

AUTUMN 2022

BEACON OF LIGHT

Official Newsletter of the Bonney Lake Seventh-day Adventist Church



Autumn Newsletter

BY SHARON PAIZ & SARA STICKLE

It is hard to believe that we are wrapping up another year of our newsletter. As we look forward to 2023, let us remember to look back on 2022 and praise God from Whom all blessings flow. We have so much to be THANKFUL for!

This year we have experienced the joy of baptism with Rich Burnham and celebrated with Pastor Koch as he entered retirement. We miss him but are so happy for him. We were blessed when Pastor Stephen Bohr from Secrets Unsealed came to present “Yesterday, Today, and Forever”. We were also blessed with the “Love & War” series presented by our very own, Jennifer Wynn Hamerly. The Holy Spirit was present in all of this, and we have such joy that our flock is increasing.

We had our annual Outdoor Church at Lake Kepka in July. The weather was perfect and it was so good to fellowship together in God’s beautiful nature. In April we started prayer meetings at seven o’clock every night in the Young Adult classroom. We have met over 180 consecutive days! We have seen and heard such amazing answers to our prayers from the Holy Spirit. We will continue to meet every night "UNTIL . . . "

God heard our prayers as we petitioned him for a new pastor. He sent our inspiring leader, Pastor Sang Hae Kim, his wife Soo Jin, and sons, Joohyun and Joosong. This beautiful family stepped out in faith and moved from their home in Pennsylvania to join us here. The blessings are flowing!

We praise God and thank Him for each and every one of our church members. We hope you enjoy our last newsletter of 2022. God bless and Season’s Greetings!

This issue:

Pastor's Message
PAGE 2

Church Pics
PAGES 5–11

Adventist Pioneer
PAGE 15

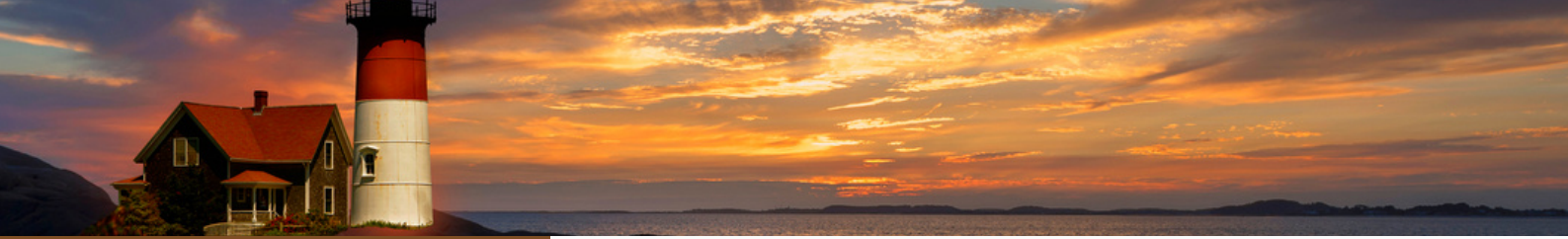
Ingredient Spotlight
PAGE 18

Plant-Based Recipes
PAGES 20 & 21

Craft Ideas
PAGE 22

Random Acts of Kindness
PAGE 24

Kid's Pages
PAGES 25 & 26



"Let us keep
our hopes up in
Christ and look
forward to the
Second Coming
of our Lord."



"There Goes Aunt!"

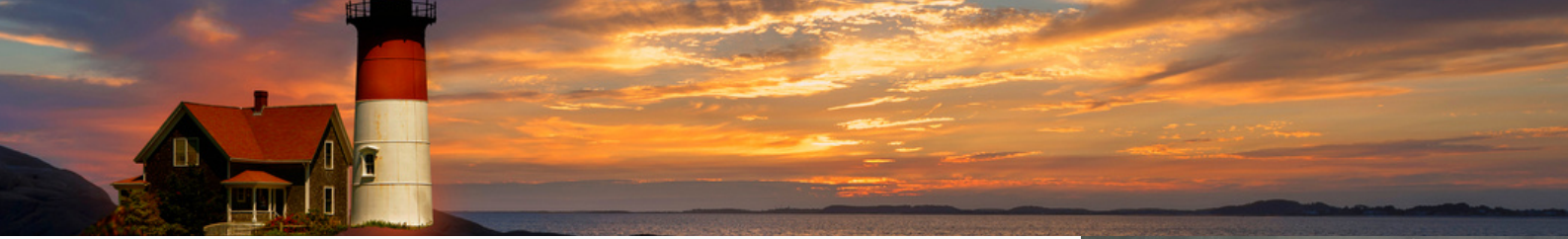
BY PASTOR SANG HAE KIM

One day my first son, five years old at that time, said to my wife and me, pointing down on the ground in Korean. He was bilingual at that time because my wife spoke to him in English, while I spoke mainly in Korean. But there is a trick behind this because the word "ant" and "aunt" are pronounced the same in English but have two different word translations, respectively. He ended up saying, "There goes (my) aunt!" but actually meant, "There goes an ant!" We hear things differently sometimes by mistake or prejudice from our previous experiences.

October is a beautiful season with changing colors in the mountains and cooler weather. As you see those beautiful changes around you, what comes to your mind? For some, it may be a thanksgiving and others sentimental feelings. For our first ancestors on earth, when they saw those changing colors and fallen leaves, it must have been a heartbreaking experience because it was caused by their sin, and they had never seen death like that. However, our Heavenly Father never left them without hope that He gives all who wait on the Lord. "And I will put enmity between you and the woman, and between your seed and her Seed; He shall bruise your head, and you shall bruise His heel." (Gen 3:15)

Whenever Adam and Eve were going through those dark moments of their lives, what gave them hope for a future must have been this promise God gave them. This promised Seed for sure came to Earth about 2,000 years ago and died for us on the cross. Then He resurrected and gave us another promise to keep our hopes up. "Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also." (John 14:1-3)

I pray, as the first couple in this world must have, as we see those beautiful leaves falling around us, let us keep our hopes up in Christ and look forward to the Second Coming of our Lord. May this Fall be a blessed season for you and your loved ones in Christ!



Evangelism

BY ELLEN G WHITE

"I was given instruction that as we approach the end, there will be large gatherings in our cities ... and that preparations must be made to present the truth at these gatherings. When Christ was upon this earth, He took advantage of such opportunities. Wherever a large number of people were gathered for any purpose, His voice was heard, clear and distinct, giving His message. And as a result, after His crucifixion and ascension, thousands were converted in a day. The seed sown by Christ sank deep into hearts, and germinated, and when the disciples received the gift of the Holy Spirit, the harvest was gathered in.

The disciples went forth and preached the Word everywhere with such power that fear fell upon their opposers, and they dared not do that which they would have done had not the evidence been so plain that God was working.

At every large gathering some of our ministers should be in attendance. They should work wisely to obtain a hearing and to get the light of the truth before as many as possible....

At all such gatherings there should be present men and women whom God can use. Leaflets containing the light of present truth should be scattered among the people like the leaves of autumn. To many who attend these gatherings these leaflets would be as the leaves of the tree of life, which are for the healing of the nations.

I send you this, my brethren, that you may give it to others. Those who go forth to proclaim the truth shall be blessed by Him who has given them the burden of proclaiming this truth....

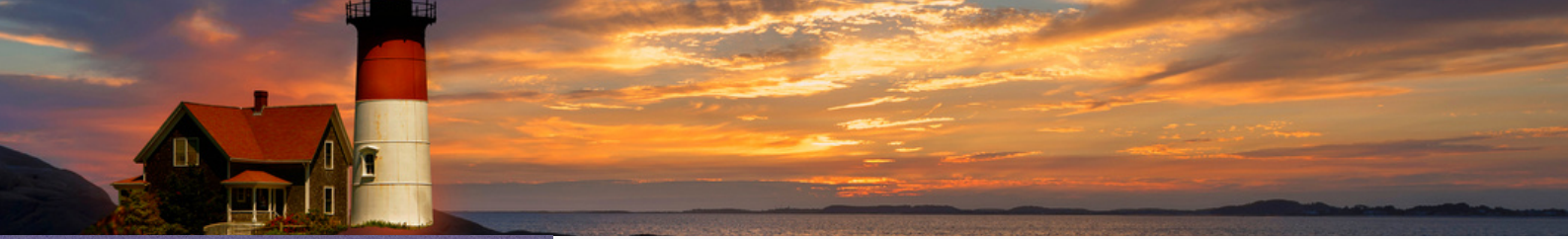
The time has come when, as never before, Seventh-day Adventists are to arise and shine, because their light has come, and the glory of the Lord has risen upon them.—"

Evangelism, Pages 35 and 36



**"I send you
this, my
brethren, that
you may give
it to others"**

EVANGELISM



"Pray ye therefore
the Lord of the
harvest, that he will
send forth
labourers into his
harvest."

EXODUS 34:21

Harvest Bible Verses

ALL VERSES FROM KJV

Luke 10:2

Therefore said he unto them, The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest.

John 4:35

Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.

Galatians 6:9

And let us not be weary in well doing: for in due season we shall reap, if we faint not.

Genesis 8:22

While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease.

Revelation 14:15

And another angel came out of the temple, crying with a loud voice to him that sat on the cloud, Thrust in thy sickle, and reap: for the time is come for thee to reap; for the harvest of the earth is ripe.

Exodus 34:22

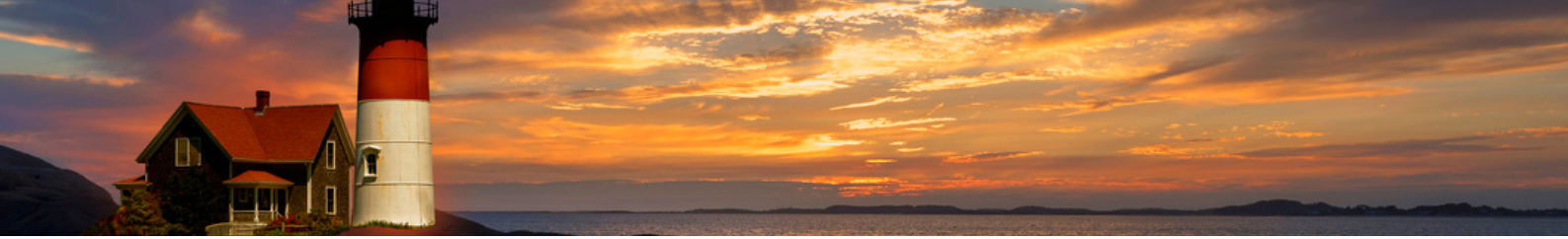
And thou shalt observe the feast of weeks, of the firstfruits of wheat harvest, and the feast of ingathering at the year's end.

Isaiah 9:3

Thou hast multiplied the nation, and not increased the joy: they joy before thee according to the joy in harvest, and as men rejoice when they divide the spoil.

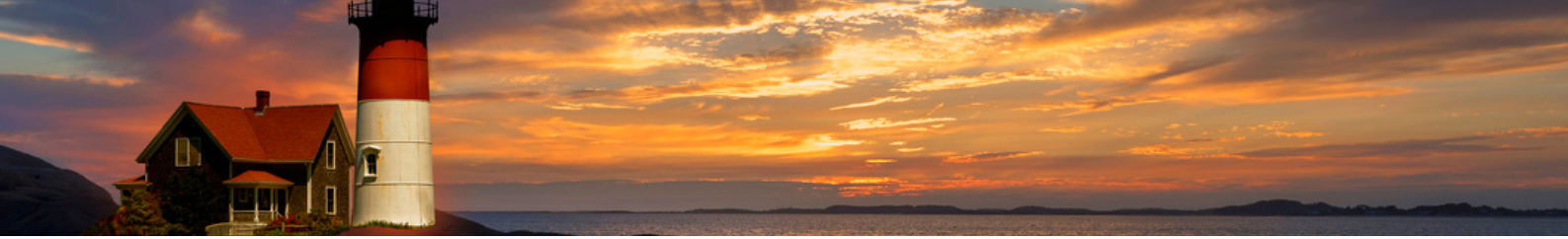
Leviticus 19:9-10

And when ye reap the harvest of your land, thou shalt not wholly reap the corners of thy field, neither shalt thou gather the gleanings of thy harvest. And thou shalt not glean thy vineyard, neither shalt thou gather every grape of thy vineyard; thou shalt leave them for the poor and stranger: I am the LORD your God.

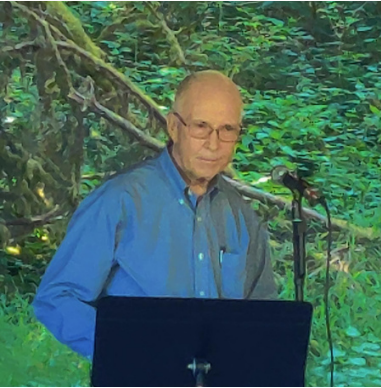


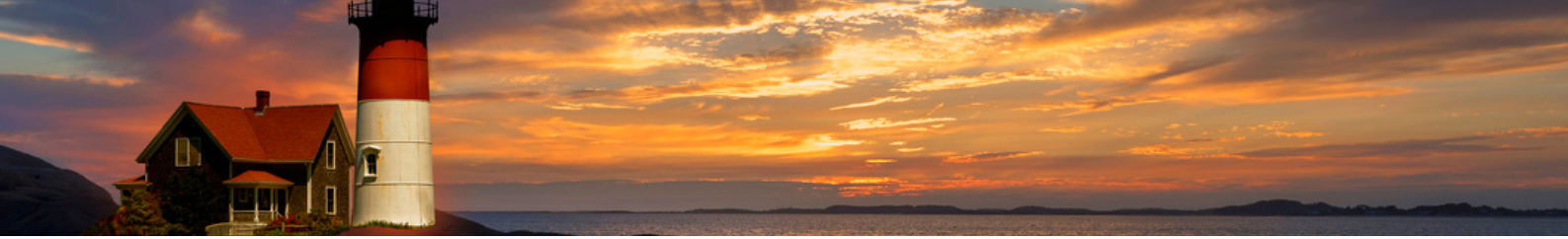
Grounds Maintenance





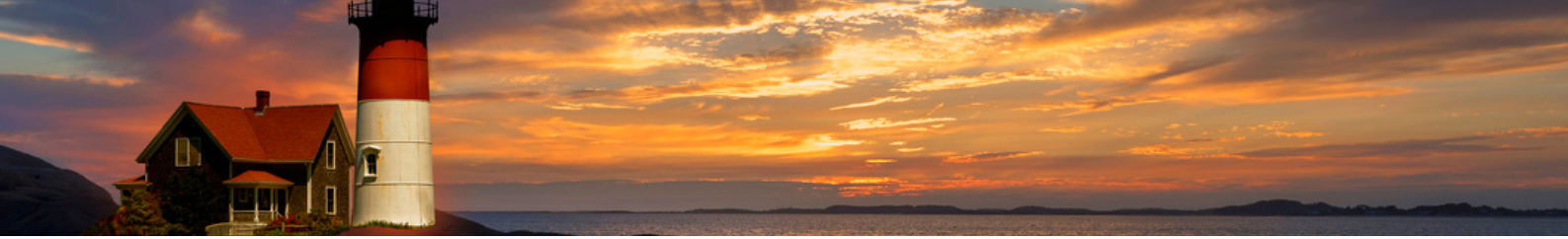
Outdoor Church at Kepka Lake, July 30, 2022





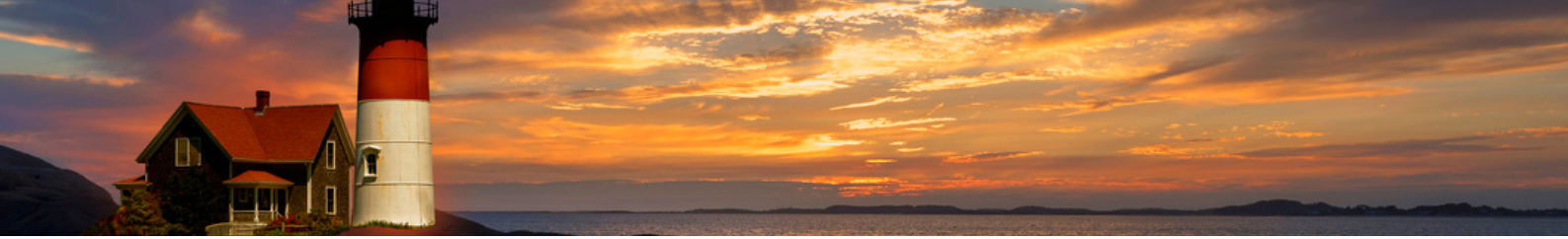
Pastor Kim & Family's First Sabbath at BLSDA





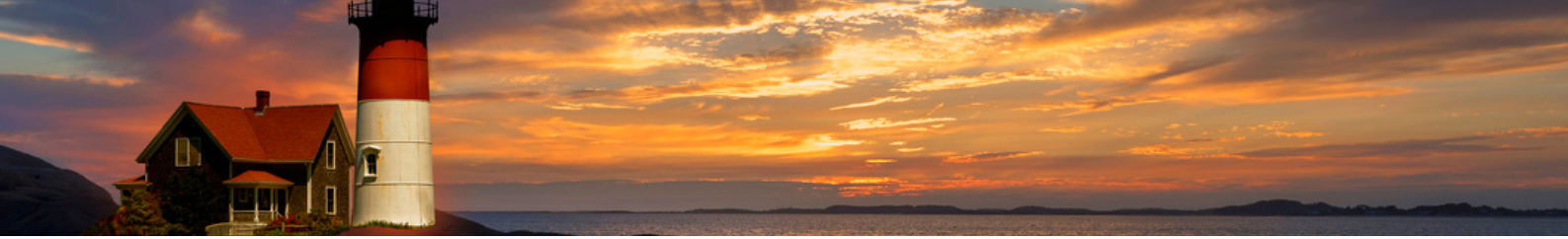
Young Adult Hike on Noble Knob Trail



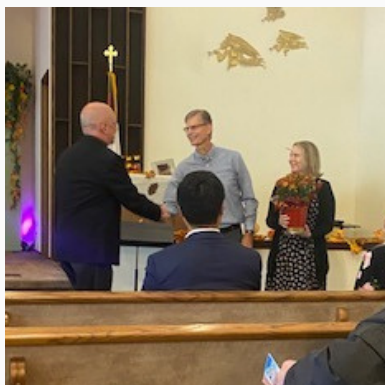
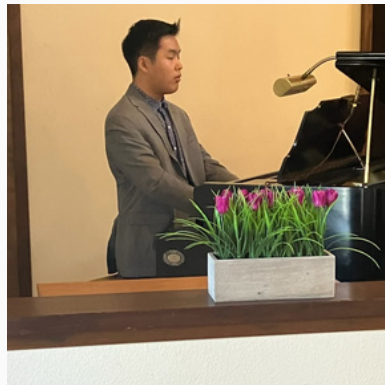


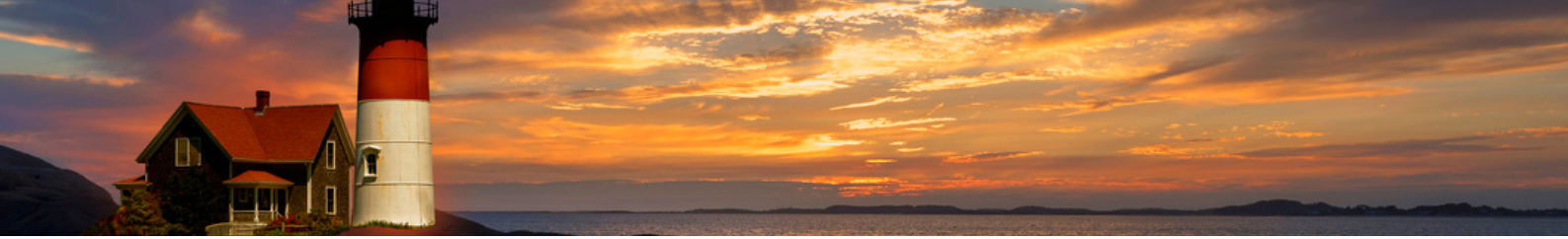
Victorian Tea Party, September 17, 2022





Church Family & Worship Service



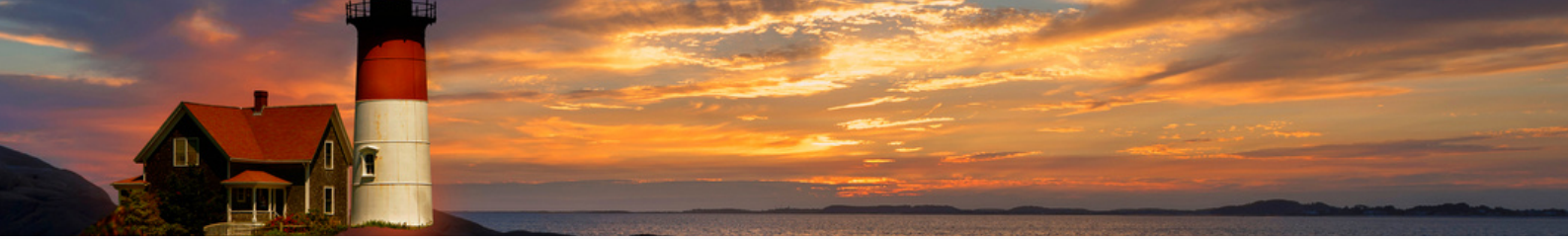


Photos and Comments from Vaun Fiedler

I'm getting starts from my pussywillow tree to sell for \$5.00. If anyone is interested, please reach out to me.

Also, I really appreciate the work Mike Herman has put into our church parking area!





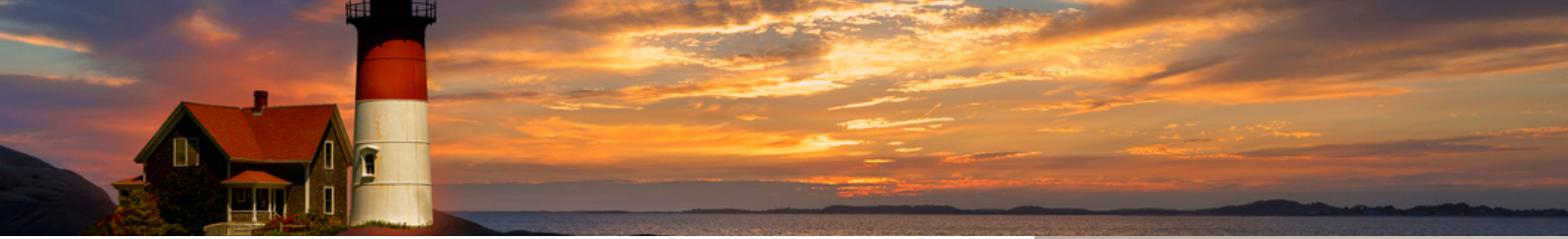
YouTube Video Library

Check out these videos on the YouTube channel created by the Hamerlys, Remnant Action Ministries.

<u>Title</u>	<u>Speaker</u>
A Journey Into Scripture-Love & War Part 1	Jennifer Wynn Hamerly
A Journey Into Scripture-Love & War Part 2	Jennifer Wynn Hamerly
F as in Food	Jennifer Wynn Hamerly
The Hand That Guides History	Pastor Stephen Bohr
God on Trial	Pastor Stephen Bohr
Entering the Creator's Rest	Pastor Stephen Bohr
Entering The Redeemer's Rest	Pastor Stephen Bohr
Questions and Answers Session	Pastor Stephen Bohr
Entering The Restorer's Rest	Pastor Stephen Bohr

<https://www.youtube.com/channel/UCrw-q205cmNeJtzk67ezzlA>





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



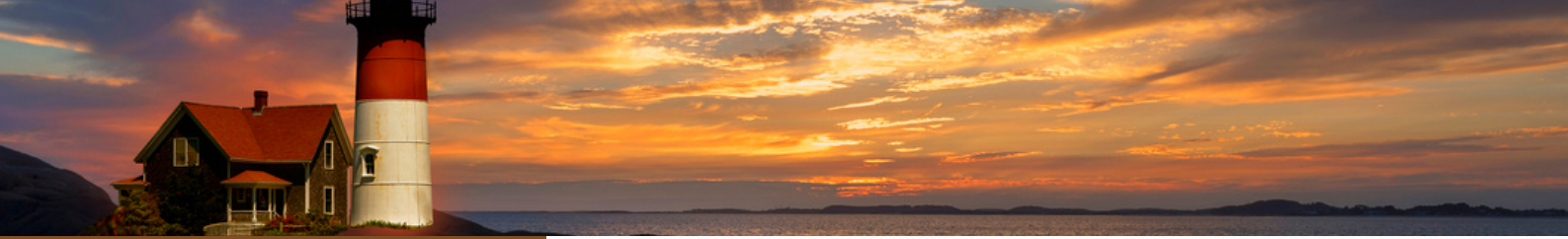
Offering & Sunset Calendar

Oct 1	Local Church Ministries	6:52	6:50
Oct 8	Sunset Lake Camp: Cabins	6:38	6:36
Oct 15	Local Church Ministries	6:25	6:23
Oct 22	Washington Youth: Education	6:12	6:10
Oct 29	Local Church Ministries	6:00	5:58
Nov 5	Local Church Ministries	5:49	5:48
Nov 12	World Budget: Global Mission	4:41	4:40
Nov 19	Local Church Ministries	4:32	4:31
Nov 26	Washington Youth: Sunset Lake	4:26	4:25
Dec 3	Local Church Ministries	4:22	4:21
Dec 10	NAD: Adventist Comm Services	4:20	4:20
Dec 17	Local Church Ministries	4:21	4:21
Dec 24	Washington Youth: Children	4:24	4:24
Dec 31	NPUC: Alaska Conference	4:29	4:30



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

PROVERBS 3:9



"Although I have been twice disappointed, I am not yet cast down or discouraged. . . . I have fixed my mind upon another time, and here I mean to stand until God gives me more light—and that is Today, TODAY, and TODAY, until He comes, and I see Him for whom my soul yearns."

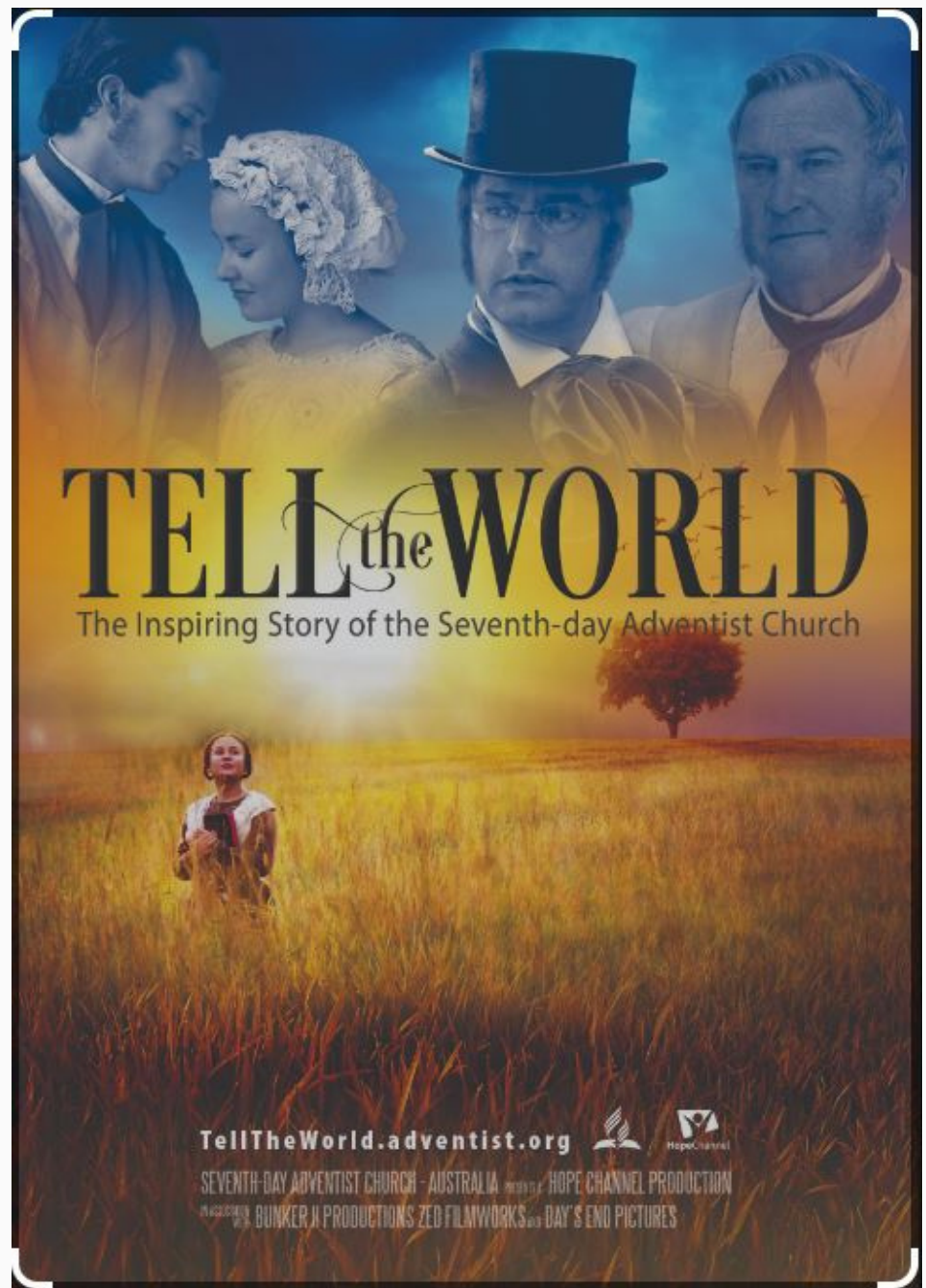
WILLIAM MILLER

Tell The World

THIS MONTH IN ADVENTIST HISTORY

The story of our humble beginnings.

Watch it here: <https://www.youtube.com/watch?v=xALv5QzUSjw>





John Byington (1798-1887)

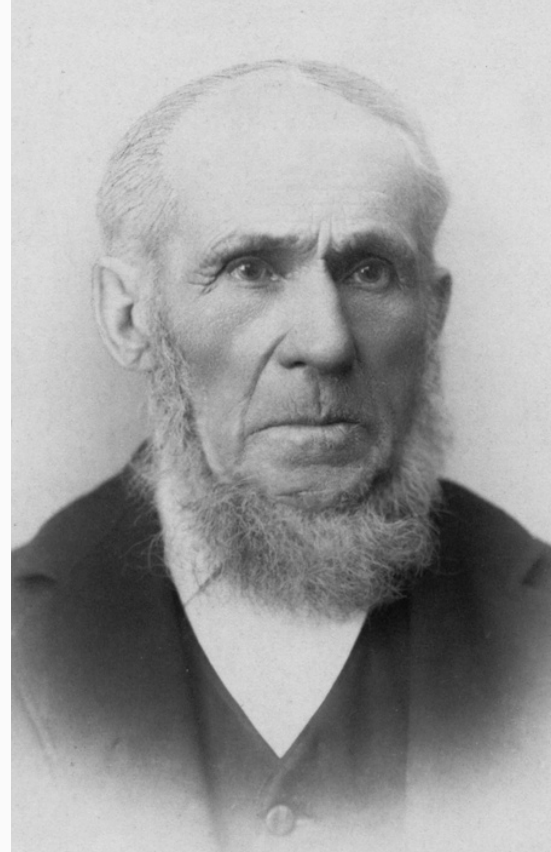
ADVENTIST PIONEER SPOTLIGHT

The story of John Byington is remarkable, not because any doctrine had its origin with him or because of any role in the great disappointment. His story is remarkable solely due to the multitude of ways he provided for the spiritual and physical needs of the church, both as an organization and to its members individually.

He was born on October 8, 1798, the sixth child of Mr. and Mrs. Justus Byington of Hinesburg, Vermont. His father was a Methodist preacher and had served as a soldier in the Revolutionary War of independence.

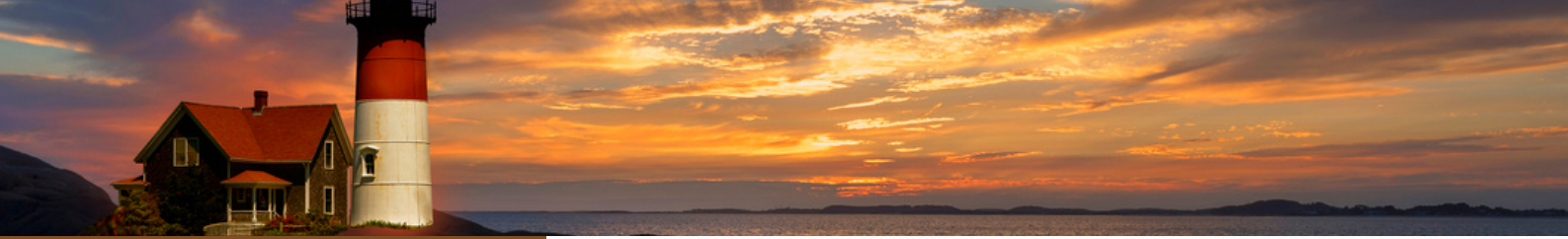
John was baptized into the Methodist church shortly after his seventeenth birthday. Not long after, he became one of the church leaders and was given license to preach as a lay preacher. As a circuit-riding pastor, he worked to support himself, rode, and preached, visiting homes of the needy in his district. Often there was a greater need to supply for the physical than the spiritual. He helped build a house of worship for the Methodist Church around 1837. Slavery became a major issue in the Methodist churches and a greater issue to John Byington. In his local church, he described it in the strongest terms. "Slavery is an outrage. It is a sin. Let us pledge ourselves to use all legal means in our power by preaching, praying, and voting against this unchristian institution." In 1843, this growing rift eventually led to the widespread secession that formed the new Wesleyan denomination, which Byington joined. John also helped build the Wesleyan Methodist Church and parsonage in Morley, two miles away.

In 1844, Byington heard sermons on the soon coming of Christ. The lectures of William Miller had stirred his entire community. He himself had made a thorough study of the prophecies, but he did not understand some points. Being a cautious man, he was slow to accept new theories. Eight years later, in 1852, H.W. Lawrence gave him a copy of the Review and Herald containing articles on the seventh-day Sabbath.



"The gospel does not design, under the under the present order of things, to fit up this world for a home for all saints; but to fit them who are willing to work as he worked, for a home he is gone to prepare for them. Therefore we are strangers and pilgrims on the earth."

JOHN BYINGTON



“Tell, O tell them, to
leave the world, and
come to their
Saviour!”

JOHN BYINGTON



ADVENTIST PIONEER SPOTLIGHT, CONTINUED

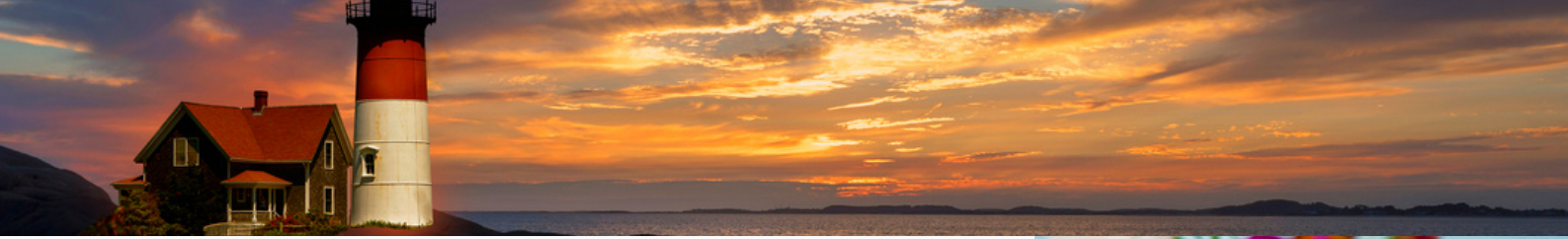
On March 20, 1852, the day of the funeral of his fifteen-year-old daughter, Teresa, he decided to observe the seventh day. On July 3, G. W. Holt baptized John, his wife Catharine and two of the older children in the Grasse River near Buck’s Bridge, New York.

In 1855, John helped build the first SDA church. After demonstrating leadership ability at Buck’s Bridge, James and Ellen White invited the Byingtons to come to Battle Creek in 1858 to help in the work there.

There was a strong belief in many believers that the church should not be organized, that it would make them like the churches out of which they had come. A leader in the drive to organize, James White felt that there had been sufficient resistance to his work to make his being the president difficult and very likely ineffective. John Byington, often called Father Byington, accepted the presidency of the first General Conference, May 20-23, 1863, after James refused it. Much of the work John did during his term would not have had to be done by him if the members had moved more readily to accept organization. During his year as president, 65-year-old Byington visited the Adventists, held communion with them, encouraged those who had left the church to rejoin, gave public lectures, baptized new members, and organized Sabbath Schools. Each day he met with all types of people. He especially sought out the Adventists. He urged harmony and unity among the scattered groups. Seldom did anyone leave his house without prayer. He never lost his love for the young people. “I must feed the lambs of the flock,” he wrote.

At one time, when he was unable to attend prayer meeting, he sent a message to them on a little slip of blue paper, “Tell, O tell them, to leave the world, and come to their Saviour!” On Friday, December 3, 1886, he wrote, “This is a day of comfort and peace. I have felt my sins were very many; have asked and found mercy of the Saviour, and would declare His loving-kindness to all.” His last, brief record on December 5 was, “May I patiently endure.” He passed away on January 7, 1887.

<https://www.aplib.org/periodical/john-byington-vol-2-no-1/>



October is Breast Cancer Awareness Month

HEALTH MINISTRY

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

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



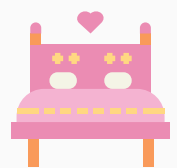
In The Shower

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



In Front of a Mirror

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



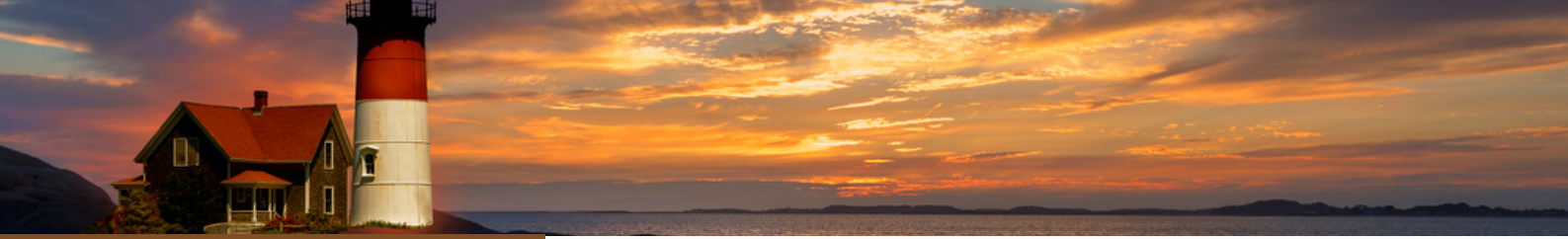
Lying Down

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



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

NATIONAL BREAST CANCER FOUNDATION, INC.



"Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her."

ELLEN G. WHITE
MINISTRY OF HEALING 235.1



Uncommon Remedies for the Common Cold

WITH EXCERPTS FROM ELLEN G. WHITE

Cold and flu season is upon us, and everyone seems to have their own "best" remedy for the common cold. You have likely heard one of these:

Bundle up; cold weather makes you sick.

Starve a cold, feed a fever.

Avoid dairy when you're sick.

Gargle saltwater if you have a sore throat.

Take a cold bath if you have a fever.

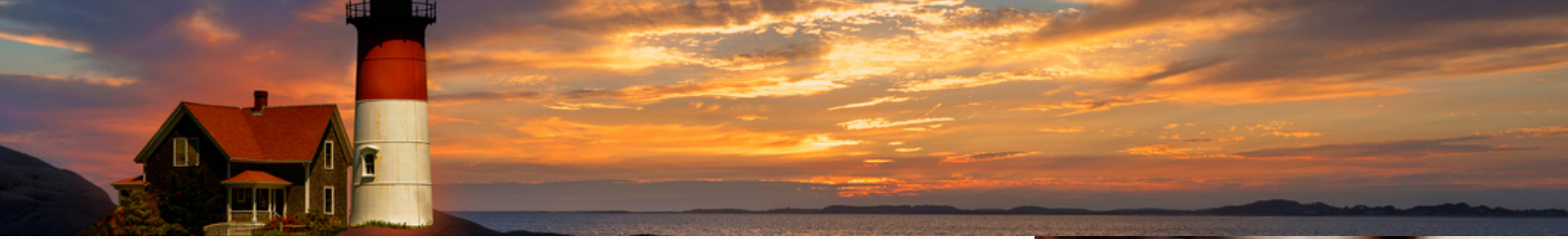
Chicken soup has healing properties.

This is what Ellen White had to say in *The Ministry of Healing*:

"When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause. If the harmonious working of the system has become unbalanced by overwork, overeating, or other irregularities, do not endeavor to adjust the difficulties by adding a burden of poisonous medicines.

"Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health." (235.1-.2)

"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. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation." (237.1)



Ingredient Spotlight

HEALTH MINISTRY

We were blessed to receive a message from Doug Hamerly on Sabbath, July 23 regarding plants that can help our body function optimally. Here are some nuggets from that presentation.

Digestion

- Chickweed
- Fennel
- Hyssop
- Ginkgo Biloba
- Ginger
- Fenugreek
- Jewel Weed
- Turmeric
- Marjoram
- Frankincense
- Milk Thistle
- Marshmallow Root
- Patchouli
- Chamomile
- Myrrh
- Peppermint
- Bergamot
- Ginseng
- Oatstraw

Diabetes

- Astragalus
- Damiana
- Garlic
- Cocoa
- Calendula
- Dandelion
- Plantain
- Onion
- Black Catnip
- Eucalyptus
- Cranberry
- Oats
- Stinging Nettle

Heart

- Marjoram
- Grapefruit
- Burdock
- Elderberry
- Lavender
- Ginger
- Calendula
- Pau D'arco
- Cayenne
- Black Cohosh
- Chaparrel
- Plantain
- Dong Quia
- Ginkgo Biloba
- Damiana
- Poke
- Feverfew
- Black Walnut
- Dandelion
- Red Clover
- St. John's Wort

Lungs

- Mullen Leaf
- Rosemary
- Fennel
- Comfrey
- Peppermint
- Elderberry
- Fenugreek
- Lemongrass
- Clove
- Black Cohosh
- Garlic
- Plantain
- Grapefruit
- Eucalyptus
- Chamomile
- Red Clover
- Myrrh
- Eyebright
- Chaparrel
- Dandelion
- Stinging Nettle
- Chickweed

Depression

- Lavender
- Jasmine
- Patchouli
- Ginger
- Orange
- Melissa
- Bergamont
- Ginseng
- Frankincense
- Black Cohosh
- Damiana
- St. John's Wort

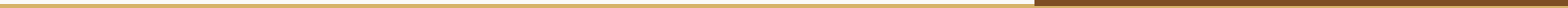
Brain

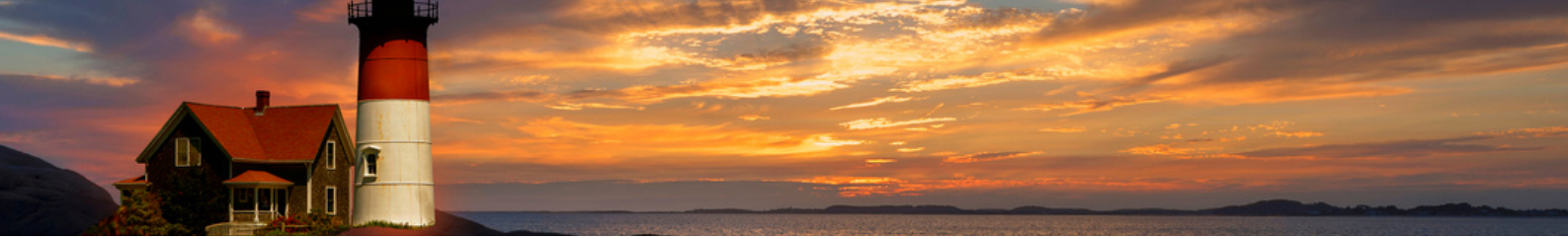
- Lavender
- Ylang Ylang
- Skull Cap
- St. John's Wort
- Eucalyptus
- Ginseng
- Sandalwood
- Ginkgo Biloba
- Rosemary
- Frankincense
- Turmeric
- California Poppy



"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.

HOMEMADE HEALTHY GRANOLA

This recipe was submitted by Cheri Szyplik and comes from the BrainMD website.

Ingredients

- 3 cups old-fashioned oats
- 1 ½ cups (walnuts, pecans, almonds)
- ½ cup seeds (sunflower and chia)
- ¼ cup unsweetened shredded coconut
- 1 tsp vanilla extract
- ½ tsp salt
- 1 tsp cinnamon
- ⅓ cup maple syrup
- ⅓ cup coconut oil melted
- ⅓ cup dried cranberries (apple juice sweetened) or dried cherries (unsweetened)



Instructions

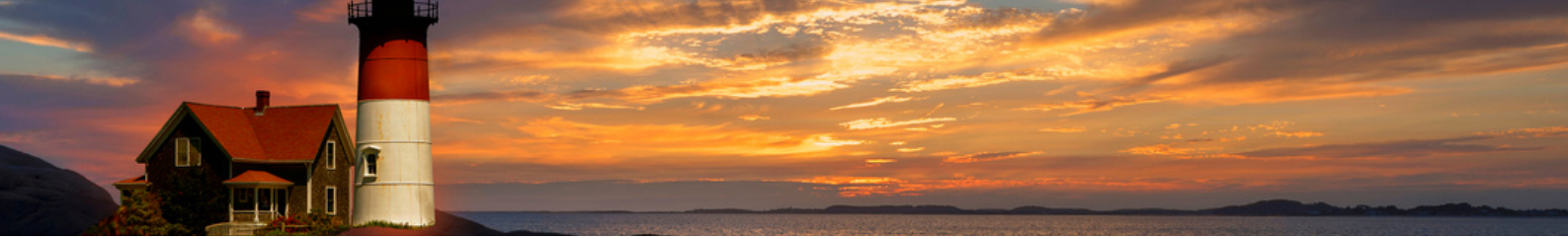
1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a medium-sized bowl, mix oats, nuts, seeds, salt, coconut, cinnamon, vanilla extract, and maple syrup together. Spread out evenly on the baking sheet.
3. Bake for 20–22 minutes.
4. Take out of the oven and let sit for about 30 minutes until cool. Add dried fruit and break apart pieces into clusters.
5. Eat and/or store.

Calories	174.97kcal	9%
Total Fat	12.26g	18%
Carbs	14.51g	6%
Sugars	3.35g	4%
Protein	3.73g	7%
Sodium	48.67mg	2%
Fiber	2.8g	10%

(Note from Sara Stickle: Granola should only be ¼–½ cup serving size, so be careful not to consume too much of this since it's high in fat from the nuts and oil. I have provided nutritional information per ¼ cup.)

<https://brainmd.com/blog/simple-tips-to-making-healthy-granola-at-home/>





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.

Fall Harvest Hot Apple Cider

Ingredients

- 4 apples, cored
- 2 oranges
- 9 cups water
- 3 cinnamon sticks
- ½ teaspoon cardamom
- 5 cloves
- 1 tablespoon coconut nectar, to taste

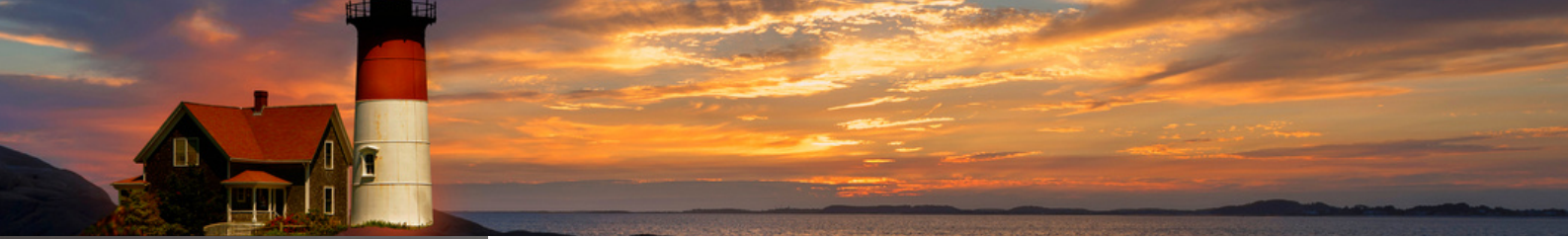


Instructions

1. Wrap all of the fruit, cinnamon sticks, and spices into cheesecloth.
2. Place in a slow cooker. Add water.
3. Cook on low for 8 hours. Remove cheesecloth.
4. Serve hot.
5. Enjoy!

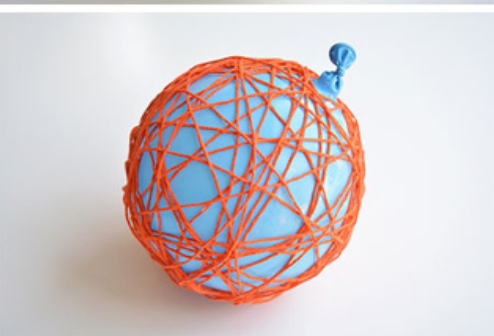


<https://mysolluna.com/2017/09/24/fall-harvest-hot-apple-cider-recipe/>



how to make YARN PUMPKINS

onelittleproject.com



Autumn Craft Ideas

YARN PUMPKINS BY DEBBY CHAPMAN

Here's what you'll need for each yarn pumpkin:

- 21 pieces of orange yarn, cut to 36 inch lengths
- 2 ounces of white glue (I used glue from the dollar store)
- 1 balloon (12 inch size), blown up half full
- 1 brown pipe cleaner and 1 green pipe cleaner

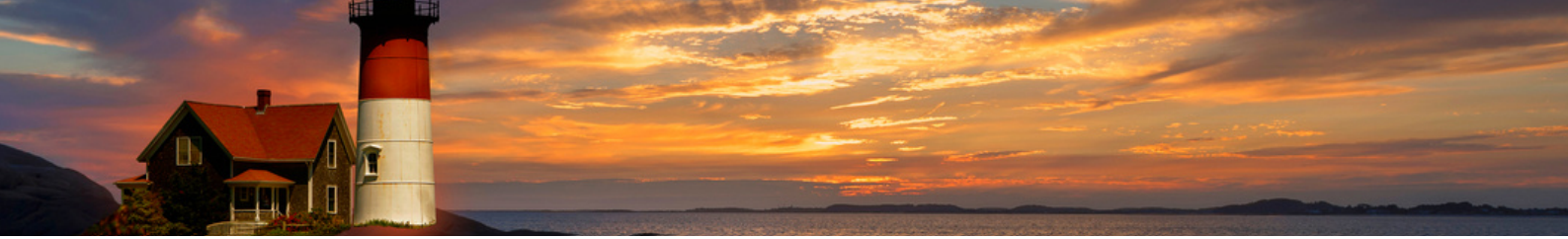
Start by blowing up 12" balloons about half full. The bigger you blow the balloons, the more yarn you'll need. But the smaller you blow them, the more egg-like the shape will be. It's a balance

Cut out about 21 pieces of yarn about 36 inches long. I have a table that's exactly 36" wide, so I used the table top to roughly measure. If you make your pieces of yarn too much longer than that, they'll get tangled when you soak them in the glue.

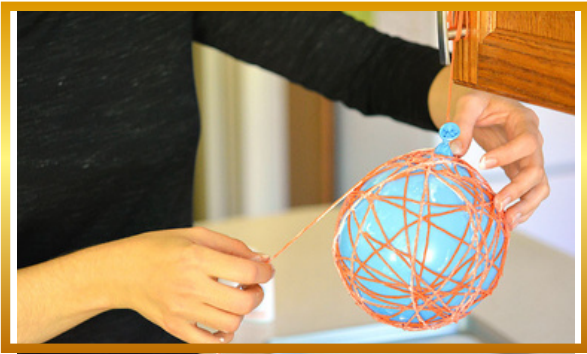
Tie one of the pieces of yarn to the end of the balloon. Open one of your kitchen cabinets and hang the balloon from the handle. It's way easier (and cleaner) than trying to manipulate the balloon when it's lying on a flat surface.

Pour the glue into a small bowl. It takes about one full 2 ounce bottle of glue per pumpkin. I added three bottles into the bowl at a time just to make it easier.

Dunk one of the pieces of yarn into the bowl of glue, and swirl it around gently with a plastic fork to get it completely covered with glue.



Yarn Pumpkins (cont.)



Hold the end of the piece of yarn with your fingers, then gently run it between the tines of a fork to remove the excess glue. I found that running it through the fork left enough glue on the yarn that it held its shape once it dried, but not so much glue that it was dripping everywhere.

Make a very small hole in the balloon close to where the knot is (it won't pop if you cut it near the knot). You want the air to leak slowly so you can detach any yarn that you might have missed as it shrinks. Then pull the deflated balloon out through one of the openings in the yarn.



Make the pipe cleaner stem and vine by wrapping the pipe cleaners around your baby finger. The stem is just a spiral, so I tucked the end of the pipe cleaner into the yarn. I didn't glue it on, I just tucked it in and it stayed in place.

<https://onelittleproject.com/yarn-pumpkins/>



25 Days of Random Acts of Christmas Kindness

<p>Brought to you by:</p>		<p>1 Donate to your favorite local non-profit organization</p>	<p>2 Leave a positive note somewhere for a stranger to find later</p>	<p>3 Buy food or toys to donate to a local non-profit organization</p>	<p>4 Leave a good waiter or waitress a generous tip</p>	<p>5 Let someone go ahead of you in the checkout line</p>
<p>6 Show your appreciation with a random card, email, text, or call to friends or family</p>	<p>7 Babysit for a single parent so they can get some Christmas shopping or wrapping done</p>	<p>8 Assemble bags to give to the homeless with water, snacks, and hygiene products</p>	<p>9 Clean out closets & donate gently used toys and clothes where they can be reused</p>	<p>10 Send a treat and/or thank you note to the janitors or support staff at your school</p>	<p>11 Volunteer for a community organization or sign up to ring the bell for Salvation Army</p>	<p>12 Put wrapped candy canes on cars with a cheery note (Candy Cane bombing)</p>
<p>13 Make or write a thank you card for someone who deserves a big thanks</p>	<p>14 Donate items to a shelter - blankets, socks, underwear, or toiletries</p>	<p>15 Tell a manager about a great employee you encounter at a local business</p>	<p>16 Do yard work for an elderly neighbor or friend working overtime</p>	<p>17 Set out treats for the mail delivery, UPS, and Amazon drivers</p>	<p>18 Purchase dog or cat food or pet supplies and drop it off at an animal shelter</p>	<p>19 Make Christmas Cards and mail or drop off at a local assisted living facility</p>
<p>20 Pay for the coffee or lunch of the person behind you</p>	<p>21 Offer to return someone's shopping cart to the store</p>	<p>22 Hide \$1 bills with a Merry Christmas note in a Dollar Store</p>	<p>23 Give Blood - find a Big Red Bus or donor center near you</p>	<p>24 Smile and give compliments to random strangers</p>	<p>25 Drop off (store bought) cookies at a local fire or police station</p>	<p>Merry Christmas!</p>



"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly **kindness**, and to brotherly **kindness** love." 2 Peter 1:5-7

"But the fruit of the Spirit is love, joy, peace, longsuffering, **kindness**, goodness, faithfulness, gentleness, self-control." Galatians 5:22-23

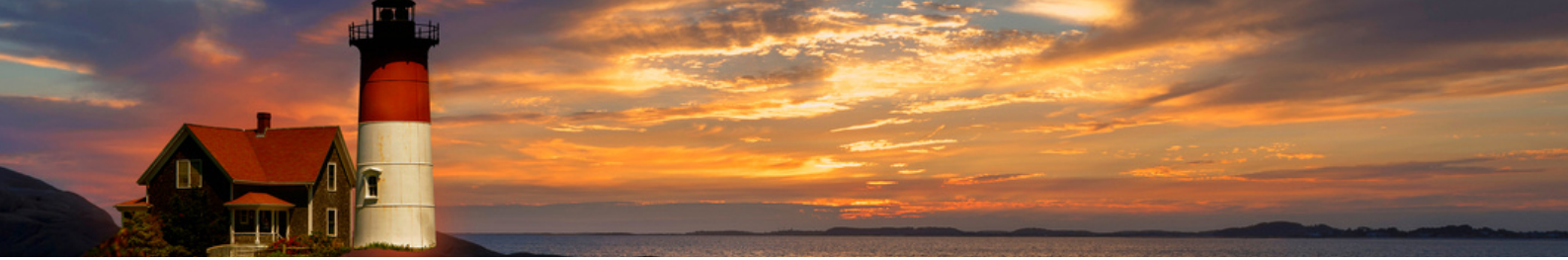
"Therefore, as the elect of God, holy and beloved, put on tender mercies, **kindness**, humility, meekness, longsuffering;" Colossians 3:12

"What is desired in a man is **kindness**. And a poor man is better than a liar." Proverbs 19:22

"My little children, let us not **love** in word or in tongue, but in **deed** and in truth." 1 John 3:18

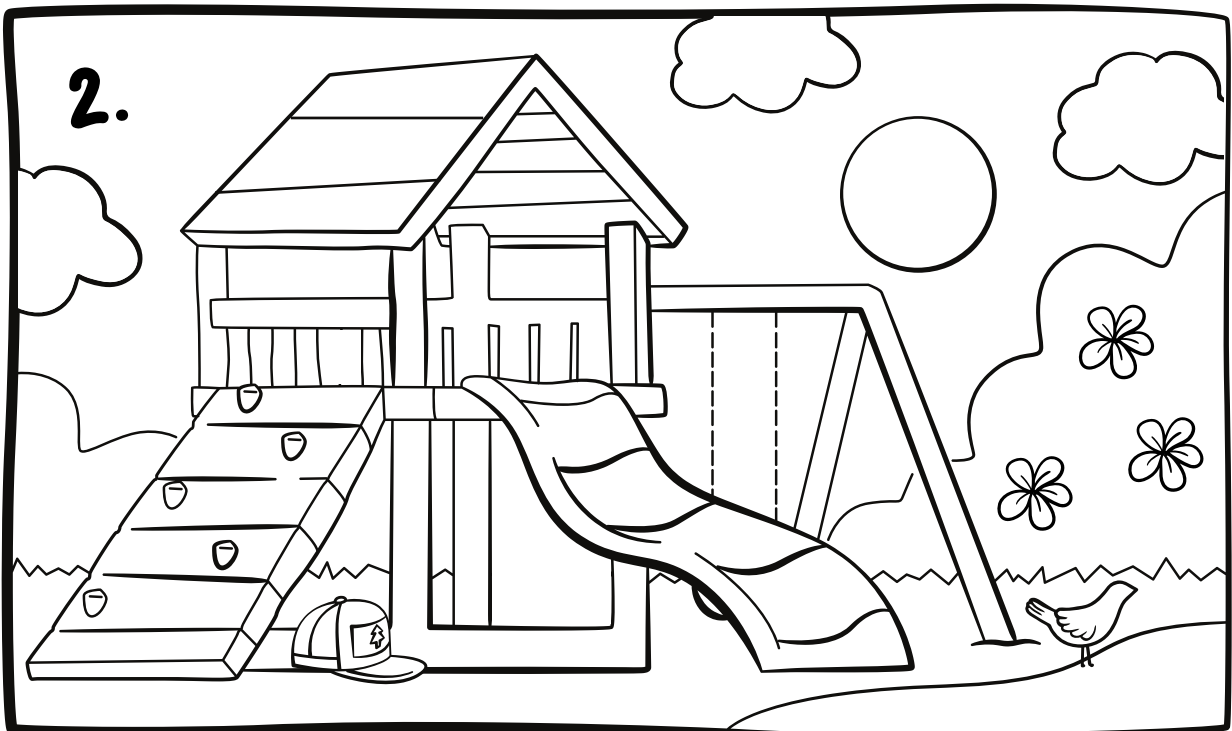
"Be **kindly** affectionate to one another with brotherly **love**, in honor giving preference to one another;" Romans 12:10

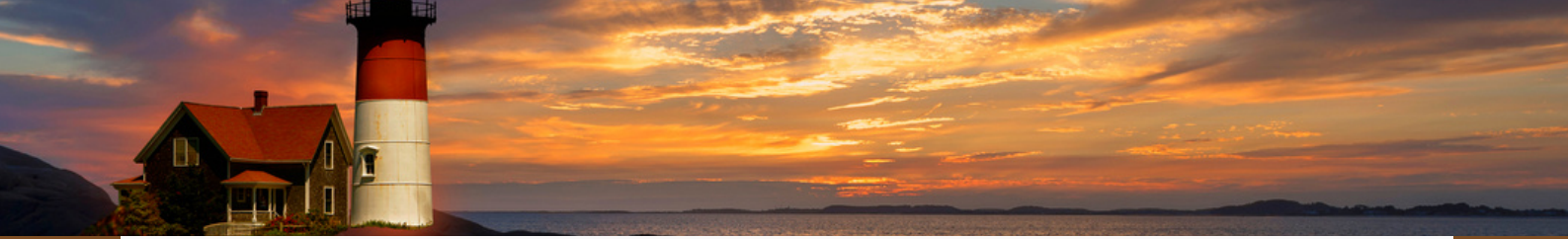




SPOT THE DIFFERENCE

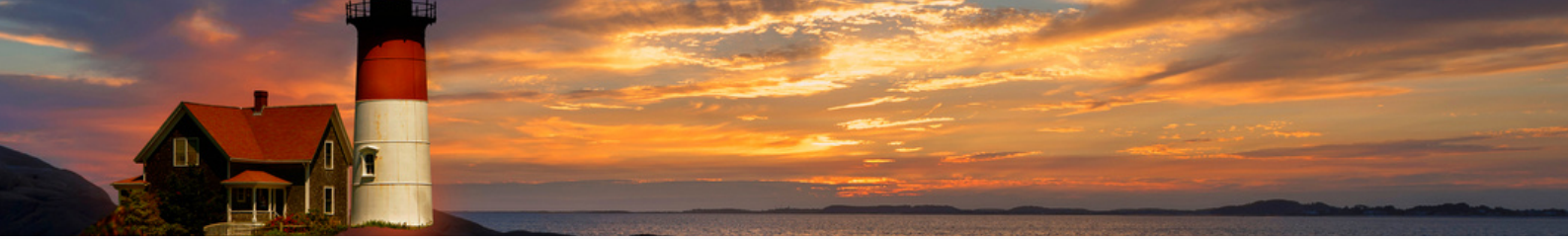
COLORING SHEET





Who to Contact

Pastor: Sang Hae Kim
Audio & Visual Systems: Mike Herman
Board Members Chair: Norm Peckham
Bulletin Board: Mikeala Herman
Bulletin Secretary: Sharon Paiz
Choir Head: Open
Church Clerk: Jennifer Hamerly
Church Administrative Assistant: Open
Community Services: Shirley Anne Hurley
Head Deacon: Mike Herman
Deacons: Marty Beard, Gerry Bolyard, Robert Cassidy, Fred Haskell, Don Healey, Ben Hiebert, Ed Lindsay, Marc Mann, Boo McDonald, Jordon McDonald, Slava Miasishchev
Head Deaconess: Janice Ellison
Deaconesses: Marina Koch, Lila Lindsay, Sharon Paiz, Julie Ringering, Sara Stickle, Raynee McDonald, Susan Young
Disaster Response Preparedness: Mark Schoeneman
Head Elder: Norm Peckham
Elders: Lloyd Buras, Doug Hamerly, Wayne Hurley, Vic Matson, Ron Ringering, 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: Mike Herman
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, Ed Lindsay
Senior Ministries Representative (SAGE): Open
Social Committee Head: Karen Herman
Story Time Coordinator: Norm Peckham
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 every Saturday:

- 9:15am Song Service
- 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.

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