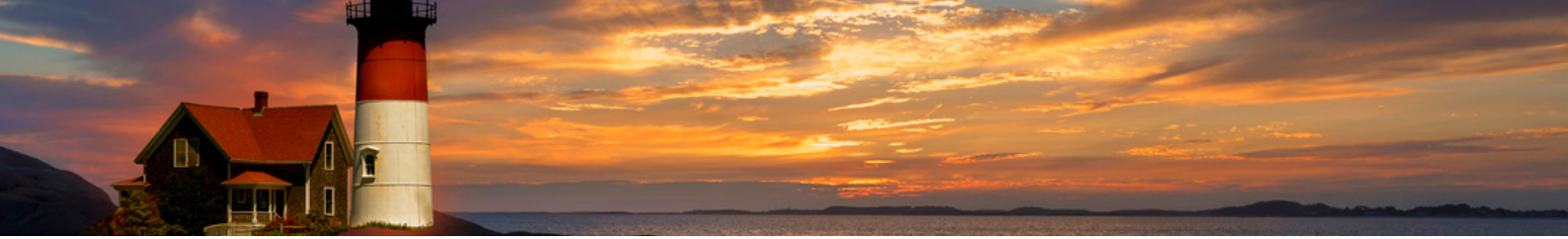
\*These bread crumbs are made using soft bread, not toasted. Dried crumbs are more compact, so if you use them, use only 1 1/2 - 2 cups. The full 2 cups of onion are needed to add moisture and flavor, so don't skimp!

#### Instructions

- Preheat oven to 350°F.
- Blend tofu with water, garlic, and seasonings.
- Combine remaining ingredients in a mixing bowl.
- Add blended tofu and mix well.
- Place mixture in a lightly oiled or nonstick loaf pan. Cover with foil and bake for 1 hour.
- Remove foil and bake uncovered for 30 minutes, or longer until loaf is well browned.
- Remove from oven and let cool for about 5 minutes before removing from pan.
- Turn upside down onto a serving dish.
- Garnish with fresh parsley or kale and serve with gravy or cranberry sauce.







## ROASTED MAPLE GLAZED ACORN SQUASH WITH CINNAMON PECANS

This recipe, from Monkey and Me Kitchen Adventures, is a perfectly wholesome holiday side dish. It features a maple syrup and molasses glaze with just the right amount of cinnamon spice sprinkle, topped with crunchy pecans and sweet pomegranates, and makes for a beautiful holiday table presentation. Whole Food Plant Based, vegan, oil free, refined sugar free, gluten free, and no highly processed ingredients.



### Ingredients

- 1 acorn squash, unpeeled, cut into 3/4" slices
- 2 Tbsp organic maple syrup
- 1/4 tsp molasses
- Sprinkle of cinnamon
- Sprinkle of salt
- Sprinkle of black pepper

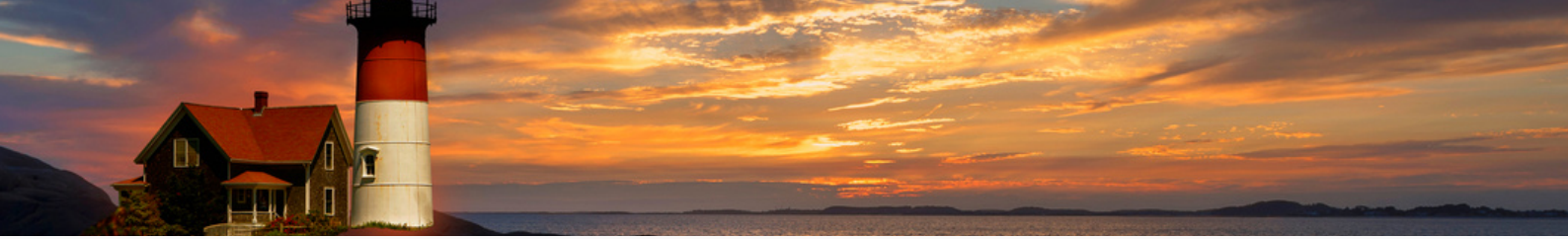
### Toppings

- Cinnamon Maple Glazed Pecans (recipe on following page)
- Pomegranate slices

### Instructions

- Preheat the oven to 400°F.
- Line a baking sheet with parchment paper, set aside.
- In a small bowl make the glaze by adding together the maple syrup and molasses mix well, set aside.
- To create beautiful half-moon slices, first cut a small slice off the bottom of the acorn squash to stabilize the squash so it sits flat when upright and does not wobble around. Next take a very sharp knife and slice directly down the center/core, top to bottom. This is a vertical slice, not a horizontal slice. Then scoop out all the seeds and stringy pulp out of each half, clean it up nicely so the cavity is nice and smooth. Then take each half of the squash and lay it down on a cutting board (acorn slice is cut side down) and cut 3/4" slices. Note: It is not required to peel the skin off the acorn squash as the skin is edible.
- Place the acorn slices in a medium sized bowl and pour the maple syrup/molasses mixture over them. Using your hands, make sure that each slice is completely coated with the glaze, then place onto the parchment paper lined baking sheet (single layers). Take any remaining mixture and brush the acorn slices with the glaze. Very lightly sprinkle with salt.
- Bake for 15 minutes, then remove from the oven, flip the slices over, brush on any remaining glaze and place them back into the oven for another 7 to 15 minutes until fork tender.
- Once the acorn slices are tender, remove from the oven and sprinkle with cinnamon and finish with a light sprinkle of salt and pepper. (Only one side, not both sides)
- To serve, lay roasted acorn slices on a flat dish and sprinkle with coarsely chopped Cinnamon Maple Glazed Pecans and pomegranate slices.

<https://monkeyandmekitchenadventures.com/roasted-maple-glazed-acorn-squash-with-cinnamon-pecans>



## CINNAMON MAPLE GLAZED PECANS

This recipe can be made in less than 10 minutes! Whole Food Plant Based, no oil, no refined sugar, no highly processed ingredients, and gluten free.

### Ingredients

- 1/2 cup pecan halves
- 1 Tbsp organic maple syrup
- Sprinkle of cinnamon

### Instructions

- Place a silicone baking mat onto a cookie sheet – set aside. Note: The silicone mat just makes it easier, but is not necessary.
- Place the pecan halves into a medium-sized nonstick skillet and dry toast them over medium heat for 3 to 4 minutes. Stir them around the pan to ensure they do not burn.
- When the pecans are nicely toasted, move them to the center of the skillet and drizzle the maple syrup on top of the pecans. The maple syrup should immediately bubble up. With a rubber spatula toss the pecans until all the sides are equally coated. This only takes approx. 30 seconds. Remove from heat and immediately dump the maple glazed pecan onto the silicone baking mat, (or cookies sheet) spreading them out as much as possible.
- Immediately sprinkle with a light coating of cinnamon. When the pecans are no longer too hot to handle, toss the pecans in any remaining cinnamon left on the silicone mat with your hands.
- Enjoy as a delicious snack or as a salad topper or in your favorite plant based yogurt bowl.
- When completed cooled, store in an airtight jar for up to 2 weeks.

<https://monkeyandmekitchenadventures.com/cinnamon-maple-glazed-pecans/>

## WALDORF SALAD

Fresh crisp apples, grapes, and crunchy walnuts makes this side dish a winning combination.

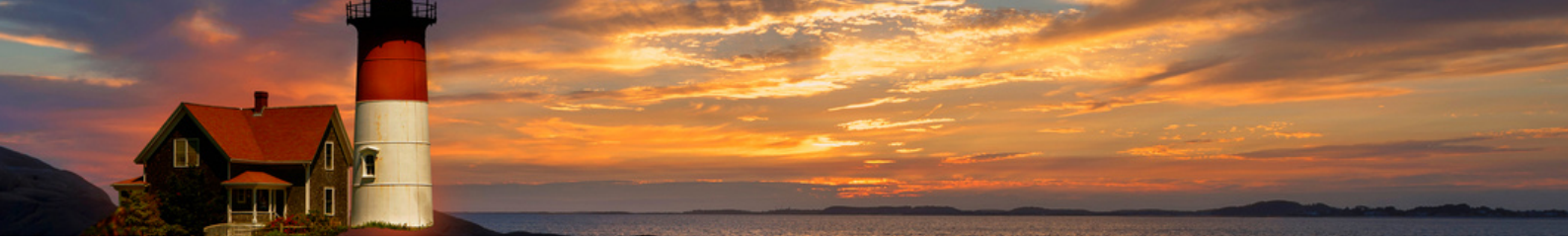
### Ingredients

- 1/4 cup vegan mayonnaise
- 2 tsp organic sugar of your choice
- 2 Tbsp lemon juice
- 2-1/2 cups apples (2 large or 3 small)
- 1 cup red grapes, halved
- 1 cup green grapes, halved
- 1 cup celery, thinly sliced
- 1/2 cup walnuts, chopped
- Salt and ground pepper, to taste

### Instructions

- In a large bowl, whisk together egg-free mayonnaise, sugar, and lemon juice,
- Chop, dice, and slice all of the fruit and celery.
- Add the prepared grapes, apples, celery, and walnuts.
- Stir to combine well and season with salt and pepper.
- Top with more walnuts, if desired. Chill until ready to serve.
- Store leftovers in the refrigerator.





## CRUST-FREE PUMPKIN PIE

This recipe is from The How Not to Diet Cookbook. No need to feel deprived of a special dessert around the holidays with this pumpkin pie that is free of crust, sugar, and dairy, but filled with the great taste of pumpkin and spices.

### Ingredients

- 3 Tbsp ground chia seeds
- 1 cup raw unsalted cashews, soaked in hot water for 30 minutes, then drained
- 1 15-oz can pumpkin puree (NOT pumpkin pie filling)
- 1/3 cup blackstrap molasses, at room temperature
- 1/3 cup Date Syrup, at room temperature (recipe below)
- 1 Tbsp pumpkin pie spice
- 1 Tbsp pure vanilla extract



### Instructions

- Preheat the oven to 350°F.
- In a small bowl, combine the ground chia seeds and 3 Tbsp of water, stirring to mix well. Set aside for 10 minutes to thicken.
- Combine the drained cashews and the chia mixture in a high-powered blender and blend until the nuts are finely ground.
- Add the pumpkin puree, molasses, Date Syrup, pumpkin pie spice, and vanilla. blend until smooth and creamy, about 2 minutes, stopping to scrape down the sides as needed.
- Transfer the mixture to a 9" pie plate and bake for 45 minutes, or until the top looks cooked.
- Let the pie cool completely to room temperature, 1 to 2 hours, then refrigerate until chilled and firm, about 3 hours. Keep refrigerated for up to 3 days.

## DATE SYRUP

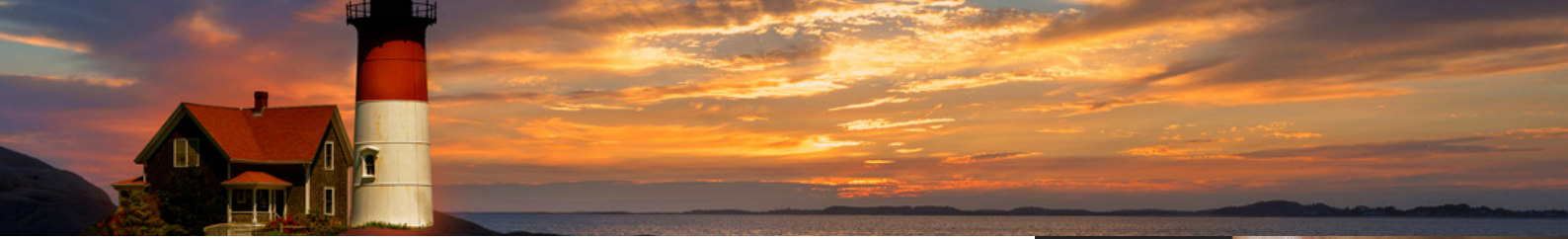
This recipe is great to have on hand when you need a whole food sweetener

### Ingredients

- 1 cup pitted dates
- 1 cup boiling water
- 1 tsp fresh lemon juice

### Instructions

- Combine the dates and water in a heatproof bowl, and set aside for 1 hour to allow the dates to soften.
- Transfer the dates and the soaking water to a high-powered blender. Add the lemon juice and process until smooth.
- Transfer to a glass jar or other container with a tight-fitting lid. Store in the refrigerator for 2-3 weeks.



## Watch = Pray

A BIBLE STUDY BY LARRY CHAPLIN

**Jesus said a number of times that we should watch.**

### **Matt 24:42**

“Watch therefore: for ye know not what hour your Lord doth come.”

### **Luke 12:35-40**

“Let your waist be girded and your lamps burning; and you yourselves be like men who wait for their master, when he will return from the wedding, that when he comes and knocks they may open to him immediately. Blessed are those servants whom the master, when he comes, will find watching. Assuredly, I say to you that he will gird himself and have them sit down to eat, and will come and serve them. And if he should come in the second watch, or come in the third watch, and find them so, blessed are those servants. But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into. Therefore you also be ready, for the Son of Man is coming at an hour you do not expect.”

**Peter ties being watchful with praying. Perhaps, he remembers being in the garden with Jesus when Jesus asked him to watch with him when Jesus was praying just before being betrayed.**

### **1 Peter 4:7**

“But the end of all things is at hand; therefore be serious and watchful in your prayers.”

### **Matt 26:36-39**

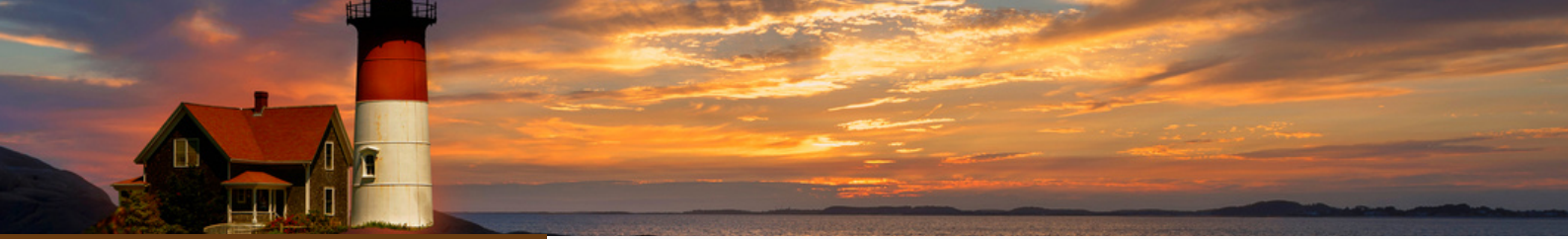
Then Jesus came with them to a place called Gethsemane, and said to the disciples, “Sit here while I go and pray over there.” And He took with Him Peter and the two sons of Zebedee, and He began to be sorrowful and deeply distressed. Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.” He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.”



“Watch  
therefore: for  
ye know not  
what hour  
your Lord doth  
come.”

MATTHEW 24:42





But of that day  
and hour no one  
knows, not even  
the angels in  
heaven, nor the  
Son, but only  
the Father. Take  
heed, watch and  
pray; for you do  
not know when  
the time is."

MATTHEW 26:41

## Watch = Pray (continued)

### Matt 26:40-45

Then He came to the disciples and found them sleeping, and said to Peter, "What? Could you not watch with Me one hour? "Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak." Again, a second time, He went away and prayed, saying, "O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done." And He came and found them asleep again, for their eyes were heavy. So He left them, went away again, and prayed the third time, saying the same words. Then He came to His disciples and said to them, "Are you still sleeping and resting?" Behold, the hour is at hand, and the Son of Man is being betrayed into the hands of sinners."

Jesus connects "watch" with "pray".

### Mark 13:32-37

"But of that day and hour no one knows, not even the angels in heaven, nor the Son, but only the Father. Take heed, watch and pray; for you do not know when the time is. It is like a man going to a far country, who left his house and gave authority to his servants, and to each his work, and commanded the doorkeeper to watch. Watch therefore, for you do not know when the master of the house is coming—in the evening, at midnight, at the crowing of the rooster, or in the morning—lest, coming suddenly, he find you sleeping. And what I say to you, I say to all: Watch!"

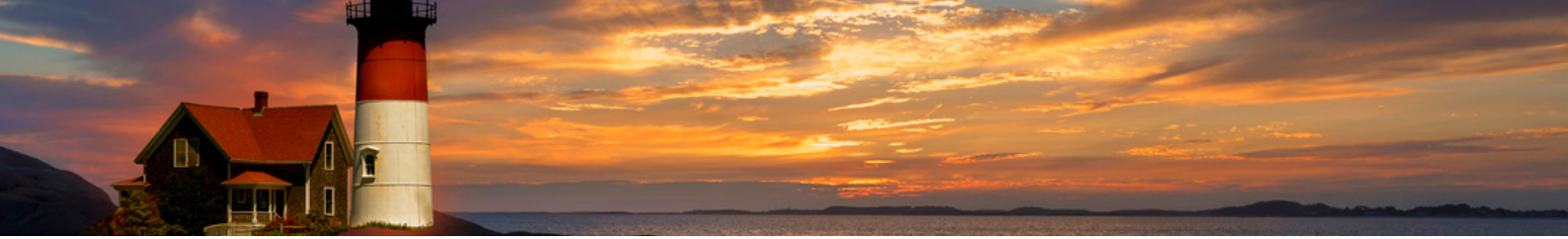




## Who to Contact

Pastor: Bruce Koch  
Audio & Visual Systems: Mike Herman  
Board Members Chair: Norm Peckham  
Bulletin Board: Mikeala Herman  
Bulletin Secretary: Sharon Paiz  
Children's Story Coordinator: Norm Peckham  
Choir Head: Open  
Church Clerk: Jennifer Hamerly  
Church Administrative Assistant: Jill Anfinson  
Community Services: Shirley Anne Hurley  
Head Deacon: Lloyd Buras  
Deacons: Marty Beard, Gerry Bolyard, Robert Cassidy, Vaun Fiedler, Fred Haskell, Ben Hiebert, Ed Lindsay, Boo McDonald, Jordon McDonald  
Head Deaconess: Janice Ellison  
Deaconesses: Marina Koch, Lila Lindsay, Sharon Paiz, Julie Ringering, Sara Stickle, Raynee McDonald, Susan Young  
Disaster Response Preparedness: Mark Shoeneman  
Head Elder: Norm Peckham  
Elders: Norm Peckham, Doug Hamerly, Wayne Hurley, Mark Shoeneman, Vic Matson, Rigo Salinas  
Fellowship Dinner Committee Head: Lloyd 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: Rigo Salinas  
Organist & Pianist: Eileen Anderson  
Outside Reader Board Head: Kaitlyn Herman  
Pathfinders: Karen Fiedler  
Personal Ministries Head: Sara Stickle  
Photographer Coordinator: Sharon Paiz  
Praise Team Head: Kaitlyn Herman  
Prayer Coordinator: Vic Matson  
Public Relation: Kaitlyn Herman  
Religious Liberty Representative: Marty Beard  
Sabbath School Secretary: Sharon Paiz  
Sabbath School Superintendent: Ruth Matson  
Senior Ministries Representative (SAGE): Open  
Social Committee Head: Karen Herman  
Technology: Mike Herman  
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:

- 9:30am Lesson Study
- 10:45am 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.**

BONNEY LAKE SEVENTH-DAY ADVENTIST CHURCH  
11503 214TH AVE E  
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BRUCE KOCH - PASTOR  
NORM PECKHAM - HEAD ELDER