

WINTER 2022

# BEACON OF LIGHT

Official Newsletter of the Bonney Lake Seventh-day Adventist Church



## Winter Newsletter

BY SHARON PAIZ & SARA STICKLE

Happy New Year, Church Family! With 2021 in our rearview, we're looking forward to all that 2022 will bring. In this Winter issue of our newsletter, we have included some wonderful content from so many of our church family, including a beautifully written article from our pastor! We have event photos, donation requests, and heartfelt stories to share. This February, we'll be observing African-American History Month and we're honored to share some information about how this observance came about as well as a profile on an education pioneer in our faith. We hope you enjoy the read and look forward to your submissions for the next newsletter!



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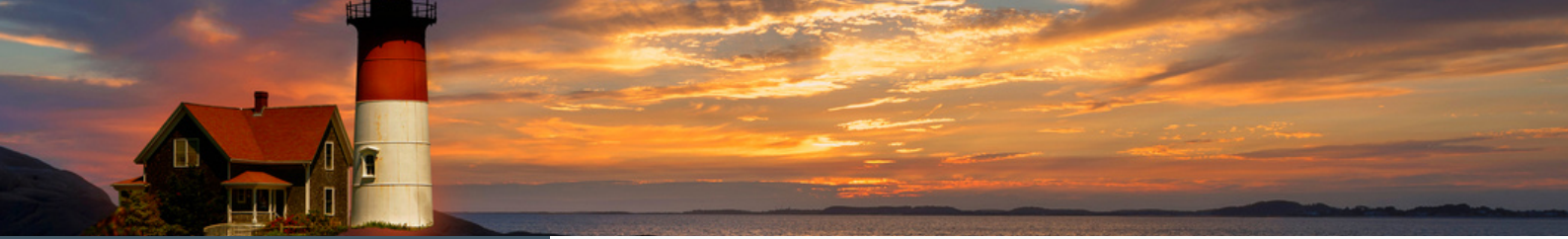
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"The virgin will be with child and will give birth to a Son, and they will call Him Immanuel - which means, 'God with us'"

MATTHEW 1:22-23



## God With Us

BY PASTOR BRUCE KOCH

The winter season commences with one of the most celebrated of yearly events – Christmas. One brief week later, we are celebrating the beginning of another New Year. From there everything seems to toboggan rapidly downhill until we are mired in the doldrums of long dark and cold nights followed by short, dreary, and cold days. This pattern repeats itself until we are so despondent, we turn to picking up large rodents on February 2 to check whether they cast a shadow or not to determine how much longer the ravages of winter will continue to plague us. We go from the elevation of elation swiftly into the descent of depression and remain downcast for the ongoing months.

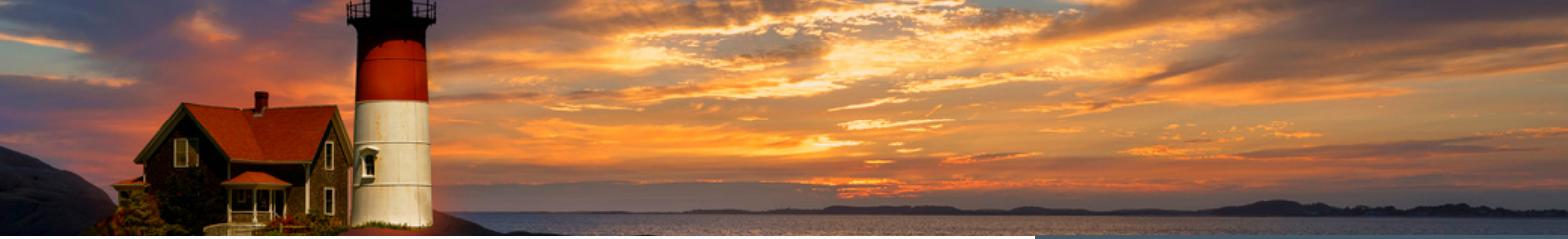
It seems cruel that a season filled with family and joy for a brief moment becomes a sentence to solitary confinement for 90 days. How can we persevere during this snowy sojourn? I believe the answer lies in the reason we begin the season with celebration.

“All this took place to fulfill what the Lord had said through the prophet: ‘The virgin will be with child and will give birth to a Son, and they will call Him Immanuel’—which means, ‘God with us’ (Matthew 1:22-23).

Of all the names of Christ, perhaps none is more significant than Immanuel because it gives us His ultimate identity. He is God come down from heaven in the form of a tiny baby boy. Theologians call this the “Incarnation,” a term that means “to take on human flesh, to be born as a human.” John 1:14 tells us that the Word (that is, Christ) became flesh and lived among us. What a stupendous, mind-blowing miracle that is. No wonder when John Wesley lay dying in 1791, he roused from his sleep long to open his eyes and exclaim, “The best of all is, God is with us!” Then he closed his eyes and died.

Immanuel, which means “God with us.” There are three words in that phrase and each one teaches us something about who Jesus really is.





## God With Us

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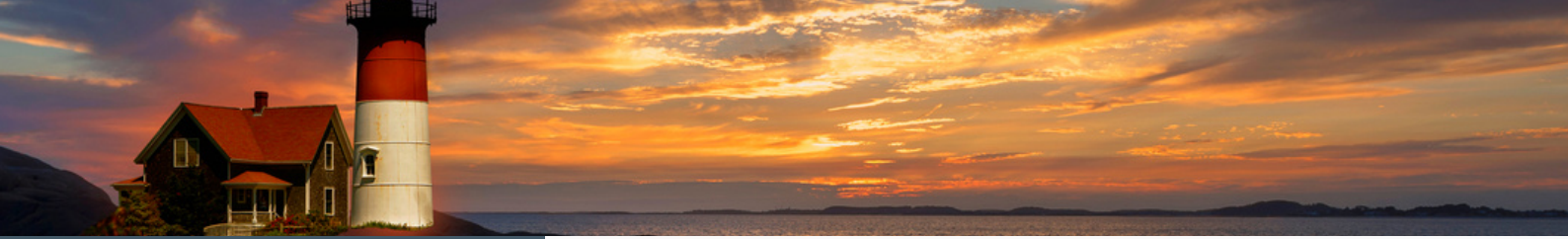
### I. God with us: A Son

The first word is God. It precisely identifies the baby born in Bethlehem as the divine Son of God who came from heaven to Earth. 1 Timothy 3:16 states that God was “manifest” in the flesh. One modern translation says that Christ appeared in human form. This means that whatever else we may say, Jesus Christ is more than a mere man. He was truly human, but His ultimate identity goes far beyond humanity. He was God come down to earth in the form of a baby born of a virgin. In many ways, this is the central doctrine of Christianity and everything else flows from it. If you can believe that God was born in human form from the womb of a virgin, you’ll have no trouble with the concept of walking on water. Compared to the Incarnation, healing the sick and raising the dead isn’t hard to believe either. And the Resurrection itself makes perfect sense once you understand who Jesus really is.

Let us make no mistake about the importance of this truth to the Christian faith. It is central, fundamental, essential, and absolutely non-negotiable. It is not some “secondary issue” about which we may all have our own private opinions. This is truth that goes to the core of what it means to be a Christian. Not everyone believes that, but we do. He is Immanuel—God with us. And we gladly commit all that we are to Him.



**"If you can believe that God was born in human form from the womb of a virgin, you'll have no trouble with the concept of walking on water."**



"He knows  
the whole  
truth about  
you and  
me, and He  
loves us  
anyway."



PHOTO BY DICK DUERKSEN

## God With Us

(CONTINUED)

### II. God with us: A Shepherd

The second word of Immanuel reminds us that Jesus is not only God in the flesh, he is also the shepherd we need when troubles come our way. Ironically, we need that truth more than ever at Christmastime. This is a lonely time of year for many people. In the midst of the laughter, there is pain and sadness, grief and many reminders of broken relationships. During this difficult time of year for many people, we need to be reminded that the Lord knows all about our troubles.

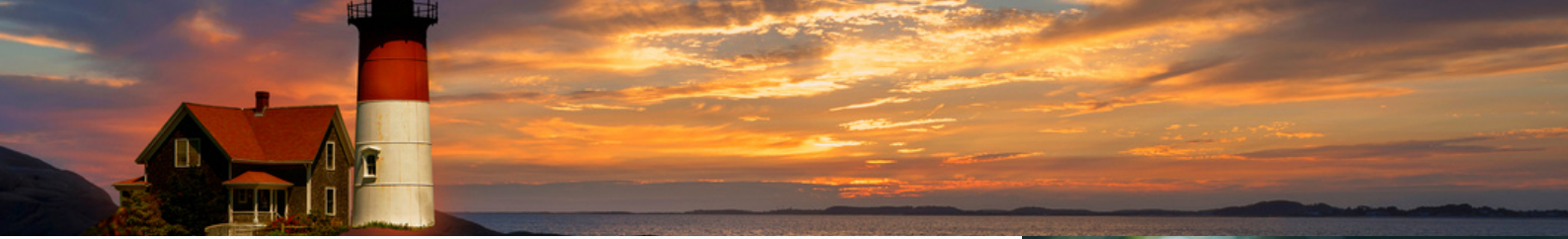
We can say it more forcefully than that. Jesus knows what others do not know about you. He knows all the hidden secrets, the inner fears, and the unspoken doubts about what tomorrow may bring. He knows the whole truth about you and me, and He loves us anyway.

What is your valley today? Is it the valley of pain? The valley of a loved one suffering? The valley of bad health? The valley of a failing marriage? The valley of children in trouble? The valley of broken promises and failed relationships? The valley of career disappointment? The valley of financial crisis? The valley of temptation? The valley of bitterness? Whatever valley you may be walking through today, the Lord Jesus knows who you are and where you are. You are not lost or forgotten. Immanuel—God with us in the darkest of dark valleys. Our Shepherd walks with us when we need him most.

### III. God with us: A Savior

The angel told Joseph to name the baby Jesus "because he will save his people from their sins" (Matthew 1:21). And in Luke 2:11 the angel announced to the shepherds, "Today in the town of David a Savior has been born to you; he is Christ the Lord." You will never understand who Jesus is until you realize that he came to save you from your sins. This is why he lived, this is why he died, and this is why he rose from the dead. He came to seek and to save the lost (Luke 19:10). And he saves all those who trust in him.





## God With Us

(CONTINUED)

If our greatest need had been education, God would have sent a teacher. If our greatest need had been money, God would have sent a banker. If our greatest need had been advice, God would have sent a counselor. If our greatest need had been pleasure, God would have sent an entertainer. But since our greatest need was forgiveness, God sent a Savior. His name is Jesus. He is Christ the Lord, the Son of God who came from heaven to earth.

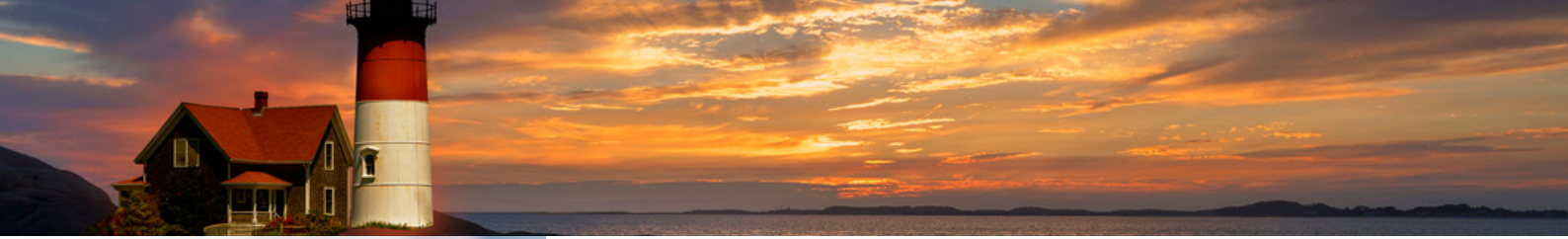
And that brings us right back to the doctrine of the Incarnation. Who is that baby born on Christmas day? As the familiar carol puts it, "This, this is Christ the King, whom shepherds guard and angels sing; haste, haste to bring Him laud, the babe, the Son of Mary." He is the divine Son of God from heaven who in His earthly birth took on a fully human nature. All that God is and all that man is meet in perfect union in Jesus Christ. He is fully God and fully man—the God-man who came to earth to save us from our sins.

For those who face loneliness during this season of the year, take comfort in this fact: God's answer to loneliness is not a theory or an abstract doctrine or a book to read or a seminar to attend. It's not a better job, more friends, another program to watch or another song to sing. And it's not even the beauty of a sunrise or a sunset. God's answer to loneliness is wrapped up in a person—Jesus Christ. He is a friend who sticks closer than a brother. He is the only one who will never leave you or forsake you. Loneliness can be overcome through a personal relationship with Jesus Christ. Do you know Him?

All that God has to say to us can be wrapped up in one word: "Jesus." And not just any Jesus, but only the Lord Jesus Christ revealed in the New Testament. He alone is the Lord from heaven. He alone can save us. All that God has for you and me is wrapped up in His Son. No matter what difficulties we face or decisions we must make, in the end, God leads us back to that simple one-word answer: "Jesus."



**"Loneliness can be overcome through a personal relationship with Jesus Christ. Do you know Him?"**



## Your Help is Needed

FROM CHERI SZYPLIK

### Community Services

Want to assist Community Services without leaving home? Assistance is needed sewing quilt tops. There are 15 quilt tops prepared to be sewn that have approximately 7-10 rows each with approximately 7 across. If you are able to help, please contact:

Cheri Szyplik - 253-343-2605, [cheerytrav@gmail.com](mailto:cheerytrav@gmail.com)

### Music & Memory



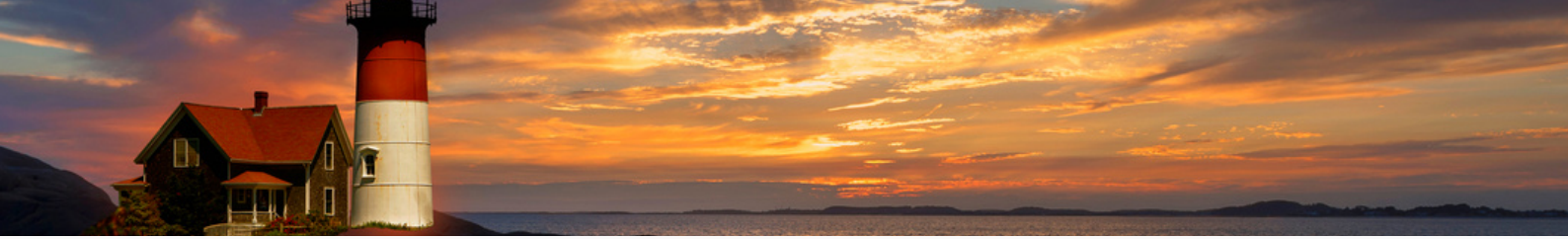
Music & Memory is a non-profit organization that helps individuals with a wide range of cognitive and physical conditions to engage with the world, ease pain, and reclaim their humanity through the use of personalized music.

Cheri is looking for donations of iPod Shuffle, Nano, or newer devices to provide to this organization. Devices must be in good condition without cracks and passwords must be removed before donation. Please reach out to Cheri at the above email or phone number if you can help with this initiative.

Learn more at <https://musicandmemory.org/>







## Church Photos

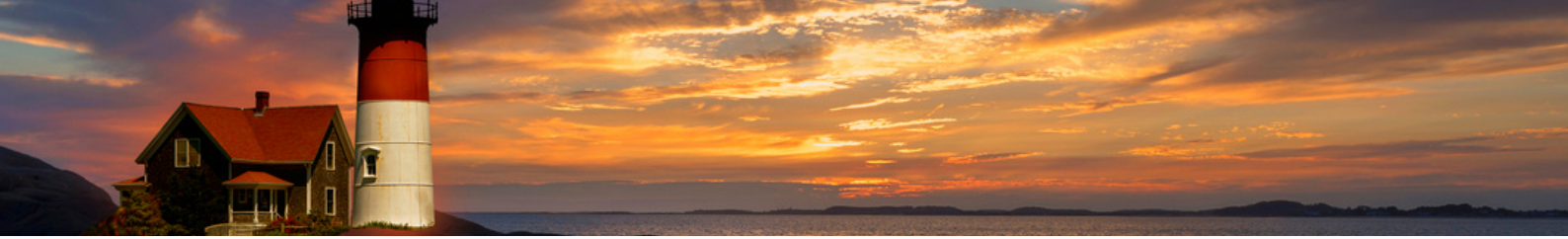
SUBMITTED BY CHURCH MEMBERS

If you have photos or videos you've taken at church or church events, please add them to the folder linked below so they can be shared in future newsletters. Here are some photos we are excited to share!

<https://drive.google.com/drive/folders/1AxqXI7CORG07uhV5bNZvDTxfCC3BtCYU>





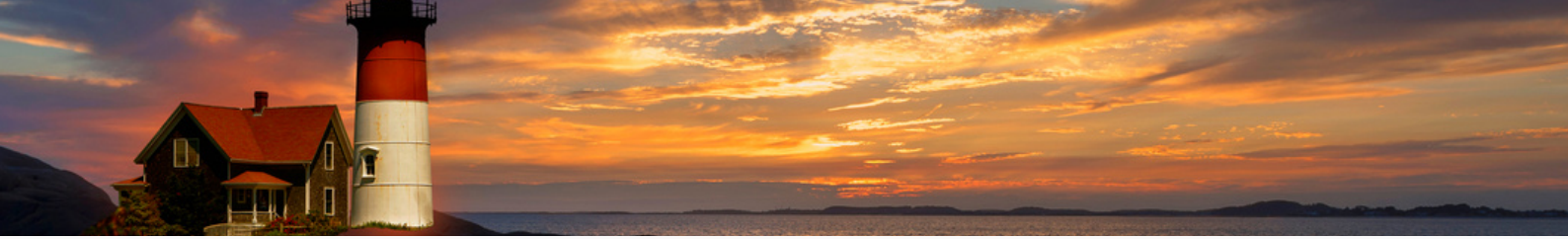


# Christmas Event Pictures

FROM RUTH MATSON





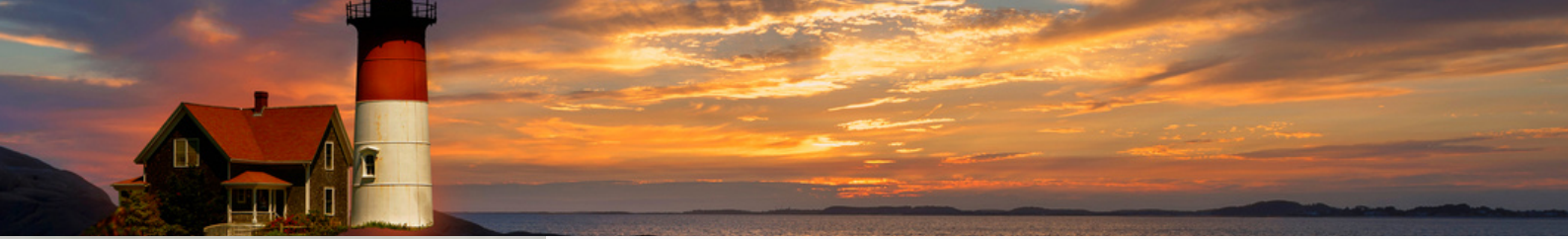


# Christmas Service

PHOTOS FROM OUR CHRISTMAS PROGRAM







**"It is my desire to tell others about Jesus and His love. Many more people can be brought into the fold of my Lord Jesus Christ."**

JOHN NAND LAL

## Adult Sabbath School Class Project

FROM NORM PECKHAM

Bonnie and I have been longtime supporters of Gospel Outreach (<https://goaim.org/>). They support local gospel workers who go into unentered areas. These gospel workers already know the language, customs, and culture. This makes for very efficient mission outreach. They have an Adopt-A-Worker program where you can support one of these workers for \$125 per month. Our Sabbath School Class has committed to support three of these workers.

One of these workers is John Nand Lal who is in the village of Saidpur, Ghazipur District, Varanasi, in the eastern part of Uttar Pradesh state, North-Central India. John Nand Lal was born on July 15, 1975, into a non-Christian family. He became a baptized Seventh-day Adventist on May 8, 2013. He and his wife, Nisha, are parents of three children. In the large town of Saidpur, there is no Seventh-day Adventist presence. Nand has a relationship in the town and has already begun gospel work.



"I am very much influenced by the Christian God who loves these people and died for their salvation," Nand explains. "My wife and I have accepted Him as our personal Savior and are very happy in our new Christian life. We have peace and joy in Him. It is my desire to tell others about Jesus and His love. Many more people can be brought into the fold of my Lord Jesus Christ."

Nand has asked for help from Gospel Outreach to preach the gospel in this unreached area. Teaching Bible truths to the people in the 10/40 window is the goal of Gospel Outreach-sponsored workers. GO is privileged to provide the tools needed by faithful workers, such as Nand Lal, to spread the Gospel of Jesus, His Sabbath, and His salvation among the people in this area, and prepare them for Christ's soon coming.





## Tithes & Offerings

### GIVING TIPS & TRICKS

#### 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 Tithes & 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

## Offering & Sunset Calendar

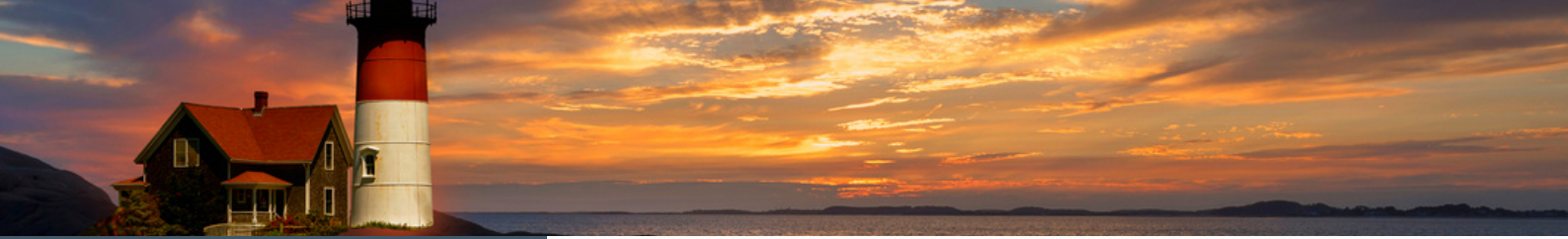
Jan 1	Local Church Ministries	4:30	4:31
Jan 8	NAD: Religious Liberty	4:37	4:39
Jan 15	Local Church Ministries	4:46	4:47
Jan 22	Washington Youth: Education	4:56	4:57
Jan 29	Local Church Ministries	5:06	5:08
Feb 5	Local Church Ministries	5:17	5:19
Feb 12	NAD: TV Evangelism	5:28	5:30
Feb 19	Local Church Ministries	5:39	5:40
Feb 26	Washington Youth: Education	5:49	5:51
Mar 5	Local Church Ministries	6:00	6:01
Mar 12	World Budget	6:10	6:12
Mar 19	Local Church Ministries	7:20	7:22
Mar 26	Washing Youth: Young Adult	7:30	7:31



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

PROVERBS 3:9





## O Word of God Incarnate Hymn No. 274

O Word of God Incarnate,  
O Wisdom from on high,  
O Truth unchanged, unchanging,  
O Light of our dark sky,  
We praise you for the radiance,  
that from the hallowed page,  
A lantern to our footstep,  
shines on from day to day.  
This church from you, dear  
Master, receives this gift divine,  
So may its light be lifted,  
by us on earth to shine.  
Your written Word we treasure,  
its gems of truth we store,  
It is the heaven-drawn picture,  
of Christ the living Word.  
O help your church, dear Savior,  
to raise this lamp up high,  
To shine before the nations,  
your true light they might "buy".  
It is the chart and compass, that  
o'er life's surging sea,  
Mid end-time lies and fog,  
will navigate us back to You.  
Yes, help our church, dear  
Savior, be a lamp of gold,  
To bring before the nations your  
true light as of old.  
O teach us, wandering pilgrims,  
by this our path to trace,  
'Til clouds and darkness ended,  
we see you face to face!

## A Letter to the Church Family

BY WAYNE HURLEY

Dear Church Family,

You mean a great deal to us. We joined this church 23 years ago. It has been a place and time of much needed spiritual growth and understanding. It is the only church that our son Matthew knows. He was 3 1/2 years old when we arrived.. Here Shirley Anne was the wedding coordinator for her mother, Mary Lou's wedding to Fred Haskell, some 12 years ago. (Wayne was honored to walk my Mother-in-law down the church isle). What a blessing they have been.

Over the years, with maybe 6-8 Bible Prophecy Seminars at this church, prophetic end-time bible truth has really impacted both of us--Shirley Anne as a relatively new Bible Prophecy student and Wayne with SDA Church School attendance through 12 grades and 8 more years beyond that. We both grew in those seminars, to be sure. We are definitely "hooked" on this church's prophetic gift and role..

We are really encouraged/excited by the newer members of our church and their special gifts and spiritual influence. And we really appreciate our pastor Bruce and his wife Marina and their family.

We have seen our current young adults and many youth grow up in this church from early childhood. There have been many occasions for good times and laughter. It has been gratifying to see our young adults and youth embellish our worship with their talents, energy and enthusiasm, multimedia audio/video skills, musical and speaking skills,

A word on the musical side. We have all appreciated seeing Julie, McKenzie, and Raynee leading out in hymn singing because it is obvious they have learned to love many hymns that will be with them their whole lives.

As I was listening to the words of Hymn No. 274, I was thinking of our church and our plans for the new year. I saw in the words a prayer for our church for the New Year 2022.





## The Christmas Storm

BY HEARTIE, SHIRLEY ANNE HURLEY

In our little town of Bonney Lake, Washington, we were about ready for our evening outdoor program of the Christmas story, complete with live animals, singing, full costumes which I had personally made, and lighting. The opening is always so beautiful with the sounds of Trans-Siberian Orchestra’s “Christmas Canon.” Everything was going to be perfect except for the worry of the high winds that were all around us, so we did the only thing we knew to do—we prayed.

One hour before we were to start, we were at the church getting ready, and then the storm hit, with huge winds that ripped our stable right out of the ground and tossed over the fence into the neighbor’s yard. The sky turned dark and ugly and the winds grew stronger.

Everyone looked at me, wondering what to do. Should we cancel? I looked in disbelief at what was happening around me. The animals started to arrive, and I was still questioning what we should do. There was a covered area in front of the doors of our church. We could move there. We had a backdrop we could use, and maybe it would work.

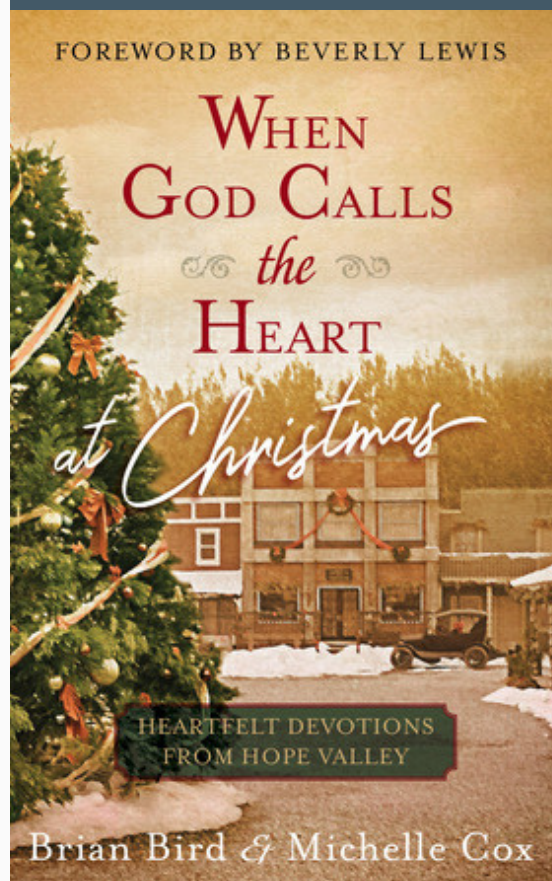
As I looked out at the storm, I noticed many of our church members showing up to help. They retrieved the blown-away stable. We moved our enclosed fences for the animals, put up our backdrop, and set up our sound and lighting. I changed where everyone would enter from, and then we were ready to go, just minutes from our start time.

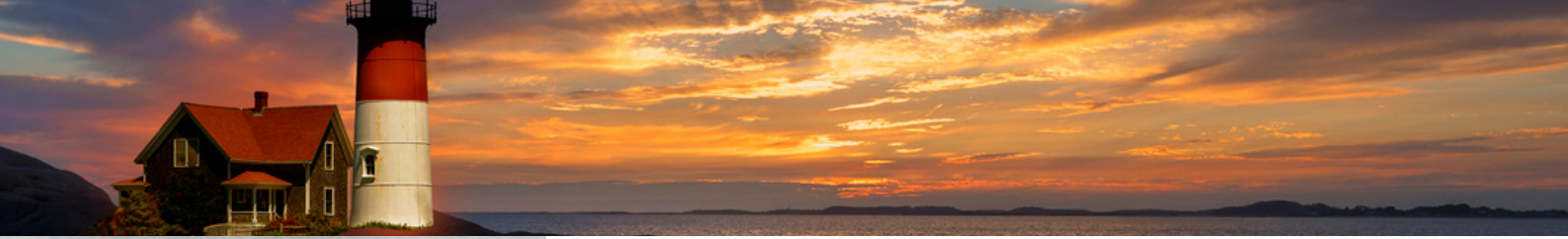
And then our miracle happened. People actually came out in the storm for our outdoor nativity, and when we were ready to start and the beautiful “Christmas Canon” music started to play, the wind stopped. We got through the entire nativity with only a few little hiccups from our donkey.

We took photos for the people, had hot chocolate and cookies, visited with everyone—and then, when we got everything safely inside, the wind started back up. I’m convinced that God performed a miracle for us that evening and calmed a storm in our little town of Bonney Lake while it blew everywhere else around us, so that we could stage our beautiful tribute to the birth of our heavenly King.

A devotion from  
“When God Calls  
the Heart at  
Christmas;  
Heartfelt devotions  
from Hope Valley”,

© 2018, BRIAN BIRD &  
MICHELLE COX





**"Moran is remembered for his pioneering role as teacher, principal, president, founder, and organizer of well-known black schools in the Adventist education system."**

## James Lewis Moran (1894–1972)

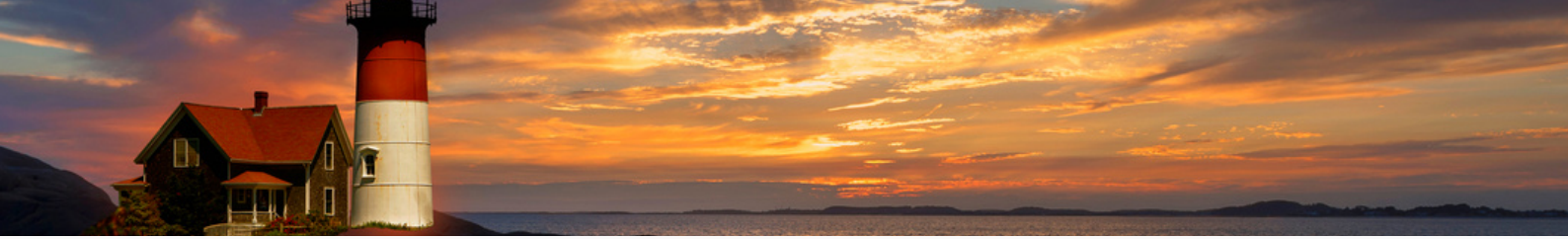
BY SAMUEL LONDON

James Lewis Moran was a pioneer of black Seventh-day Adventist education who served as the founding principal of Harlem and Pine Forge academies, as well as the first African American president of Oakwood Junior College.

James Lewis Moran was born on June 15, 1894, in New York City. At the age of seven he was orphaned and subsequently lived with Benjamin Green (1846–1918) and Lucette Alvina Stebbins (1852–1928), a white family living in Wirt, New York. James attended the local elementary school and was seasonally employed on the Greens' farm. In 1910 he completed his elementary education. That year he was introduced to Adventism, and was baptized in June 1911 in Richburg, New York. In the autumn of 1912 he enrolled in Fernwood Intermediate School in Tunesassa, New York. He graduated in 1914. That summer James worked as a colporteur which enabled him to earn the funds needed to attend Atlantic Union College that Fall. While there, he found employment as a farm laborer with C. B. Wiggins in South Lancaster, Massachusetts. This job gave him the means to support himself through school. In 1917 James received his diploma and was drafted into the United States Army, where he served with distinction in the French theater of the Western Front in World War I.

After the war he taught reading and writing to enlisted men. As a commendation for his work on the battlefield and in the classroom, he attended the University of London on a British scholarship. In 1919 he returned to the United States and received an honorable discharge from the military. During the 1930s Moran attended summer school sessions at New York University. In 1942 he earned a bachelor's degree from Fisk University in Nashville, Tennessee.<sup>9</sup> He also undertook studies for a master's degree at Howard University in Washington, D.C., and a law degree at LaSalle Extension University in Chicago, Illinois.





## James Lewis Moran (1894–1972)

(CONTINUED)

In 1920 J. E. Jayne (president of the Greater New York Conference of Seventh-day Adventists) and James K. Humphrey (pastor of the First Harlem Seventh-day Adventist Church) persuaded Moran to establish Harlem Academy. Moran served as the principal of this institution from 1920 to 1927 and 1930 to 1932. On March 4, 1922, James Moran married Mercedes Aguirre (1905–1967), an immigrant from Havana, Cuba. The wedding took place in the borough of Manhattan in New York City. To this union were born four children: Hortense Irene (1922–2012), Mercedes Rebecca (1924–1995), James (1925–1984), and George (1933–1980).

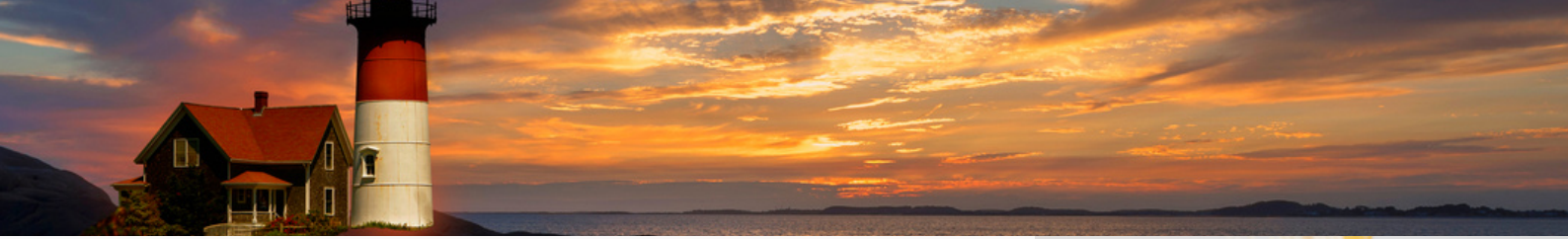
In addition to being the founding principal of Harlem Academy, the forerunner of present-day Northeastern Academy, Moran has the distinction of serving as the first African American president of Oakwood Junior College. A student strike on the campus of Oakwood precipitated Moran's appointment. The students desired an end to discriminatory practices on campus, curriculum changes, and new leadership. The protest achieved its aims, and in 1932 Moran became president. During Moran's tenure he oversaw the institution's transition from junior to senior college status in 1945 the construction and completion of a new administration building (Moran Hall), the sustained growth of the student body and faculty, and the school's achievement of financial solvency.

In 1945 Moran left Oakwood and accepted an invitation to become the secretary-treasurer of the newly formed Allegheny Conference of Seventh-day Adventists—comprising the black constituency of the states of Delaware, Maryland, New Jersey, Ohio, Pennsylvania, West Virginia, and the District of Columbia. That year he was officially registered as an ordained minister. Moran continued in the office of secretary-treasurer up to the year 1947, at which time he took the helm of the conference's Educational Department.

In 1946 Moran became the founding principal of Pine Forge Academy. He held this position until the year 1949. In 1948 and 1949 he was a member of the conference's executive committee. In 1950 Moran accepted an invitation from the Northeastern Conference of Seventh-day Adventists to become the principal of Northeastern Academy. He served in that capacity until 1952. Following a brief retirement, Moran returned to work, in 1958, as the principal of the Dupont Park Adventist School in Washington, D.C. Following eight successful years of labor at that institution, he retired for the second time in 1966.

James Lewis Moran died on Saturday, March 25, 1972, in Washington, D.C. He was 77 years old. Moran is remembered for his pioneering role as teacher, principal, president, founder, and organizer of well-known black schools in the Adventist education system. Moran's legacy as the founding principal of Harlem and Pine Forge academies, the first black president of Oakwood, and his years of leadership at Northeastern Academy and the Dupont Park Adventist School underscore his lifelong commitment to Adventist education. Moran's exceptional leadership and historic accomplishments as a pioneering black Adventist educator are commemorated at Oakwood University in two significant ways: The historic stone building constructed by Oakwood students during his presidency bears his name, and the local chapter of the Oakwood Alumni Association is named in his honor. Consequently, the entire Oakwood University community continues to celebrate and esteem the illustrious life and legacy of James Lewis Moran.

*London, Samuel (2021, April 28). Moran, James Lewis (1894–1972). Encyclopedia of Seventh-day Adventists. Retrieved December 28, 2021, <https://encyclopedia.adventist.org/article?id=8FVZ>*



## The Eight Laws of Health

### HEALTH MINISTRY

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge." The Ministry of Healing, p. 127.

#### Diet

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet." The Ministry of Healing, pp. 295, 296, 1905

#### Exercise

"A proportionate exercise of all the organs and faculties of the body is essential to the best work of each. When the brain is constantly taxed while the other organs of the living machinery are inactive, there is a loss of strength, physical and mental. The physical system is robbed of its healthful tone, the mind loses its freshness and vigor, and a morbid excitability is the result." Adventist Home, p. 494

#### Rest

"Care needs to be exercised in regard to the regulation of hours for sleeping and laboring. We must take periods of rest, periods of recreation, periods for contemplation." Adventist Home, p. 494

#### Abstemiousness

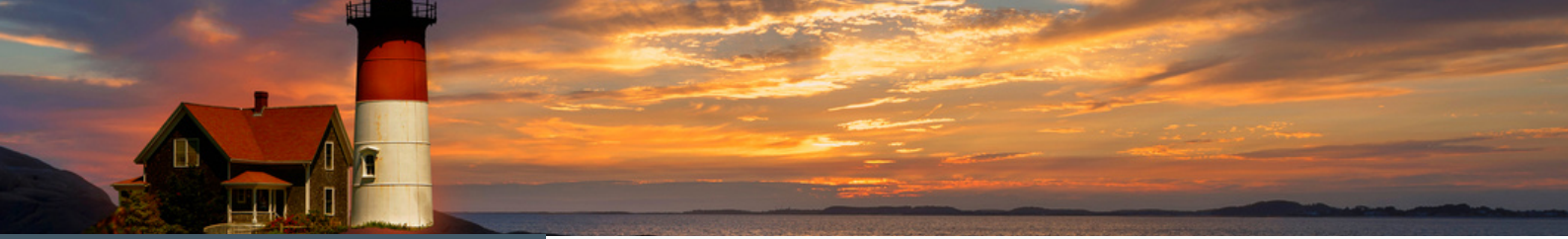
"Temperance in all things of this life is to be taught and practiced. Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life. Truth brought into the sanctuary of the soul will guide in the treatment of the body. Nothing that concerns the health of the human agent is to be regarded with indifference. Our eternal welfare depends upon the use we make during this life of our time, strength, and influence." Testimonies for the Church 6, p. 375



**"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator."**

ELLEN G. WHITE  
THE MINISTRY OF  
HEALING, 296.1





**"The tenor of the Bible is to inculcate distrust of human power and to encourage trust in divine power"**

ELLEN G. WHITE  
CONFLICT AND COURAGE,  
177.3



## The Eight Laws of Health

(CONTINUED)

### Pure Air

"Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep. Living in close, ill-ventilated rooms, weakens the system, makes the mind gloomy, the skin sallow, and the circulation feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature." Christian Temperance and Bible Hygiene, p. 104

### Water

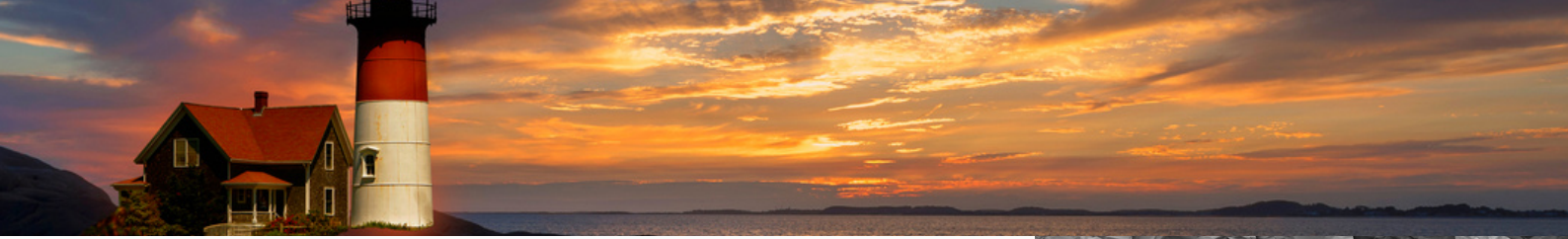
"In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease." Counsels on Diets & Foods, p. 419

### Sunlight

"If we would have our homes the abiding place of health and happiness, we must place them above the miasma and fog of the lowlands and give free entrance to heaven's life-giving agencies. Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets and tarnish the picture frames, but it will bring a healthy glow to the cheeks of the children." Adventist Home, p. 149

### Trust in Divine Power

"It is impossible for us in our own strength to maintain the conflict; and whatever diverts the mind from God, whatever leads to self-exaltation or to self-dependence, is surely preparing the way for our overthrow. The tenor of the Bible is to inculcate distrust of human power and to encourage trust in divine power." Conflict and Courage, p. 177



## African-American History Observance

ARTICLE FROM WIKIPEDIA

African-American History Month is an annual observance originating in the United States. It has received official recognition from governments in the U.S and Canada, and more recently has been observed in Ireland, and the United Kingdom. It began as a way of remembering important people and events in the history of the African diaspora.

The precursor to African-American History Month was created in 1926 in the United States when historian Carter G. Woodson and the Association for the Study of Negro Life and History announced the second week of February to be "Negro History Week". This week was chosen because it coincided with the birthday of Abraham Lincoln on February 12 and of Frederick Douglass on February 14, both of which dates Black communities had celebrated together since the late 19th century.

Negro History Week was the center of the equation. The thought process behind the week was never recorded, but scholars acknowledge two reasons for its birth: recognition and importance. Woodson felt deeply that at least one week would allow for the general movement to become something annually celebrated. Also, after the ten-year-long haul to successfully complete his *Journal of Negro History*, he realized the subject deserved to resonate with a greater audience.

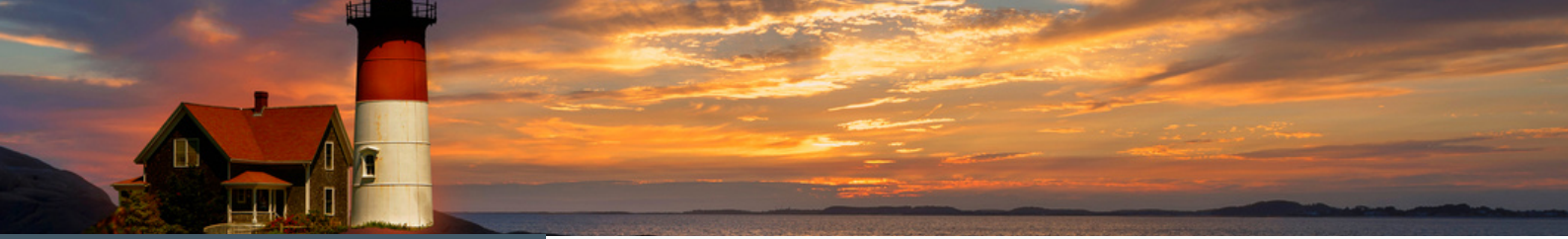
From the event's initial phase, primary emphasis was placed on encouraging the coordinated teaching of the history of Black Americans in the nation's public schools. The first Negro History Week was met with a lukewarm response, gaining the cooperation of the departments of education of the states of North Carolina, Delaware, and West Virginia as well as the city school administrations of Baltimore and Washington, D.C.

Despite this far from universal observance, the event was regarded by Woodson as "one of the most fortunate steps ever taken by the Association", and plans for a repeat of the event on an annual basis continued apace.



**Woodson felt deeply that at least one week would allow for the general movement to become something annually celebrated.**





**"If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated."**

CARTER G. WOODSON



## African-American History Observance

(CONTINUED)

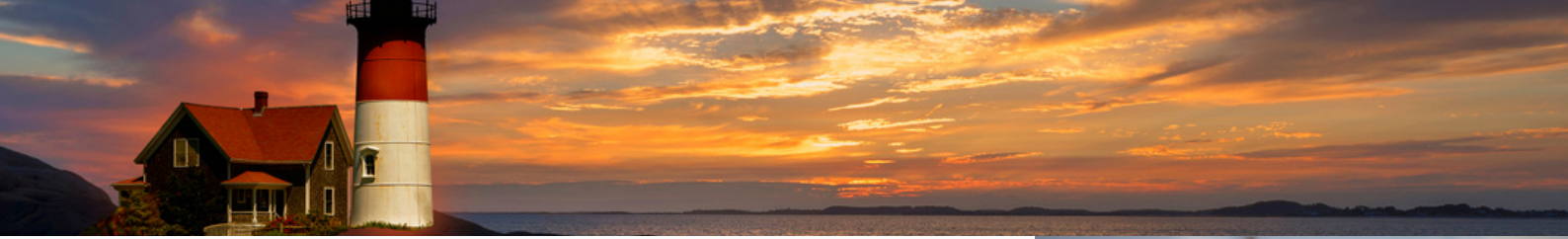
At the time of Negro History Week's launch, Woodson contended that the teaching of Black history was essential to ensure the physical and intellectual survival of the race within broader society:

"If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated. The American Indian left no continuous record. He did not appreciate the value of tradition; and where is he today? The Hebrew keenly appreciated the value of tradition, as is attested by the Bible itself. In spite of worldwide persecution, therefore, he is a great factor in our civilization."

By 1929, The Journal of Negro History was able to note that with only two exceptions, officials with the State Departments of Educations of "every state with considerable Negro population" had made the event known to that state's teachers and distributed official literature associated with the event". Churches also played a significant role in the distribution of literature in association with Negro History Week during this initial interval, with the mainstream and Black press aiding in the publicity effort.

Throughout the 1930s, Negro History Week countered the growing myth of the South's "lost cause", as epitomized in both the novel and the movie *Gone with the Wind*. That myth argued that slaves had been well-treated, that the Civil War was a war of "northern aggression", and that Blacks had been better off under slavery. "When you control a man's thinking you do not have to worry about his actions", Woodson wrote in his book *The Miseducation of the American Negro*. "You do not have to tell him not to stand here or go yonder. He will find his 'proper place' and will stay in it."

Negro History Week grew in popularity throughout the following decades, with mayors across the United States endorsing it as a holiday.



## African-American History Observance

(CONTINUED)

African-American History Month was first proposed by Black educators and the Black United Students at Kent State University in February 1969. The first celebration of African-American History Month took place at Kent State a year later, from January 2 to February 28, 1970.

Six years later, African-American History Month was being celebrated all across the country in educational institutions, centers of Black culture, and community centers, both great and small, when President Gerald Ford recognized African-American History Month in 1976, during the celebration of the United States Bicentennial. He urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history".

In the Black community, African-American History Month was met with enthusiastic response; it prompted the creation of Black History clubs, an increase in interest among teachers, and interest from progressive Whites.

When first established, African-American History Month resulted in some controversy. Those who believed that African-American History Month was limited to educational institutions questioned whether it was appropriate to confine the celebration of Black History to one month, as opposed to the integration of Black History into mainstream education the rest of the year. Another concern was that contrary to the original inspiration for African-American History Month, which was a desire to redress the manner in which American schools failed to represent Black historical figures as anything other than slaves or colonial subjects, Black History Month could reduce complex historical figures to overly simplified objects of "hero worship". Other critics refer to the celebration as a form of racism.

Since its inception, African-American History Month has expanded beyond its initial acceptance in educational establishments. The Wall Street Journal describes it as "a time when the culture and contributions of African-Americans take center stage" in a variety of cultural institutions including theaters, libraries, and museums.

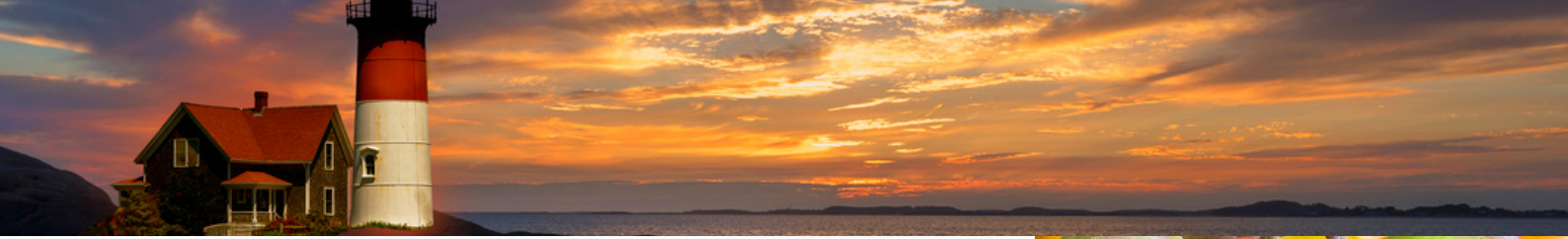
*"Black History Month."* Wikipedia, 14 October 2021, [https://en.wikipedia.org/wiki/Black\\_History\\_Month](https://en.wikipedia.org/wiki/Black_History_Month).



**"Seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history"**

GERALD FORD





## Ingredient Spotlight

HEALTH MINISTRY

### **Figs**

Fresh figs are rich in nutrients while being relatively low in calories, making them a great addition to a healthy diet. They're particularly rich in copper and vitamin B6.

### **Blueberries**

Blueberries are low in calories and incredibly healthy, potentially regulating blood sugar levels and aiding heart and brain health.

### **Strawberries**

Strawberries are a delicious, healthy fruit. They're among the most nutrient-dense fruits you can eat, boasting loads of vitamin C, manganese, and various powerful antioxidants.

### **Avocados**

This unique fruit is loaded with healthy fats and is very high in vitamin C, potassium, magnesium, vitamin E, and various B vitamins. They also have a whopping 10 grams of fiber per cup.

### **Artichokes**

This vegetable is high in many nutrients and is one of the world's best sources of fiber at 6.9 grams per artichoke.

### **Brussels Sprouts**

This cruciferous vegetable is very high in vitamin K, potassium, folate, and potent cancer-fighting antioxidants.

### **Chickpeas**

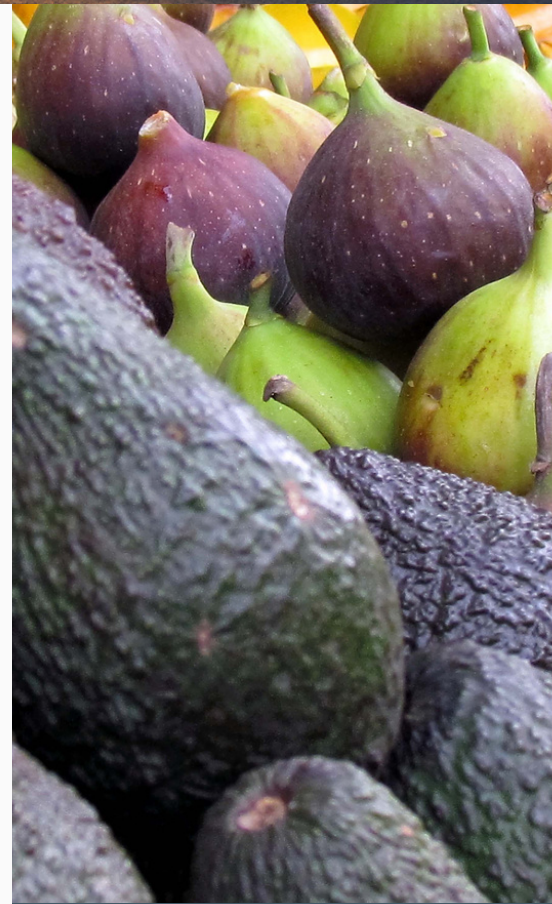
This legume is loaded with nutrients, including minerals and protein. Cooked chickpeas contain 12.5 grams of fiber per cup.

### **Popcorn**

If your goal is to increase your fiber intake, popcorn may be the best snack you can eat. Air-popped popcorn is very high in fiber, calorie for calorie.

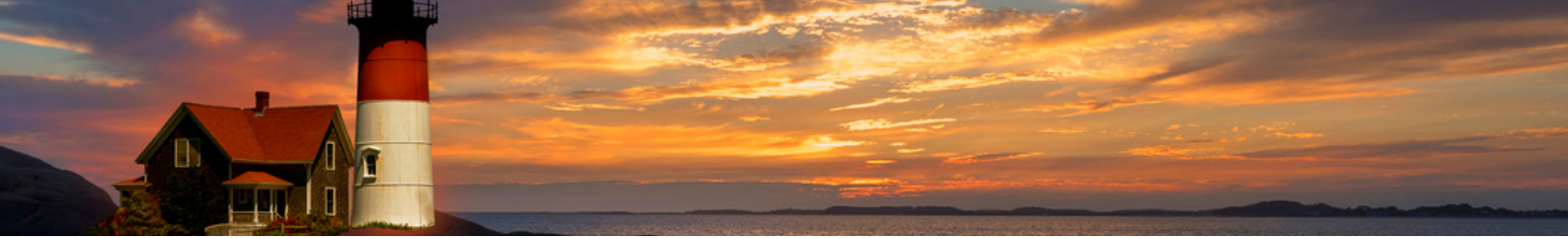
### **Chia Seeds**

These nutritious seeds contain high amounts of magnesium, phosphorus, and calcium. Chia seeds may also be the single best source of fiber on the planet at 9.75 grams per ounce of dried seeds.



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

GENESIS 1:29



## Plant-based Recipes

### DISHES USING OUR SPOTLIGHT INGREDIENTS

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

### OATMEAL FIG BARS

Did you know January 16 is National Fig Newton day? We found this recipe from Bakerita's blog that is closely related to Fig Newtons but without the high sugar content from dried figs. This recipe is vegan and gluten-free. Feel free to make ingredient substitutes as needed.

#### Ingredients

For the crust

- 1½ cups gluten-free rolled oats
- ⅔ cup almond flour
- ⅓ cup tapioca flour
- ¼ cup coconut sugar
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup coconut oil, melted
- 2 tablespoons maple syrup

For the filling

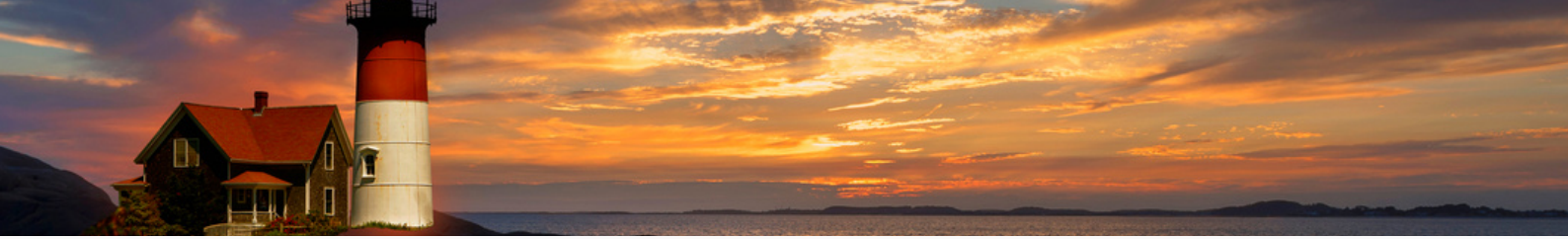
- 1 pound ripe figs, washed, stems removed and chopped
- 2 tablespoons maple syrup
- 2 tablespoons of lemon juice, plus the zest of the lemon
- 1 teaspoon vanilla extract

#### Instructions

- Preheat the oven to 350°F. Line an 8-inch square baking pan with parchment paper and grease with non-stick spray.
- In a medium or large pot, combine figs and maple syrup over medium heat, stirring occasionally until bubbling and thickened (15-20 minutes). Add 1-2 tablespoons of water if the mixture is sticking to the sides or burning at all. Remove from heat and stir in lemon zest, lemon juice, and vanilla extract. Let cool while preparing the oatmeal crust.
- In a mixing bowl, whisk together oats, almond flour, tapioca flour, coconut sugar, baking soda, and salt.
- Add melted coconut oil and maple syrup to the oat mixture and stir until combined.
- Reserve 1/2 cup of the oatmeal crumble and press the remaining oat mixture firmly into the prepared baking pan. The mixture needs to be well pressed in to avoid crumbling.
- Carefully spread the crust with the fig mixture. Crumble the remaining oat mixture evenly over the fig mixture and pat it down firmly to press the crumble into the fig jam.
- Bake for 20 minutes or until lightly browned. Cool completely before cutting into 16 equal squares. Keep leftovers covered in the refrigerator.

<https://www.bakerita.com/oatmeal-fig-bars-gluten-free-vegan/>





## BLUEBERRY PANCAKES

Give this recipe from Shane & Simple a try! It's easy and made with wholesome, all-natural ingredients. This recipe is vegan; feel free to swap out the whole wheat flour for gluten-free flour if needed!

### Ingredients

Dry

- 1 cup whole wheat flour
- 1 cup oat flour (see Notes below)
- 2 Tbsp ground flaxseed (flax seed meal)
- 1 Tbsp baking powder
- ½ teaspoon salt

Wet

- 1 cup water
- ¾ cup unsweetened almond milk
- 2 Tbsp unsweetened apple sauce
- 2 Tbsp maple syrup
- 1 tsp. vanilla
- 2 small bananas or 1 medium-sized banana mashed
- 1 cup frozen or fresh blueberries

Toppings (optional)

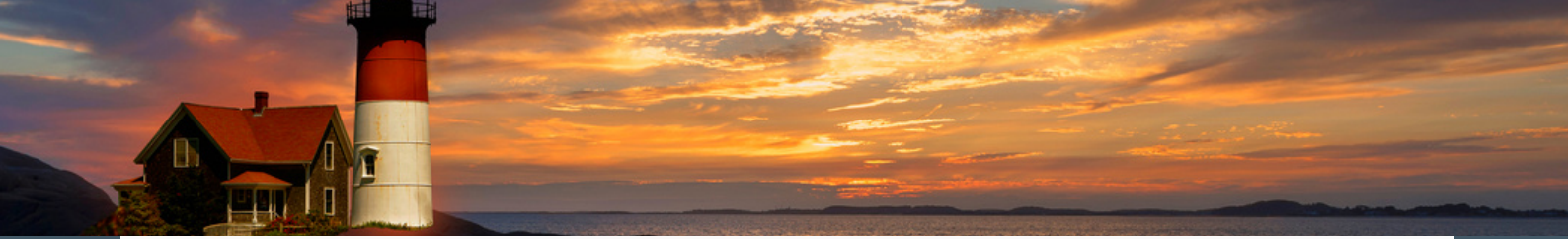
- Fresh blueberries
- Shredded coconut
- Sliced bananas
- Chopped walnuts
- Real maple syrup

### Instructions

- If you have a non-stick griddle, preheat to 350 degrees. If using a nonstick skillet, heat on medium.
- Add all dry ingredients to a large mixing bowl and whisk to combine.
- Place all of the wet ingredients, except for the bananas and blueberries, into another bowl and mix well. Add the wet mixture to the dry ingredients and mix until well combined, but do not over mix. Leaving some lumps is just fine. Toss the mashed banana and blueberries into the batter and stir until everything is combined. Set the pancake batter aside and allow it to rest for 5 minutes.
- Once the cooking surface is ready use a ¼ cup of the batter for each pancake. But, if you're like me and want your pancakes the size of manhole covers, allow ½ cup of batter per pancake.
- Cook until you start to see the bubbles or the edges start to crisp up a bit. Then flip and cook until the bottom is slightly golden. Usually about 20-30 seconds.
- Serve immediately with warm maple syrup.



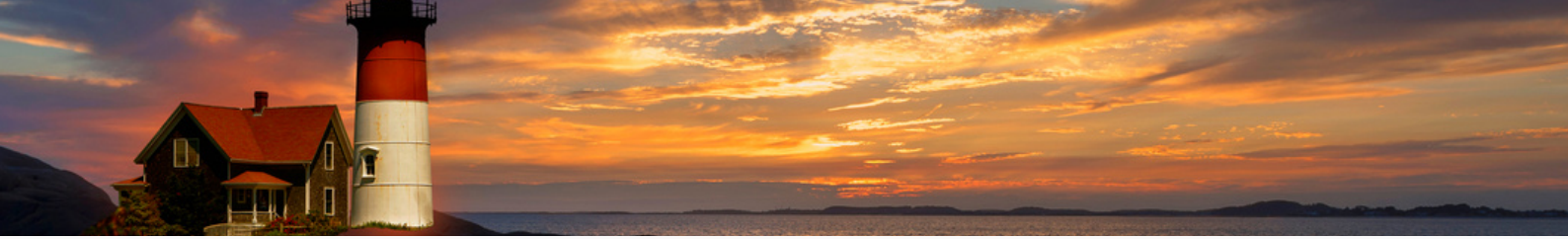
<https://shaneandsimple.com/vegan-blueberry-pancakes>



## 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 Editors: Sharon Paiz, Sara Stickle  
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? Email [newsletter@blsdachurch.org](mailto:newsletter@blsdachurch.org) to submit information for the next newsletter.

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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