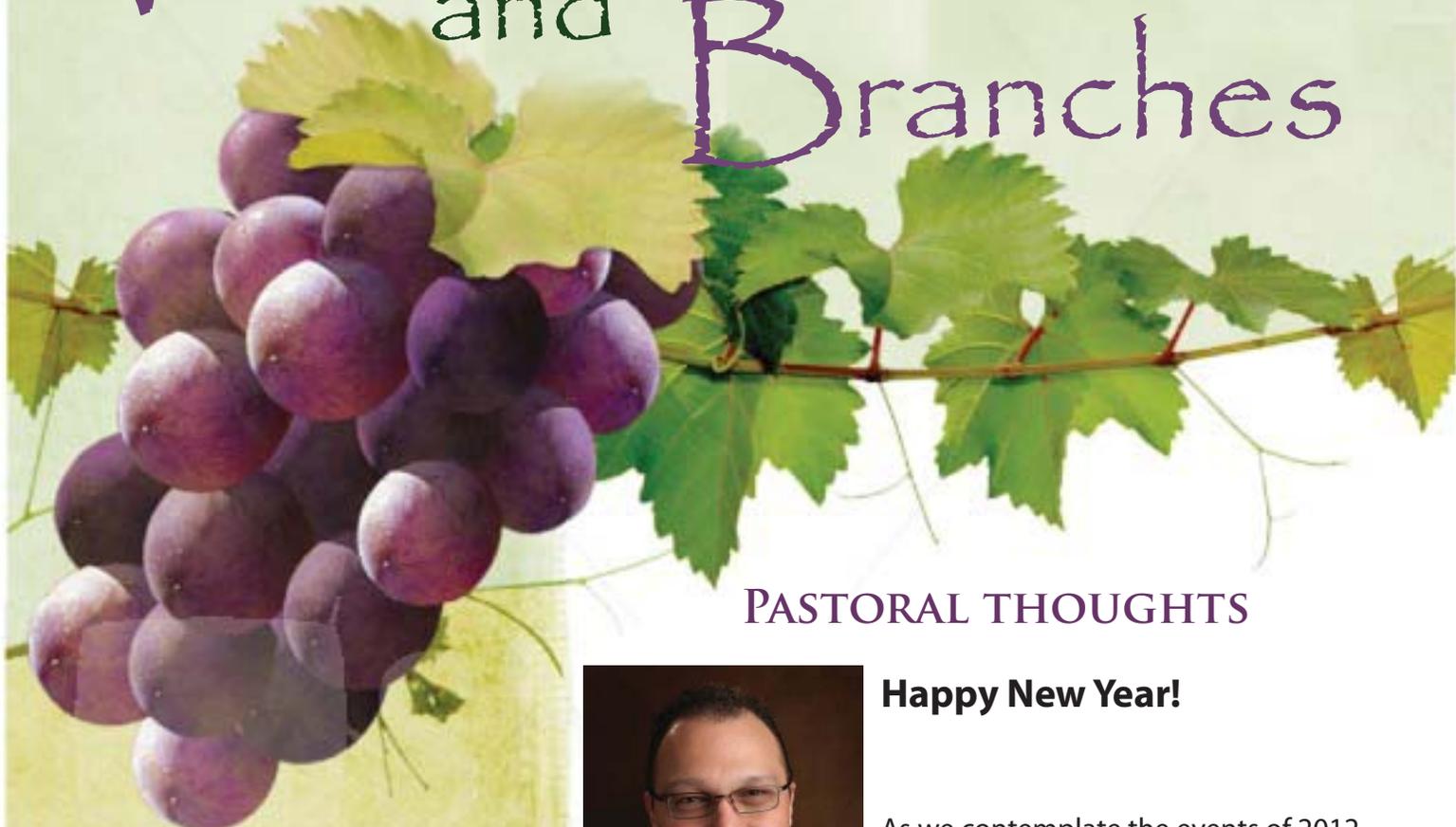


Vine and Branches



PASTORAL THOUGHTS

Mark Your Calendar Special Events

January 4, 2013 at 7 p.m.
Special Candlelight Communion
in Fellowship Room

Better Life Seminar Series
Jan 12 – Mar 13

Starts January 12th-Saturday 10:30 am and
then Every Wed night starting
January 16 through

March 13 from 7:00pm – 8:00pm

Enroll at: [http://betterlifesecondseries.
eventbrite.com/](http://betterlifesecondseries.eventbrite.com/) or put flyer in Deborah Myers
Inbox. The cost has just been paid for all.
A love offering will be taken to offset costs.

Elijah Now

Family life seminar- Free
1 day event – March 2, 10:30am – 5:00pm



Happy New Year!

As we contemplate the events of 2012, we can't help but to realize there are some events which simply can never be prepared for. Events such as the Newtown School shootings, Middle Eastern Civil Wars, devastating earthquakes, and raging forest fires come upon us suddenly.

During a recent wind storm, a tree blew into a home and a strong branch crashed through a baby nursery. The child was miraculously unharmed as damage was just a few feet from the crib. In a contrasting story, a lone gunman entered an elementary school and opened fire on innocent children and adults. Who could've been prepared for that? We can be prepared to cope and comfort those who suffer with the Word of God.

Each day is a precious opportunity. We rely on the grace and mercy of God for eternal sustenance. Nothing is guaranteed. We must maintain our personal relationships on healthy terms. So often, accidents happen and we hear of people who wished they had not argued or wished that they had said "I love you" before the tragedy.

(continued)

In Luke 13:1-5, Jesus answers a key question posed by people who are perplexed by the Epicurean paradox. An accident had occurred when a structure fell and crushed a group of people near the pool of Siloam. The prevailing opinion was that those victims must have done something to deserve this, in that case, justice was done by God. Or maybe God was too weak to stop the tragedy.

The Bible clearly identifies God as all-knowing, and all-powerful; but there is one limit that He places upon Himself, He will never usurp our freedom of choice. Sin has come into this world as a mystery and challenges our faith. The ultimate preparation is to strengthen our faith to withstand those mysterious events which cause us to doubt the power of God to ultimately save us. "Now to Him who is able to keep you from stumbling, And to present you faultless Before the presence of His glory with exceeding joy, To God our Savior, Who alone is wise, Be glory and majesty, Dominion and power, Both now and forever. Amen." (Jude 1:24-25 NKJV)

Pastor Vince Saunders

Librarian Recommendations

If you have checked out a book from our library and enjoyed it, write a book report about it and place it in the card pocket when you return it. These will be kept on file. Lets see what happens.

Next month we will be going through the 'Checked Out file' looking for overdue books. We will be publishing a list of the Books that we are anxious to have returned. If you cannot find it perhaps someone else would donate another copy.

Daniel Ringering. gets the credit for having checked out the most videos in 2012. Thank you Daniel for using our library.

Laurel Thorp



Just One Request

Dear Master for this coming year
Just one request I bring:
I do not pray for happiness,
Or any earthly thing—
I do not ask to understand
The way Thou leadest me,
But this I ask: Teach me to do
The thing that pleaseth Thee.

I want to know Thy guiding voice,
To walk with Thee each day.
Dear Master make me swift to hear
And ready to obey.
And thus the year I now begin
A happy year will be—
If I am seeking just to do
The thing that pleaseth Thee.
--Unknown Author



Calendar of Events

Elders Meeting: 6:30 PM - 8:30 PM 1st Thursday of each month

Board Meeting: 7:00 PM - 9:00 PM 2nd Thursday of each month

Fellowship Luncheon after Sabbath Services: 1st & 3rd Sabbath of each month in the Fellowship Room

Mid-Week Bible Study: For that mid-week inspiration, you'll want to come down to the church 7-8 p.m. on Wednesdays. Singing, praying, Bible Marking Course are on the agenda. The group usually meets from September to May and is off during the summer months. Normally meets upstairs in the youth room.

Adventist Community Services: 1st & 3rd Monday of each month 9-11 a.m.

Advanced Bible Study: It's a workout of a different sort. The Advanced Bible Study (ABS) meets in the Youth Room after the Fellowship Luncheon, on the 1st and 3rd Sabbaths of every month. Contact Larry Chaplin at 253-863-1366 for more information.

Pathfinders Monday's at 7:00 p.m.

Sweet Hour of Prayer: Every Tuesday 6:30-7:30 p.m. at Vic & Ruth Matson's home. Call 253-826-4633 for more information.

January 4, 2013 at 7 p.m. Special Candlelight Communion in Fellowship Room

January 12- March 13th Better Life Seminar Series: Starts January 12th-Saturday 10:30 am and then every Wed night starting January 16 through March 13 from 7:00pm – 8:00pm. Enroll at: <http://betterlifesecondseries.eventbrite.com/> The cost has just been paid for all. A love offering will be taken to help offset costs. Contact Deborah Myers with questions.

March 2, 10:30am – 5:00pm Elijah Now Family life seminar- Free- One Day Event

I'm part of the fellowship of the unashamed. I have Holy Spirit power. The die has been cast. I have stepped over the line. The decision has been made. I'm a disciple of HIS. I won't look back, let up, slow down, back away, or be still.

My past is redeemed, my present makes sense, my future is secure. I'm finished with low living, sight walking, small planning, smooth knees, colourless dreams, tamed visions, mundane talking, cheap living, and dwarfed goals.

I no longer need pre-eminence, prosperity, position, promotions, plaudits, or popularity. I don't have to be right, first, tops, recognized, praised, regarded, or rewarded. I now live by faith, lean on His presence, walk by patience, lift by prayer, and labour by power.

My face is set, my gait is fast, my goal is heaven, my road is narrow, my way rough, my companions few, my guide reliable, my mission clear. I cannot be bought, compromised, detoured, lured away, turned back, deluded or delayed. I will not flinch in the face of sacrifice, hesitate in the presence of the adversary, negotiate at the table of the enemy, ponder at the pool of popularity, or meander in the maze of mediocrity.

I won't give up, shut up, let up, until I have stayed up, stored up, prayed up, paid up, preached up for the cause of Christ. I am a disciple of Jesus. I must go till HE comes, give till I drop, preach till all know, and work till HE stops me. And when HE comes for HIS own, HE will have no problems recognizing me - my banner will be clear!

Anonymous African Pastor - Nailed to his wall.

Try out this Recipe

Smoothie

This is a great drink for helping you with weight loss and gaining more get up and go!

1 1/2 cups coconut milk or almond milk
1 banana
1/2 small beet
1 handful spinach
2 Tbl hemp or whey protein powder
Juice of 1/2 lime
10 whole frozen strawberries
Liquid stevia to sweeten if needed

Place all ingredients except strawberries in blender and blend for 90 seconds. Add strawberries and blend on high until smooth (helps to use the chop ice function to start). Pour in glass and enjoy!

Alternatives:

1 1/2 cups coconut water
1 carrot
1/2 small beet
1 handful spinach
2 Tbl hemp or whey protein powder
1 Medjool date or 1/4 c chopped dates
12 whole frozen strawberries

OR

1 cup coconut milk or almond or rice milk
1 scoop vanilla whey protein powder
1 cup berries (any) frozen

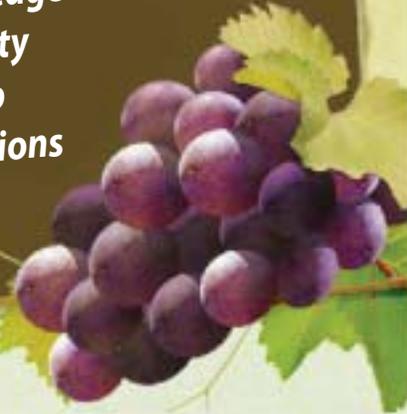
Happy weight loss and renewed energy!

Carol Burnham



OUR CORE VALUES

Bible Knowledge
Community
Worship
World Missions



1 Thessalonians 4:13-18 King James Version (KJV)

But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep.

For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.

Wherefore comfort one another with these words.

Food Bank

Please continue to remember the food bank when you do your weekly shopping. As a community we can bring hope and food to those in challenging spiritual & economical situations.
Thank you once again!

Do you or someone you know want to receive the newsletter by e-mail? If so, please e-mail your name and e-mail address to the newsletter editor at: carolburnham@comcast.net

Doc Talk

Spiritual Perfectionism

THIS HEALTH TIP IS A “NO-BRAINER”

“Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely and the changes in it, so necessary to life and health, do not take place.” Ellen G. White, Ministry of Healing, 238.1

What did Jesus do? We know that Jesus walked everywhere he went. One estimate is that Jesus walked about 18,000 miles by age 33 yrs. During his 3+ years of public ministry, He walked about 3,125 miles. This averages about 2.4 miles/day just to cover the distances between regions. Some days He must have walked over 50 miles. When He was about 5 or 6 years old He walked 400 miles from Egypt to Nazareth. Jesus did some serious walking. Not only did Jesus come down to this Earth to die for it. He no doubt walked around the equivalent of Earth’s equator to help “stake out His claim”!

A recent study showed that people who are physically active tend to have a 5% greater volume of gray matter in their brains compared to less active folks. The good news is that the people studied were around age 78 years, with or without Alzheimer’s disease! All the active ones expended 3434 calories/week compared to those who expended only 348. Those active ones used up

490 calories/day as exercise. That

compares to walking 4.5 miles/hour for 1 hour each day. Many studies have shown that regular exercise in middle age can lower the risk of dementia in later life.

Health Tip: Exercise benefits brain health – You’re never too old to start.

Wayne Hurley, M.D.
Health Ministries Coordinator

I’ve heard that the wise old owls at the American Psychiatric Association who revamp the diagnostic manual every ten years have considered a diagnosis of “perfectionism.” What do you think? So far the owls believe that 301.4, obsessive compulsive personality disorder (OCPD, not to be confused with OCD, [or CDO if you want the letters in alphabetical order]) suffices. OCPD is, “a pervasive pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness, and efficiency.”

Ring a bell? Most of us have New Years’ Resolutions. Some will keep them for a time, then relapse into couch potato chips and full-fat dip, or whatever our temptations happen to be. Some will stick to them, finding delight in fruits, vegetables and abs of steel. A few of us will drive ourselves into the ground with endless harsh and difficult demands, utterly panicked by the thought of failure. These are the few, the proud, the perfectionists.

The most poisonous form of perfectionism known to man is the religious version. It makes decent people into self-centered pietists and obscures the goodness of God. But it’s easy to see how it happens. The utter panic of failure seems validated by the thought of the woeful consequences of failing the judgment of a holy God. We should keep a healthy fear that ultimate, irreversible loss. But like all perfectionism, spiritual perfectionism becomes self-defeating as healthy fear morphs pathological. Driven by that fear, we turn our attention to our performance. Then, the same drive that may work for piano recitals and calculus exams backfires miserably. Why? Because God’s law is love, and no amount of self-centered fear will make us loving. In fact, fear will suck us into ourselves like emotional black holes from which nothing loving or loveable can escape.

I must admit the Bible teaches perfection, but a different form than we may assume. Let me give an overview:

-God called Abram to “be thou perfect,” (Gen. 17:1).

-He commended kings such as Asa for having “perfect” hearts before Him (1 Kings 15:14).

-He bragged that Job was “perfect and upright” (Job 1:1; 1:8; 2:3).

As truth progressed, the New Testament warmed up the subject.

-Jesus prayed that the disciples would be “perfect in one” (John 17:23).

-Paul followed His thread by saying believers should be “perfectly joined together,” “perfect. . . of one mind,” and “come in the unity of the faith,” (1 Cor. 1:10; 2 Cor. 13:11; Eph. 4:13).

What? Spiritual perfection can’t be accomplished alone, every man for himself? Apparently not!

-Paul even rebuked the Galatians for trying to be “made perfect by the flesh” and enjoined believers to make sure others were perfect in Christ (Galatians 3:3; 2 Cor. 13:9).

-Then John repeated the idea of perfection in love almost like a mantra (1 John 2:5; 4:12; 4:17; 4:18).

Summing this up, let’s say that God’s perfection bears no resemblance whatsoever to the ice-cold, self-protective spiritual perfectionism that sometimes plagues us. Job said, “If I justify myself, mine own mouth shall condemn me: if I say, I am perfect, it shall also prove me perverse,” Job 9:20. The moment we think, even in the privacy of our own observations, that “I am perfect,” the more imperfection we reveal. Flip that script: Our very approach to the light of God illuminates more and more detail of our inner corruption. This makes growth toward perfection in Christ unmonitorable—an unconscious process. The very nature of it demands that it must happen apart from our notice. Something more than vanity must motivate us because spiritual vanity sabotages the growth process.

Some of us are launching into 2013 determined to live up to God’s law for once and for all. Just a quick reminder: That law is love. Self-centered concern with our own performance, whether characterized by pride or insecurity or a twisted cycle of both, will constitute disobedience to that law, and therefore failure. The more appropriate and functional motive is admiration for Jesus’ loving and loveable character and a desire to be like Him just because He’s awesome; and to love those around us even when they’re not. Then we just might be cured without knowing it. Let the wise old owls keep their diagnoses. We have a Healer, and His name is Jesus. Happy New Year! What are your resolutions?

Jennifer Jill Schwirzer

Better Life Seminar Series

Jan 12 - 10:30am Church Service:

Are You The Sun or The Wind? Creating Desired Results Without Being a Control Freak

True Power is an abundant renewable resource, and so much greater than the fleeting illusion of control. Yet somehow we fear what will happen if we lose control, when true power is always within our grasp. This talk will share:

- The lessons of the parable of The Sun and The Wind
- The difference between power and control
- Why we crave control in the first place
- The Seat Belt Law of Life and how to apply it to overcome everyday obstacles to happiness
- How to let go of the desire to control and achieve the peace found by connecting to your source of true power

Jan 16 – Wednesday evening meeting @ 7:00pm

The Big 3 & Top 10: How to Focus on What Truly Matters Most

Actions express priorities. Do your actions reflect what's most important to you? This class reveals:

- Two Turnkey tools to determine your true priorities
- Strategies to consistently choose in favor of your true priorities rather than running yourself ragged trying to be perfect at everything
- How to create a better balance between family and career
- How to find more happiness and satisfaction without working so hard

Jan 23 - Wednesday evening meeting @ 7:00pm

The Lotus Metaphor: How to Have Clarity and Peace, Even In The Face of Uncertainty and Loss

Did you know the fear of change and the unknown is one of the top 10 most common fears? It's true! Clarity can feel fleeting, especially when life is uncertain or we're grieving a loss of any kind. Finding an endless well of certainty and peace that's always available to you doesn't have to be so difficult. During this class you'll discover:

- Simple, yet impactful lessons the lotus flower teaches us to navigate the ups and downs of life with clarity and beauty
- How to lean into faith as a source of clarity (AKA life lessons learned skiing)
- The power of small steps to create a big impact on your peace of mind and clarity
- The 5 Stages of Grief & Loss
- How to let go of resistance that's holding you back from making changes that'll help you create a better life and live up to your potential

Jan 30 - Wednesday evening meeting @ 7:00pm

Stop Being So Hard On Yourself: A Guide To Writing A Kinder Inner Dialogue

Do you talk to your family and friends as harshly as you speak to yourself? A critical inner voice squashes your sense of self worth and keeps you from shining your divine light as it was intended. During this class you'll discover:

- The impact of your inner dialogue on your body and spirit
- How to crack The Sneeze Code to create greater confidence and self worth
- The power (and sides effects) of compliments
- The Mirror Technique
- The sweetness of seeing yourself as God views you...worthy and wonderful just the way you are

Feb 6 - Wednesday evening meeting @ 7:00pm

Powerful Communication: How To Improve Your Relationships By Changing a Few Words in Your Vocabulary

What difference would it make in your life if you had more peaceful, connected relationships? If it sometimes feels like you're out of ideas for how to make things better between you and the people you care about most, this class is for you. By just switching a couple words in your vocabulary, you can transform your relationships. In this class you'll learn:

- How to keep a positive balance in The Emotional Bank Account of your relationships
- How choosing the right conjunction is just one of the many surprisingly simple communication strategies you can use to improve and deepen your relationships
- The one rule that governs every quality relationship
- How to apply the secret strategies therapists use to make sure the people you love most truly feel heard, valued and appreciated
- How to avoid The 5 C's that are the biggest threat to any good relationship
- 3 questions every spouse needs to know to maintain a vibrant, connected marriage

(See Next Page for Continued Seminar Descriptions)

Feb 13 - Wednesday evening meeting @ 7:00pm
The Procrastination Cure

Does procrastination and disorganization keep you from being productive? Does your To-Do List just keep getting longer and longer? There's a cure for that! This simple 3 step Procrastination Cure System teaches:

The one question you need to ask to identify why you procrastinate

How to get unstuck and take action based on why you're procrastinating

- Simple, yet effective strategies that go way beyond time management to work smarter not harder.
- The one word to remove from your vocabulary to prevent procrastination and overwhelm
- The new and improved version of "Just Do It!" that'll get you to FINALLY stop procrastinating once and for all

Feb 20 - Wednesday evening meeting @ 7:00pm
How To Peer Pressure Proof Your Kids

Parents want their kids to go out into the world equipped with confidence, great self-esteem and the ability to make safe choices, even in the face of peer pressure. However, as kids grow, messages from every direction threaten to compromise a teen's sense of worthiness and value. This class will reveal the 4 tools you need will help you build your kids strong from the inside out so they're more likely to make great choices...even when you're not around.

Feb 27 - Wednesday evening meeting @ 7:00pm
Stress Management Prevention: How To Strike Balanced In Life With Less Stress

This isn't your grandma's stress management class! Take the weight of the world off your shoulders by not just managing, but actually preventing stress. It's easier than you think to create a balanced life with less stress.

In this class you'll learn:

- the impact of long-term stress on your body and well-being
- The surprising effect thoughts have on your stress level
- How to transform your thoughts to energize rather than deplete you
- The trick to eliminating worry
- The 1-minute breathing technique to stay calm and balanced no matter what your day brings

March 6 - Wednesday evening meeting @ 7:00pm
How To Talk to Your Toddler So You'll Like Your Teen

Every parent has a dream for their family and only wants the best for their children. Yet, often the challenges of parenting make even the best parents question themselves. Especially when it comes to parenting toddlers, the constant demands can drain a parent's reserves, bringing impatience and guilt. By the end of this class you'll have 5 simple strategies that will help you feel more equipped so you can parent in a way you'll feel great about. You'll discover:

- How to parent smarter not harder so your toddlers can really feel your love
- Small changes in your word choice and nonverbal language to connect with your toddler so you and your teen will still like each other
- The trick to peacefully pull the plug on tantrums
- A surprising way to use a dog training technique that will help you lovingly get your toddlers to mind
- How to set boundaries with your toddlers consistently...without yelling

March 13 - Wednesday evening meeting @ 7:00pm
The Dealing with Difficult People Tool Box

Dealing with difficult people can be intimidating and create awkward situations. Avoiding difficult people or conversations leads to procrastination and stress. Difficult people can be intimidating and hard to say no to, and you end up agreeing to do stuff you don't want to do. Rather than toil in frustration, put yourself back in the drivers' seat. This class will teach you:

- 7 simple secrets to take back your power with difficult people
- The exact words you need to approach difficult people by leading with firm kindness rather than creating drama or conflict
- How to harness the power of Superman and Clint Eastwood to neutralize difficult situations or people without saying a word
- Using the power of questions to turn the tables on unpleasant people

About the Speaker

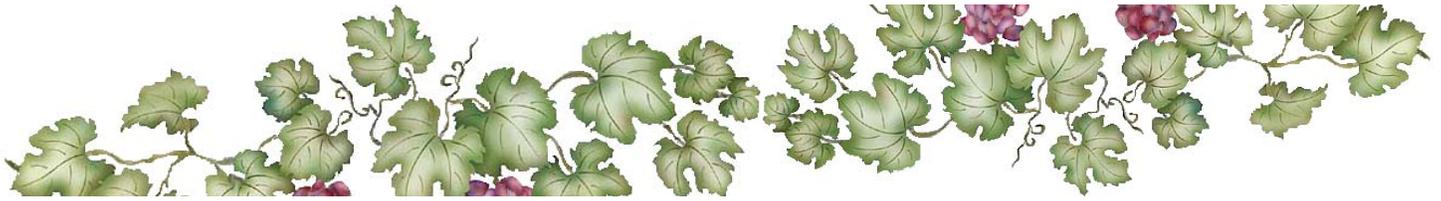
Stephanie Owens is a coach, speaker and author. She teaches her clients how to bridge the gap between where they are and where they want to be to create a life they fall in love with. She coaches purpose-driven, high-performance people to achieve not only success but deep personal satisfaction. A small business owner for over a decade, Stephanie blends her experience in the business world with a Masters in Counseling. Whether coaching privately with clients or speaking to groups, Stephanie teaches participants how to stop fear from sabotaging success and unlock their full potential. Stephanie is the creator of The Procrastination Cure 30 Day Challenge and author of a book entitled No Is The New YES! How to Say No, Set Better Boundaries and Reclaim Your Joy. Stephanie lives a peace-filled happy life with her husband and two wonderful children.

Photos from Various Christmas Events



Photos from Various Christmas Events





Community Services

QUALIFICATIONS FOR SUCCESSFUL CHRISTIAN SERVICE

“When we realize that we are working for God, we shall have a higher sense than we have ever had before of the sacredness of spiritual service. This realization will put life and vigilance and persevering energy into the discharge of every duty.

As you seek to draw others within the circle of HIS love, let the purity of your language, the unselfishness of your service, the joyfulness of your demeanor, bear witness to the power of His grace.

Every Christian is called to make known to others the unsearchable riches of Christ; therefore he should seek for perfection in speech. God does not design that HIS human channels shall be uncouth.

They will be educated in patience, kindness, affability, and helpfulness. They will practise true Christian courtesy, bearing in mind that Christ, their companion, cannot approve of harsh, unkind words or feelings. Their words will be purified. The power of speech will be regarded as a precious talent, lent to do a high and holy work.

We must not enter into the Lord's work haphazard, and expect success. The Lord needs men of mind, men of thought. Jesus calls for coworkers, not blunderers. God wants right-thinking and intelligent men to do great work necessary to the salvation of souls.” Ch. Service pg. 223 and 224

Thanks again for your generosity to Community Services. We are busier than ever and your offerings help us to keep our level of service. Consider making us a part of your giving plans.

We are currently averaging close to 60 families per month, and the need does not seem to be lessening. If you are curious about what we do on the first and third Mondays of every month, feel free to come down and see where your offerings go.

Adult and children's clothing are always needed, but they need to be clean and in good shape. If you are in doubt about a donation, please call Nancy to see if we can accept it.

We are still taking crocheted hats to the cancer treatment facility in Puyallup. This time of year the hats go a lot faster.

Thanks again for your generosity to all our programs. You are making a difference!

Nancy Chaplin

January Birthdays

Twila Beaver 1/1	Cheryl Szyplik 1/8	Jeffery Best 1/18
Caitlyn Cassidy 1/2	Deborah Shoemaker 1/10	Mary Maddux 1/24
Christopher Mann 1/3	Tammy Town 1/11	Benjamin Hiebert 1/25
Ryan Tritten 1/4	Jan Lowe 1/13	Nancy Hoover 1/25
Nicholas Mann 1/5	Vickie Haley 1/15	Karen Herman 1/27
Melissa May 1/7	Michael Healey 1/16	
Ronald Shoemaker 1/7	Rebecca Hiebert 1/16	
Santana Templer 1/7		

February Birthdays

Carol Burnham 2/9	Bonnie Smith 2/26
Kaitlyn Herman 2/10	
George Beaver 2/11	
Esther Talbot 2/14	
Vincent Saunders 2/21	
John Craig 2/22	
Lyn Dyson 2/24	

Bible Study Resources

Have you wanted to start a bible study but are unsure where to begin? How about an online resource with excellent information?

Go to: <http://www.amazingfacts.org/free-stuff/bible-studies/free-online-bible-school.aspx> There are two lesson types to choose from:

Storage Lessons

24 Bible Prophecy lessons revealing God's plan for man from creation to the earth made new. Free online resources using books, Video, and audio materials are added as the lessons are completed.

Study Guide Lessons

Bible Answers for life's problems using the Study Guide Lessons. Free online resources using books, Video, and audio materials are added as the lessons are completed. These lessons are easy for everyone!

If you would like to set up a personal bible study with someone from the church please contact Carol Burnham at 253-315-2179 or e-mail carolburnham@comcast.net. We'll get you connected!

Mission

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.

Join us for the following on Saturdays:

9:15 a.m. Song Service

9:30 a.m. Weekly Lesson Study - Adult Classes will be studying "Growing in Christ", for 4th Quarter 2012.

11 a.m. Worship Service



BONNEY LAKE
SEVENTH-DAY ADVENTIST CHURCH
11503 214TH AVE E.
BONNEY LAKE, WA 98391
WWW.BLSDA.COM
(253) 862-8620
PASTOR VINCE SAUNDERS

On behalf of the Bonney Lake SDA church family, welcome to this house of God. We want you to feel welcome and do make a new friend or two while you're here.

Have an article, photos or information for the next newsletter? Submit information by the 15th of November for the next issue to carolburnham@comcast.net