

SPRING 2022

BEACON OF LIGHT

Official Newsletter of the Bonney Lake Seventh-day Adventist Church



Spring Newsletter

FROM THE WRITINGS OF ELLEN G. WHITE

"Spring has come again. The earth has thrown off her white shroud, and nature is waking to life. The birds are returning to cheer us again with their happy songs in the glorious sunshine.

All, both young and old, should be in the open air as much as possible. Those who are in health should share the benefit of employment in the open air, in order to keep well. But above all, should invalids, who have been unable to breast the chill winds of winter, make the most of these spring days of beautiful sunshine, and be out of doors all that they can, and rejoice with the happy songsters in the prospect of approaching summer. Those who cannot walk without great fatigue should ride out. Those who can engage in light employment should do so; for the muscles will be strengthened by exercise. Work out of doors, you invalids that can. But at all events do not remain shut up in your houses. Walk out. Ride out. And if you can do no more, sit out in the open air, where heaven's breezes can come to you in their freshness, and where you can view the sunshine and shadow upon the face of nature." Review and herald March 1, 1871



This issue:

The Adventist Home
PAGE 2

Spring Craft Ideas
PAGE 5

A Brief History in
Spring Cleaning
PAGE 6

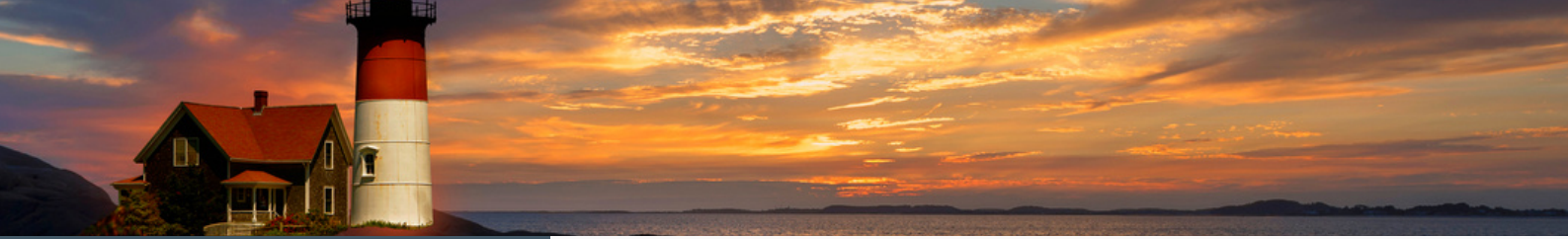
Church Photos
PAGE 9

Events
PAGE 13

Adventist Pioneer
PAGE 17

The Eight Laws of Health
PAGE 19

Plant-based Recipes
PAGE 22



**" Cleanliness,
neatness, and
order are
indispensable to
the proper
management of
the household."**

THE ADVENTIST HOME
PAGE 21



The Adventist Home

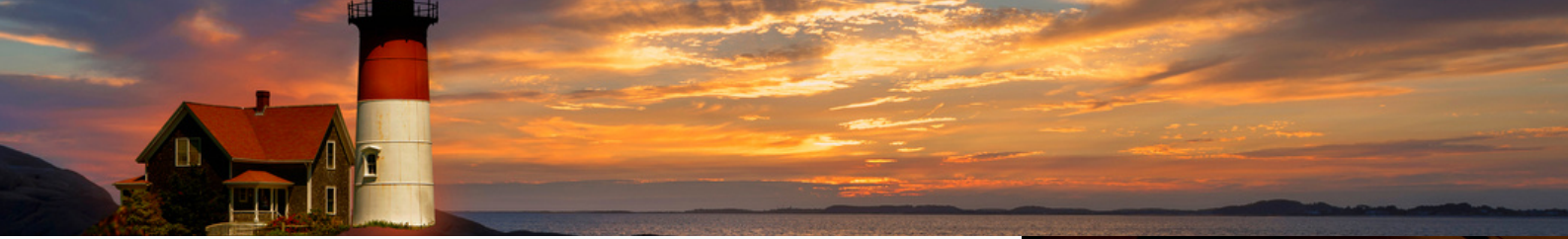
ELLEN G WHITE

The Most Attractive Place in the World —While there are weighty responsibilities devolving upon the parents to guard carefully the future happiness and interests of their children, it is also their duty to make home as attractive as possible. This is of far greater consequence than to acquire estates and money. Home must not lack sunshine. The home feeling should be kept alive in the hearts of the children, that they may look back upon the home of their childhood as a place of peace and happiness next to heaven. Then as they come to maturity, they should in their turn try to be a comfort and blessing to their parents.

The home should be to the children the most attractive place in the world, and the mother's presence should be its greatest attraction. Children have sensitive, loving natures. They are easily pleased, and easily made unhappy. By gentle discipline, in loving words and acts, mothers may bind their children to their hearts.

Cleanliness, neatness, and order are indispensable to the proper management of the household. But when the mother makes these the all-important duties of her life, and devotes herself to them, to the neglect of the physical development and the mental and moral training of her children, she makes a sad mistake

Believers should be taught that even though they may be poor, they need not be unclean or untidy in their persons or in their homes. Help must be given in this line to those who seem to have no sense of the meaning and importance of cleanliness. They are to be taught that those who are to represent the high and holy God must keep their souls pure and clean, and that this purity must extend to their dress and to everything in the home, so that the ministering angels will have evidence that the truth has wrought a change in the life, purifying the soul and refining the tastes. Those who, after receiving the truth, make no change in word or deportment, in dress or surroundings, are living to themselves, not to Christ. They have not been created anew in Christ Jesus, unto purification and holiness



The Adventist Home

(CONTINUED)

While we are to guard against needless adornment and display, we are in no case to be careless and indifferent in regard to outward appearance. All about our persons and our homes is to be neat and attractive. The youth are to be taught the importance of presenting an appearance above criticism, an appearance that honors God and the truth.

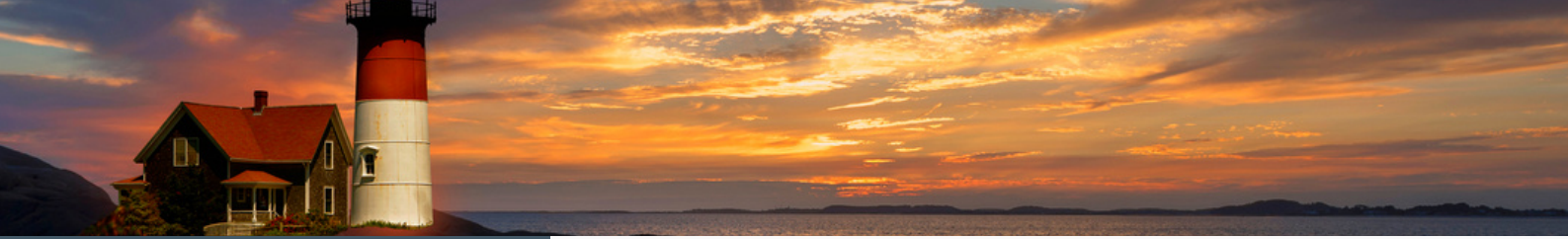
A neglect of cleanliness will induce disease. Sickness does not come without a cause. Violent epidemics of fevers have occurred in villages and cities that were considered perfectly healthful, and these have resulted in death or broken constitutions. In many instances the premises of the very ones who fell victims to these epidemics contained the agents of destruction which sent forth deadly poison into the atmosphere, to be inhaled by the family and the neighborhood. It is astonishing to witness the prevailing ignorance relative to the effects which slackness and recklessness produce upon health.

Order Necessary for a Happy Home —God is displeased with disorder, slackness, and a lack of thoroughness in anyone. These deficiencies are serious evils, and tend to wean the affections of the husband from the wife when the husband loves order, well-disciplined children, and a well-regulated house. A wife and mother cannot make home agreeable and happy unless she possesses a love for order, preserves her dignity, and has good government; therefore all who fail on these points should begin at once to educate themselves in this direction, and cultivate the very things wherein is their greatest lack.



“But the strictest regard to cleanliness was required both within and without their tents”

MINISTRY OF HEALING
PAGE 280



"Let it be your
first aim to
make a
pleasant
home"

THE ADVENTIST HOME
PAGE 24



The Adventist Home

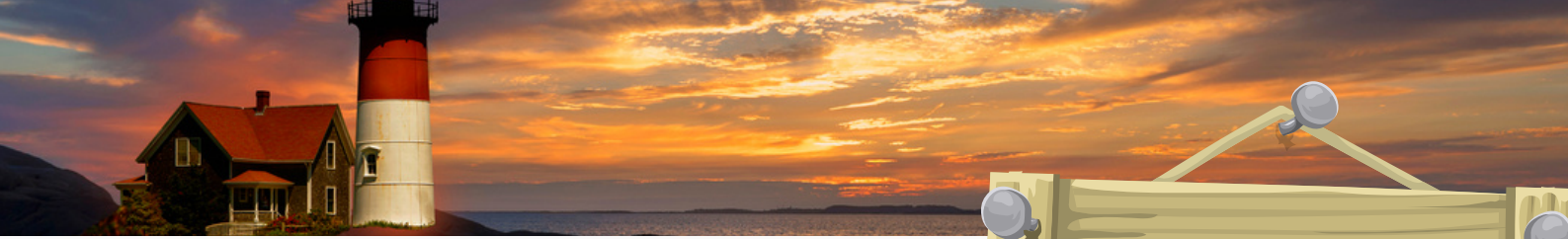
CONTINUED

Provide Laborsaving Facilities —In many a home the wife and mother has no time to read, to keep herself well informed, no time to be a companion to her husband, no time to keep in touch with the developing minds of her children. There is no time or place for the precious Saviour to be a close, dear companion. Little by little she sinks into a mere household drudge, her strength and time and interest absorbed in the things that perish with the using. Too late she awakes to find herself almost a stranger in her own home. The precious opportunities once hers to influence her dear ones for the higher life, unimproved, have passed away forever.

Let the homemakers resolve to live on a wiser plan. Let it be your first aim to make a pleasant home. Be sure to provide the facilities that will lighten labor and promote health.

Even the Humblest Tasks Are the Work of God —All the work we do that is necessary to be done, be it washing dishes, setting tables, waiting upon the sick, cooking, or washing, is of moral importance.... The humble tasks before us are to be taken up by someone; and those who do them should feel that they are doing a necessary and honorable work, and that in their mission, humble though it may be, they are doing the work of God just as surely as was Gabriel when sent to the prophets. All are working in their order in their respective spheres. Woman in her home, doing the simple duties of life that must be done, can and should exhibit faithfulness, obedience, and love, as sincere as angels in their sphere. Conformity to the will of God makes any work honorable that must be done.

<https://m.egwwritings.org/en/book/128.71#83>



Spring Craft Ideas

WATERING CAN WREATH

There's no better way to welcome spring than crafting a cheerful wreath. Gather your favorite florals, place them in a watering can, loop wire around the handle, and hang the finished product on your front door.



COLANDER PLANTER

Wrap one colander handle tightly with a half-yard of twine, pushing pieces together as you go to avoid gaps. Once covered, tie off and add a dab of glue to secure. Knot a yard of twine at each end of the handle. Repeat entire process with opposite handle. Next, line the colander with sheet moss and fill with potting soil and seasonal plants. (We used ferns and pansies.) Tie four lengths of twine together and hang.

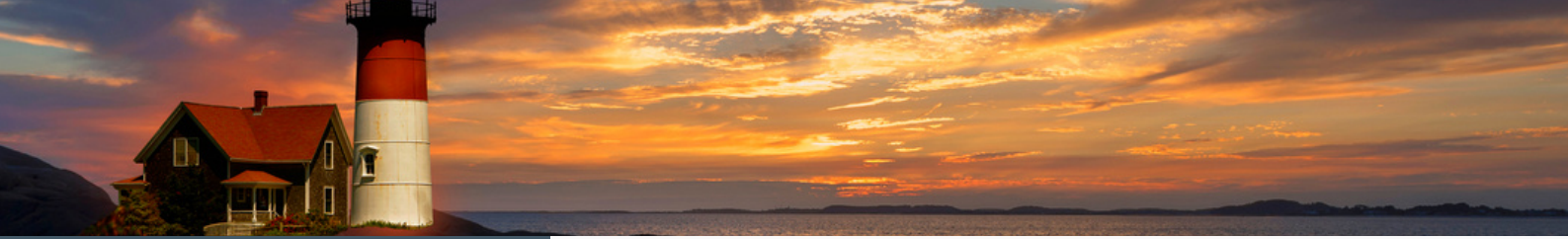


SEED PACKET WREATH

Give garden appeal to your home with a gorgeous hanging decoration, sourced from vintage seed packets. Simply attach 12 to 14 paper packets to a 12-inch foam wreath using straight pins. Add a few flowers into the display for the finishing touch.

For more great ideas go to:

<https://www.countryliving.com/diy-crafts/how-to/g734/easy-spring-crafts-0309/>



" In ancient Jewish tradition, they would clean their home to prepare for Passover and remove any bread that wasn't unleavened. "



A Brief History of Spring Cleaning

AUTHOR - CATHY ERICSON

Ah, spring!

As you emerge from hibernation, you may be eager to tackle spring cleaning chores, making your home shine as brightly as the sun that's just around the corner. If so, you're not alone: according to a spring cleaning survey from the American Cleaning Institute, 72 percent of households engage in some form of spring cleaning, with the bedroom, kitchen and bathroom topping the list of rooms that need attention.

In addition, they are apt to tackle projects that typically fall to the bottom of the list, such as windows (79%), blinds and curtains (73%), closets and drawers (71%) and ceiling fans (68%).

Nearly half even give the trash can a much-needed scrub. But how many of those people actually think twice about the origin of spring cleaning?

The practice is actually rooted in a number of different ancient traditions from around the world, as well as a few practical reasons for it in America's more recent history.

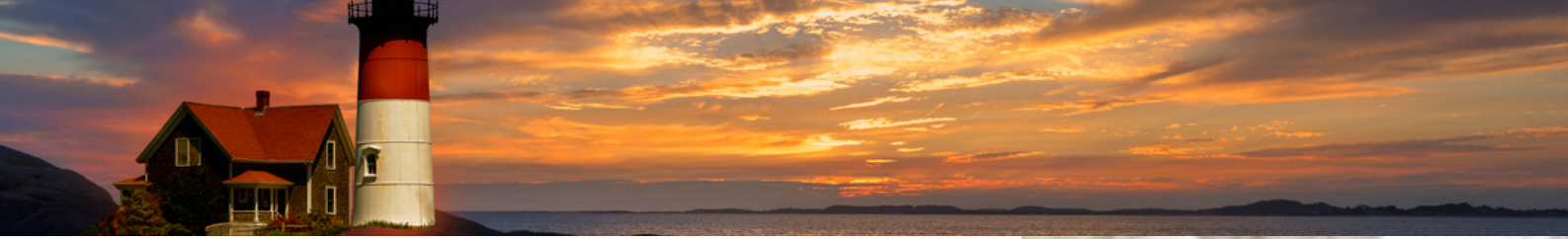
The tradition of spring cleaning dates back centuries and is a hallmark of Jewish culture

In ancient Jewish tradition, they would clean their home to prepare for Passover and remove any bread that wasn't unleavened.

In Iranian culture, the Persian new year, known as Nowruz, falls on the first day of spring and includes a ritual known as "khooneh takouni" which means "shaking the house," entailing a thorough house cleaning.

Closer to home, Pablo Solomon, who is active with the Texas Historic Commission, share that spring cleaning was important in frontier homes to remove the accumulation of soot from winter fires that built up on poor quality window glass.

"To be able to see out after a long winter, you had to clean off the soot," Solomon said.



A Brief History of Spring Cleaning

(CONTINUED)

In addition most log homes in Texas and parts of the southern United States were “chinked” for the winter, which entailed filling the spaces between logs with mud. As summer approached, the chinking was removed to allow air to circulate, a modern-day “screen” of sorts.

Housekeepers would finish the process by disinfecting and refreshing their homes with vinegar and herbs, which are great choices still today as natural alternatives to harsh household disinfectants. Another reason to wait until spring is because its finally warm enough to open windows and doors to let the place air out.

The Dirt on Spring Cleaning

Despite the the rewarding results of spring cleaning, the task remains a burden for many homeowners. A survey by Merry Maids found that more than two-thirds of consumers view spring cleaning as an overwhelming and time-consuming chore. Least favored tasks?

Nearly one-half skip scrubbing baseboards; 44 percent neglect their appliances by not cleaning inside or behind, and an additional 37 percent avoid cleaning the window sills.

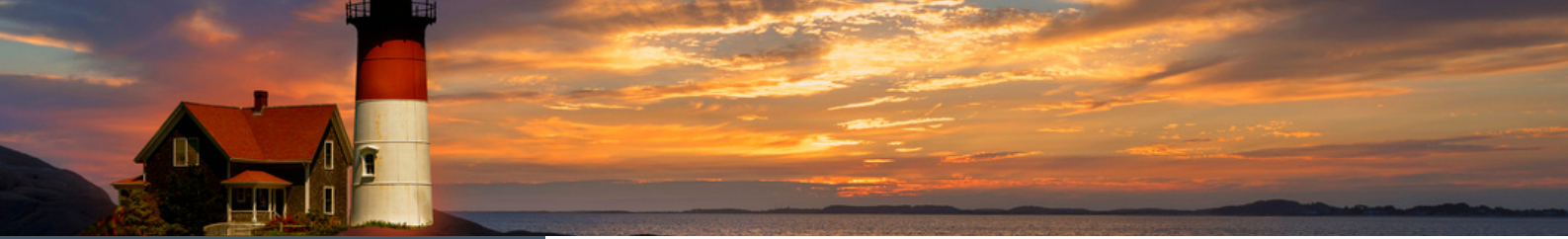
Put A “Spring” in Your Cleaning

Just over 40 percent of consumers spend several days on spring cleaning, and they may be on to something.



“But the strictest regard to cleanliness was required both within and without their tents”

MINISTRY OF HEALING
PAGE 280



"But all things should be done decently and in order."

1 CORINTHIANS 14:40



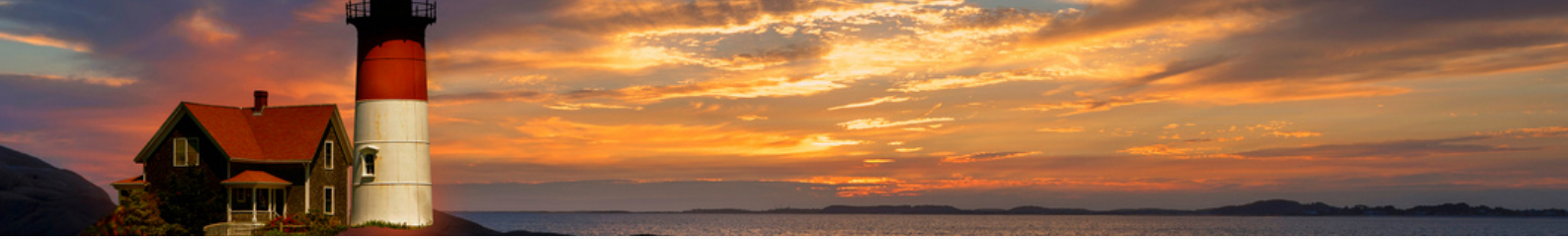
A Brief History of Spring Cleaning

(CONTINUED)

Spring cleaning doesn't have to be a daunting project when you tackle it with a plan in mind, adds Debra Johnson, home cleaning expert for Merry Maids. Here are some tips to make your home – and your mood – sparkle.

- Make a plan. Create a to-do list and take it one activity at a time, instead of trying to accomplish the whole house in one day. Make the process manageable by listing out the chores, along with a realistic time frame. That way you can make sure you tackle all the nooks and crannies that are often otherwise ignored, without getting overwhelmed.
- Get your bottles in a row. Peruse your cleaning supply stash to see what you have, and shop for what you need before you get started. Bock advises considering multi-purpose cleaning products that effectively clean a variety of surfaces. Make sure you use the right product on the right surfaces, since some chemicals can harm surfaces they aren't designed for.
- DIY cleaners. Consider using rubbing alcohol, vinegar and baking soda, common household ingredients that can make natural, DIY cleaners. Once you have all your products assembled, organize them in an easy-to-carry caddy so you aren't running from room to room.
- Do the worst first. Pick your least favorite cleaning task and start there. "You'll likely feel good about your accomplishment when you're finished and be motivated to tackle the next project," Johnson said.
- Attack each room top to bottom. Dust and grime settle so start with the ceiling fans and end with your floors. Otherwise, you might find yourself redusting a surface as the ceiling cobwebs settle on it when you knock them down.
- "People have been inside all winter and are ready for a fresh start," Johnson said. "By taking on spring cleaning one task at a time, tackling those activities that often get ignored, and finding ways to make clean up fun for the whole family, you'll have a cleaner home in no time and can turn your attention to enjoying the warmer weather days."

<https://www.sparefoot.com/self-storage/blog/14187-a-brief-history-of-spring>



Church Photos

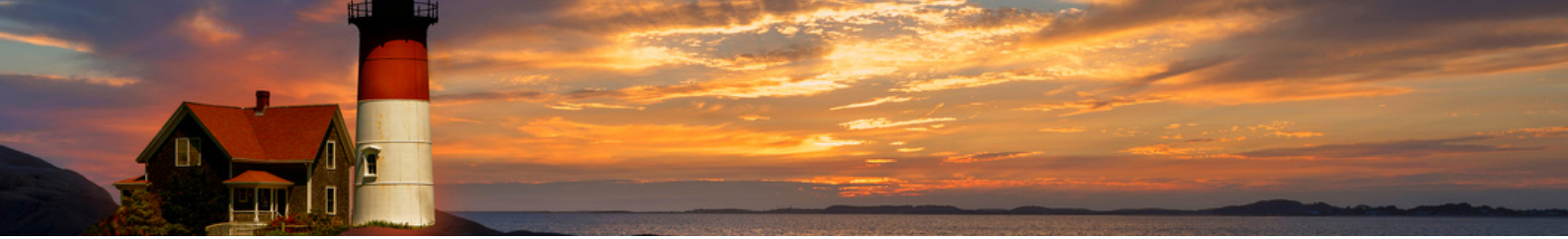
SUBMITTED BY CHURCH MEMBERS

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>



Frazier Family
DEDICATION OF JEREMIAH
March 5, 2022



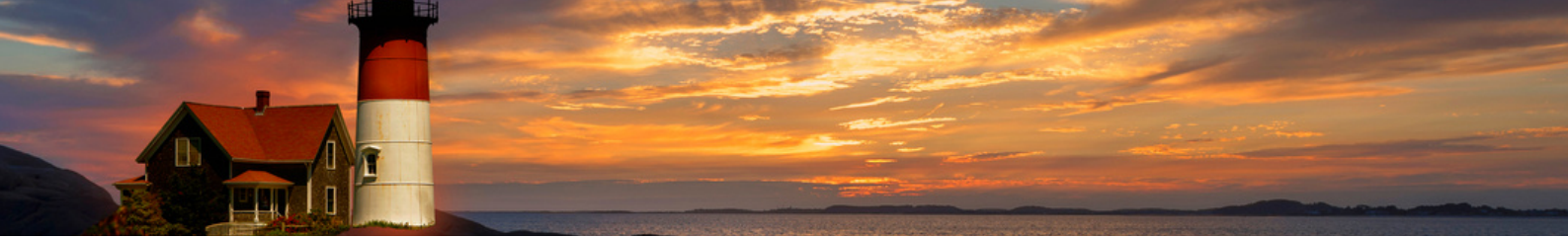
Welcome to our new members!



**Slava and Olga
Miasishchev**



Gordon Boggs



Church Photos



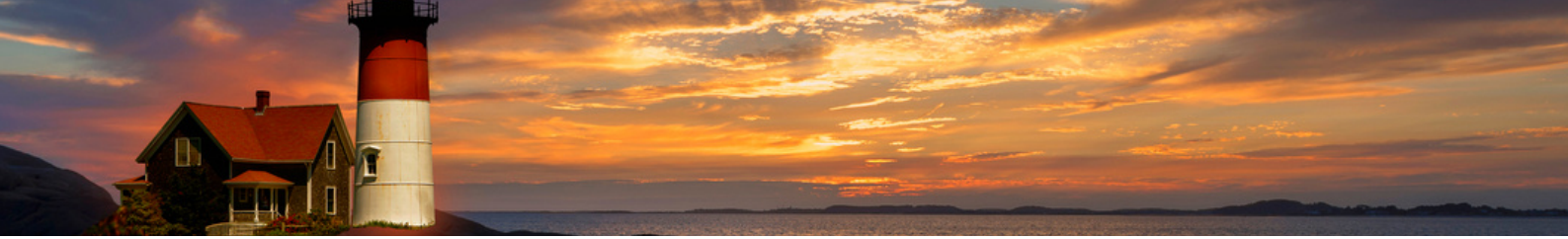
Ben Hiebert



**Heidi Duffield and
Hannah Rasmussen**

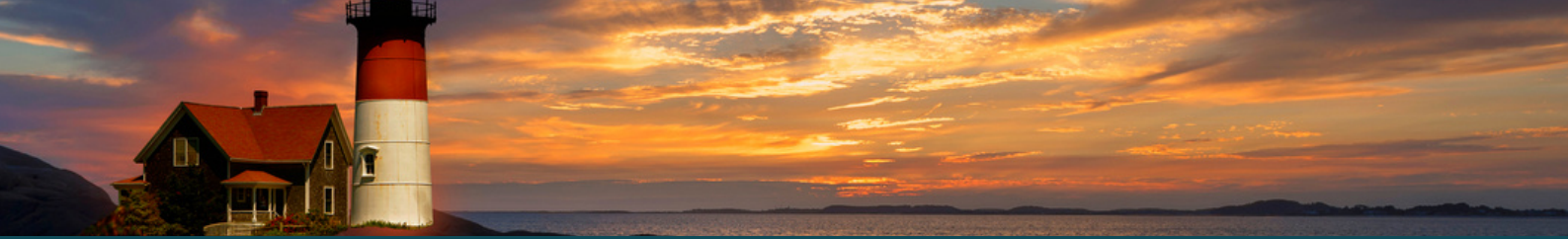


Story Time with Mike Herman



A Church in Song

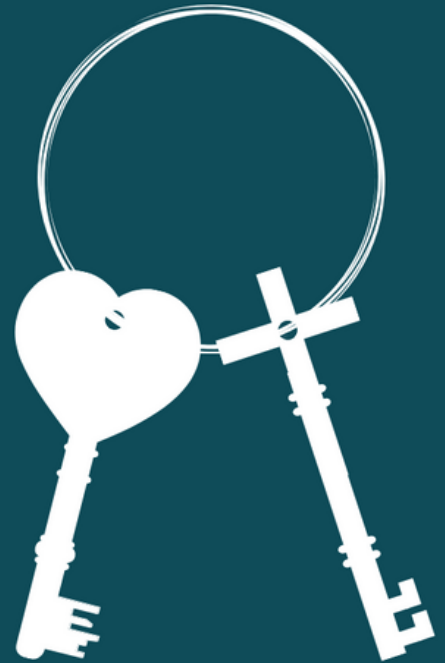




A TWO-PART SERIES

UNLOCKING GOD'S LOVE

Come with us on a journey through scripture! This two-part series will give you the keys to unlock two main themes that underpin the entire Bible narrative.



Love
& WAR

REGISTER HERE

<https://forms.office.com/r/PfMmF9dTUz>

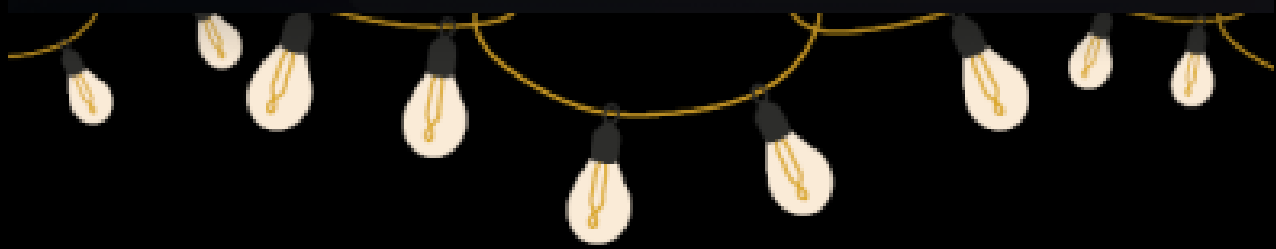
APR 30-MAY 1

9:30-10:30 AM

FREE EVENT

ONLINE & IN-PERSON

**BONNEY LAKE
SEVENTH-DAY ADVENTIST CHURCH
11503 214TH AVE E, BONNEY LAKE, WA 98391
keys2loveandwar@gmail.com**



Please join us for a

Retirement Celebration

HONORING

Pastor Bruce Koch

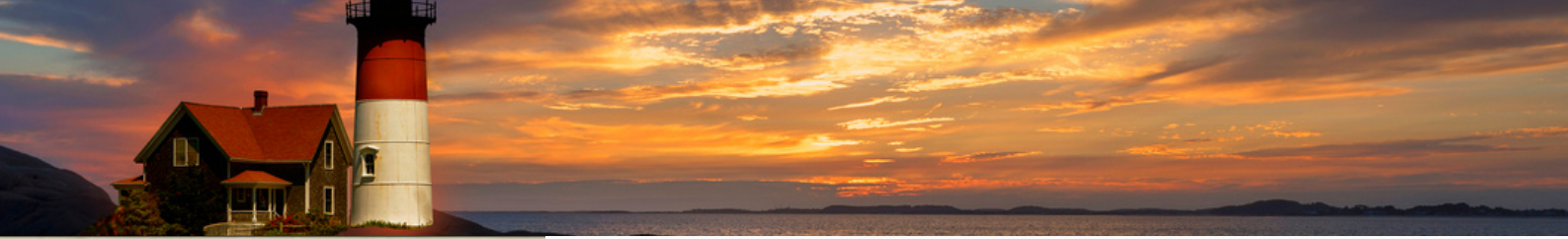
Saturday | April 23rd, 2022 | 7:00pm

Bonney Lake Seventh-day Adventist Church

Snacks & Dessert Provided

***Can't make it? Send a card in Pastor Bruce's honor to
Bonney Lake SDA Church***

11503 214th Avenue East, Bonney Lake, WA 98391



YOUTH & ADULT MISSION

2022 - QUARTER 2 - SOUTHERN AFRICA-INDIAN OCEAN DIVISION



AdventistMission.org

Quarter 2 - 13th Sabbath Offering

SOUTHERN AFRICAN-INDIAN OCEAN DIVISION

This quarter we feature the Southern Africa-Indian Ocean Division, which oversees the Seventh-day Adventist Church's work in Angola, Botswana, Malawi, Mozambique, São Tomé and Príncipe, South Africa, Zambia, Zimbabwe, and seven Indian Ocean island nations, including Comoros, Madagascar, Mauritius, Mayotte, Reunion, Rodrigues, and Seychelles. The region is home to 215 million people, including 4.2 million Adventists. That's a ratio of one Adventist for 51 people. This quarter's six Thirteenth Sabbath projects are in three countries: Angola, Malawi, and the Indian Ocean island nation of Mayotte.

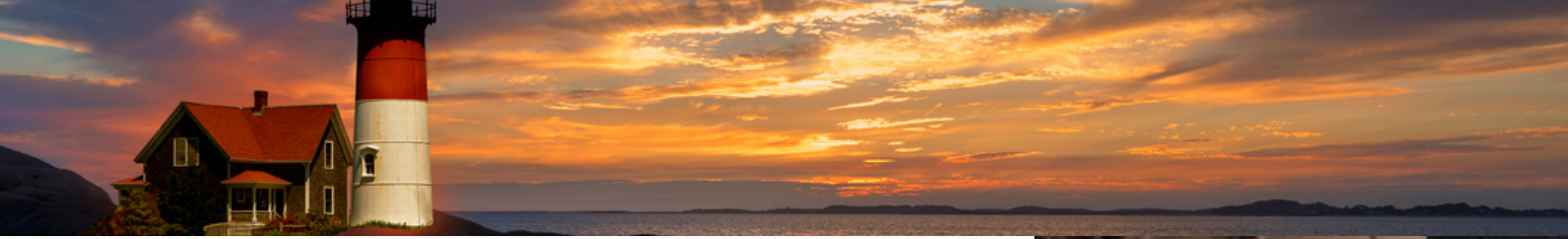
Opportunities

The Thirteenth Sabbath Offering this quarter will help the Southern Africa-Indian Ocean Division to establish:

- Church and elementary school, Belize, Angola
- Men's dormitory, Adventist University of Angola, Huambo, Angola
- Domestic violence and counseling center, Lombe, Angola
- Sequele elementary school, Luanda, Angola
- Community outreach and leadership development center at Mzuzu campus of Malawi Adventist University, Malawi
- Better Living Center and FM radio station, Mayotte

"And do not forget to do good and to share with others, for with such sacrifices God is pleased."

HEBREWS 13:16



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



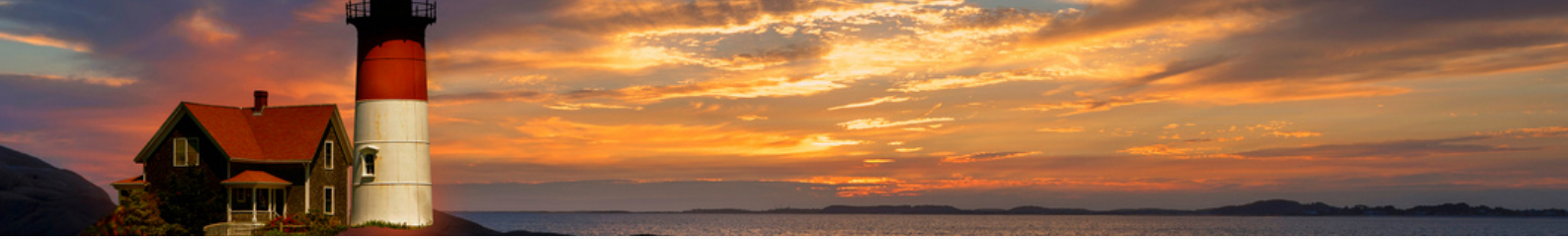
Offering & Sunset Calendar

Apr 2	Local Church Ministries	7:40	7:41
Apr 9	GC: Hope Channel	7:50	7:51
Apr 16	Local Church Ministries	7:59	8:01
Apr 23	Washington Youth: Clubs	8:09	8:11
Apr 30	Local Church Ministries	8:19	8:20
May 7	Local Church Ministries	8:29	8:30
May 14	WB: Disaster & Famine	8:38	8:39
May 21	Local Church Ministries	8:46	8:48
May 28	Washington Youth: Sunset Lake	8:54	8:55
Jun 4	Local Church Ministries	9:01	9:02
Jun 11	NAD: Women's Ministries	9:06	9:07
Jun 18	Local Church Ministries	9:10	9:10
Jun 25	Washington Youth: Education	9:11	9:11



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

PROVERBS 3:9



"The Lord told me to say, 'Decide to preach the message and the Lord will open the way for your family's support.' "

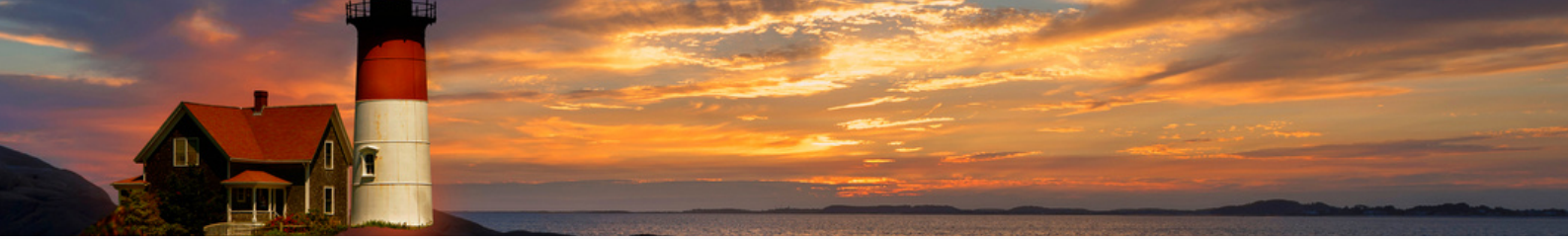
ELLEN G WHITE
TO JN LOUGHBOROUGH

John Norton Loughborough (1832–1924)

FROM WHITEESTATE.ORG

J. N. Loughborough accepted the Sabbath at Rochester, New York, in 1852, as a result of the preaching of J. N. Andrews. It was here that he first met James and Ellen White. He and his family had gone through the 1844 disappointment as believers. From the age of 17, Loughborough was a lay preacher for the First-day Adventists. A month after he was introduced to the Sabbath by J. N. Andrews, he began preaching for the movement that later would become known as the Seventh-day Adventist Church. A vision given to Ellen White helped him to begin, when he doubted whether he could support his family. Relating this vision Ellen White said: "Brother Loughborough is holding back from his duty to preach the message, trying to get means for his support. The Lord told me to say, 'Decide to preach the message and the Lord will open the way for your family's support.'"--Divine Predictions Fulfilled, pp. 25-27.

He had been selling sashlocks, but it had not gone well. Down to his last three cents, he gave his wife a penny for thread and a penny for matches. While she was gone, a man came to the door and ordered \$60 worth of sashlocks. Loughborough made a profit of more than thirty dollars on the sale. His ministry was begun. Loughborough was the youngest to be ordained to the ministry, being only 22 years old in 1854. After discussing it with James White, he decided to sell complete sets of adventist publications issued by our press at that time--35 cents' worth. It was a success from the beginning. In 1868 he pioneered SDA work in California with D. T. Bourdeau. He spent five years in England, beginning in 1878, and served as president of several conferences after returning to the United States.



John Norton Loughborough (1832–1924)

(CONTINUED)

In 1892 Loughborough published the first Seventh-day Adventist history, *The Rise and Progress of Seventh-day Adventists*, later revised and expanded as *The Great Second Advent Movement*. He also published *The Church, Its Organization, Order, and Discipline* in 1907. This book served for several years as a church manual, until an official manual was adopted in 1932.

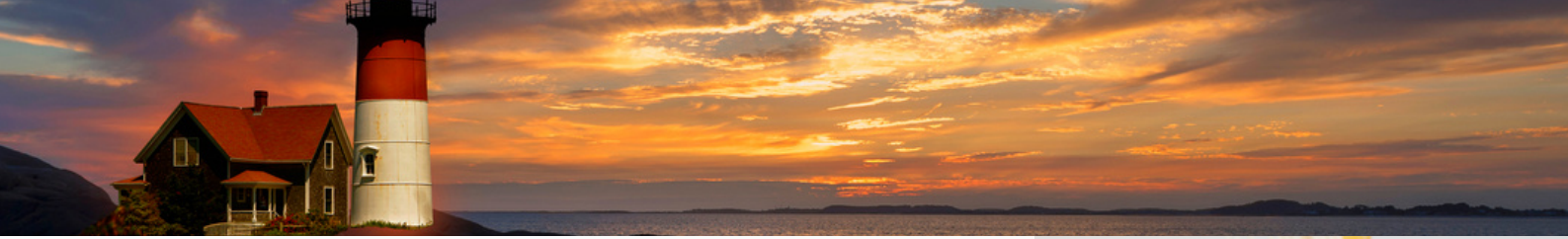
Though Loughborough is more often remembered as an administrator and church historian, in his early ministry he was a successful public evangelist, and conducted the first tent meetings. In 1856 he became discouraged and decided to go to Waukon, Iowa, to farm. James and Ellen White went to Waukon by horse and sleigh to persuade him to return. Their winter trip across the plains and the frozen Mississippi River is a story of God's care.

The Whites persuaded Loughborough to return to the ministry, and he never wavered again, though times were difficult in the beginning. In 1869 he went to California in company with D. T. Bourdeau as the first "missionary" to that State.

Loughborough saw Ellen White in public vision more often than any other person, with the exception of her husband, James. Late in his life he claimed to have witnessed more than 50 public visions. On several occasions, these visions included physical phenomena. He was also present in Rochester, New York, when she prayed for the healing of the pressman, Oswald Stowell. Stowell had been given up by the physician to die. He was healed and back at work in two days.

Loughborough joined James and Ellen White in advocating church organization in 1860. Often they traveled together, in public ministry to the church. He died at age 92, in 1924, after more than a half century of service.

<https://whiteestate.org/pioneer/loughborough.asp>



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

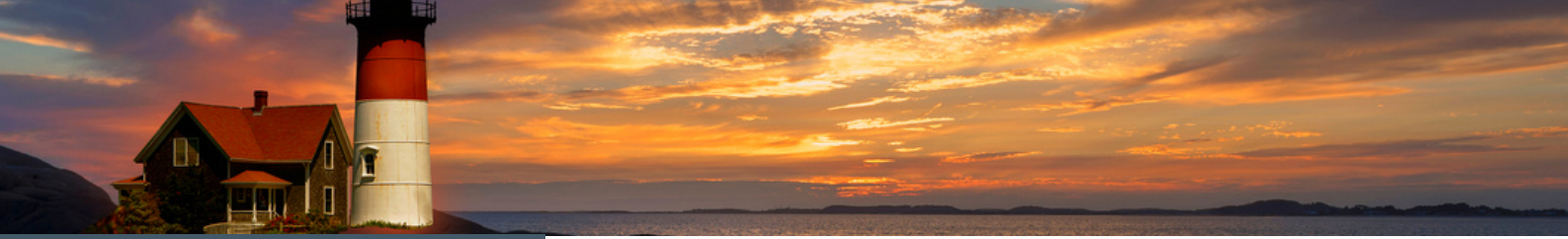
"Temperance in all things of this life is to be taught and practiced. Temperance in eating, drinking, sleeping, and dressing is one of the grand principles of the religious life. Truth brought into the sanctuary of the soul will guide in the treatment of the body. Nothing that concerns the health of 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

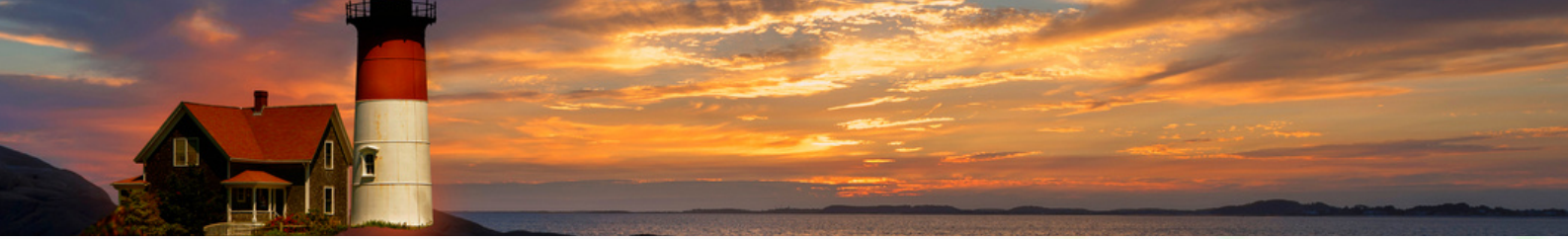
"In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease." Counsels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



Ingredient Spotlight

HEALTH MINISTRY

Beets boast an impressive nutritional profile

They're low in calories yet high in valuable vitamins and minerals. In fact, they contain a bit of almost all of the vitamins and minerals your body needs.

Spinach is an extremely nutrient-rich vegetable

It packs high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron, and calcium. In particular, spinach is a good source of the antioxidants lutein, beta carotene, coumaric acid, violaxanthin, and ferulic acid.

Kale is a nutrient-dense food

It is low in calories and high in many important vitamins, minerals, and antioxidants. For example, 1 cup (21 grams) of raw kale contains only 7 calories but is an excellent source of vitamins A, C, and K. It's also a good source of manganese, calcium, copper, potassium, magnesium, and several B vitamins (Trusted Source). This vegetable is likewise packed with antioxidants. These molecules help counteract oxidative damage caused by compounds called free radicals and may reduce your risk of conditions like heart disease, Alzheimer's, and certain forms of cancer.

Asparagus can help lower high blood pressure

It contains potassium and may also contain an active compound that dilates blood vessels, thus lowering blood pressure.

Mustard Greens are low in calories

They are also high in fiber and many essential vitamins and minerals. In particular, they're an excellent source of vitamins C and K.

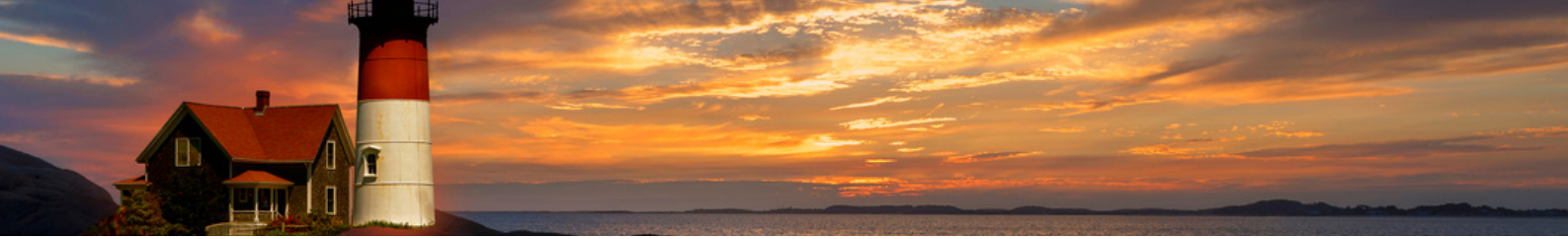
Carrots extremely low in fat

They are about 10% carbs, consisting of starch, fiber, and simple sugars.



"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.

Asparagus Soup-Vegan

This Vegan Asparagus Soup recipe is creamy, delicious and easy to make. This asparagus potato soup is made without cream and is low in calories and fat, it's a great healthy soup that will keep you warm in the cooler months while we are still waiting for warmer weather. Perfect to serve as an appetizer or as a main course.

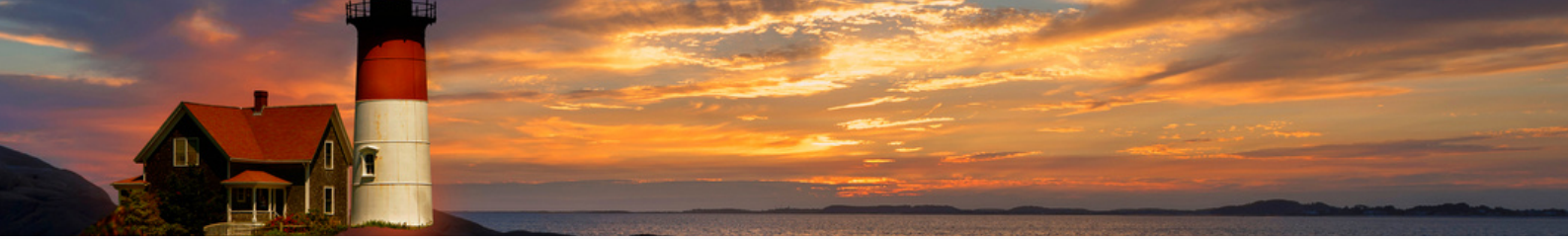
Ingredients

- 2 tablespoons olive oil divided
- 1 onion chopped
- 2 cloves garlic minced
- 2 pounds asparagus ends trimmed and chopped
- 2 medium Yukon gold potatoes
- Salt and pepper to taste
- 4 cups vegetable broth
- 1-2 cups unsweetened almond milk or vegan half & half
- 1 lemon juiced
- Grilled bread for serving
- Chives for serving

Instructions

- Preheat oven to 400°F and place asparagus on a baking sheet. Drizzle with 1 tablespoon of olive oil, and season with salt and pepper. Toss to coat and roast for 10-15 minutes until the asparagus slightly softens.
- Heat remaining olive oil in a large stock pot over medium heat. Add the onions and garlic and cook until onions are translucent, about 5 minutes.
- Add the potatoes, season with salt and pepper, then cook with the onions and garlic for a few minutes. Pour the vegetable broth and almond milk, bring mixture to a boil, then reduce heat to a simmer until the potatoes are tender, about 20 minutes.
- Add the roasted asparagus into the pot. Uses an immersion blender to blend the soup until it's smooth and creamy. You can also do this in batches in a blender.

<https://feelgoodfoodie.net/recipe/asparagus-soup/>



Red Beet Vegan Ice Cream

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

- 4 medium bananas (peeled)
- 1 big avocado (skin and seed removed)
- 1 beetroot (peeled, chopped big)

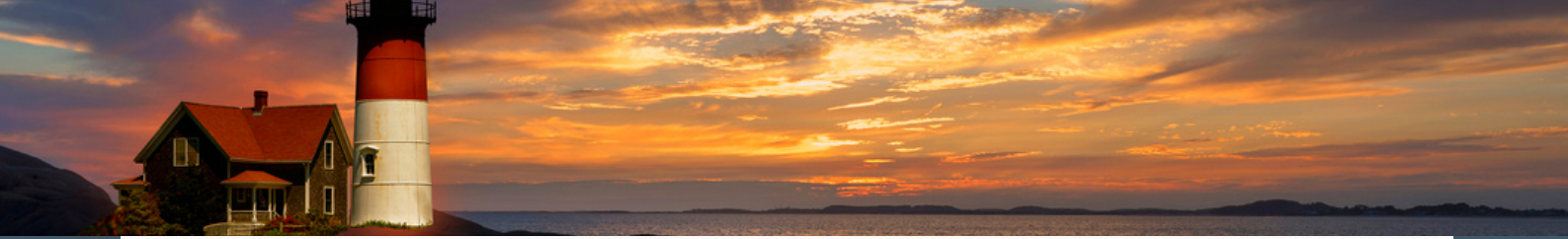
Instructions

- Prepare the ingredients by peeling and chopping them as indicated.
- You'll have to freeze the ingredients before processing them in a blender. Take 2 plastic bags and place half of the ingredients in each bag.
- Move the bags in the freezer for a few hours, until frozen.
- Remove from the freezer, remove frozen ingredients from bags and transfer them into the blender. Let the frozen ingredients sit in the blender for 5-10 minutes before processing. Since they are rock solid, your blender may have problem processing ice-like ingredients out of the freezer.
- Using the pulse and high-speed settings, process the ingredients until they reach a creamy soft consistency. Stop the blender from time to time and scrape the contents towards the center of the blender jar.
- Once your ice cream has reached the desired texture, transfer into a bowl and portion into desired sizes using an ice cream scoop.
- DONE! You can serve it as is or store in the freezer for up to a week (and even longer).



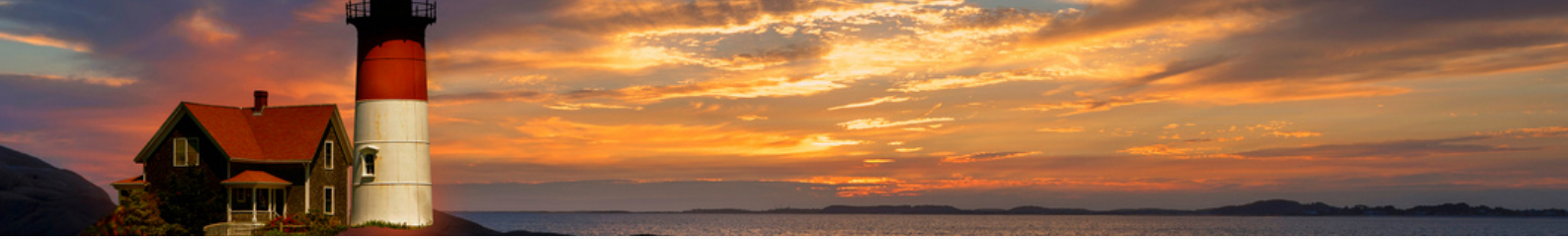
Important - Since we deal with frozen ingredients here, you will need a powerful blender that can easily chop everything with an ice-like consistency.

<https://www.refreshmyhealth.com/red-beet-vegan-ice-cream/#our-first-homemade-vegan-ice-cream>



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 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.

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