

2 0 1 0 A P R I L E D I T I O N

the BEAUMONT SDA NEWSLETTER



Sharing communion

Our communion service and Ordinance of Humility was held March 27, and church family participated in remembering Christ's sacrificial death and resurrection.



✧ Pastor's Desk ✧

"...And the Lord added to the church daily those who were being saved."

DEAR BEAUMONT CHURCH FAMILY:

Have you noticed the increased outpouring of the Holy Spirit in the Beaumont church? God has blessed us with growth. We are planning to have more baptisms in the near future. All I can say is "Praise God from whom all blessings flow! 1"

With each blessing come new challenges. We are starting a new Kindergarten class. Carol

Olmo will lead out with help from Chris Olmo, Nayeli Lemus, Michelle Gonzalez and

Anna Carillo. This will cause the Youth Sabbath School class to move to the Friendship Hall. We need more classrooms as well as a new Fellowship Hall. We are

running out of room!

...continue to Pastor's Desk on page 2



Easy no-knead vegan wheat bread

Ingredients:

3 cups whole wheat flour
1/4 cup unrefined sugar
1/2 tablespoon salt
1 package dry yeast (2 1/4 teaspoons)
1 teaspoon cinnamon (optional)
1 2/3 cup warm water

Directions:

1) Mix all the dry ingredients in a bowl and add the water last.
2) Scoop the lump into a greased loaf pan and smooth out the top. Cover the dough with a towel or greased plastic wrap and let it rise for about an hour or until it's

doubled in size.

3) Bake in a 400° oven for about 30-40 minutes (until a toothpick comes out clean).

4) You can add 1/3-1/2 cup raisins for a yummy cinnamon-raisin vegan bread.



... Pastor's Desk continued

Abe Garcia is teaching a witnessing class. This class will be going door to door in the community with the desire to start Bible studies and increase our membership. That means we will have to plan on starting two church services each Sabbath morning. That will increase the need for more deacons, greeters, piano players, organists, special music, and platform leaders.



Here's what we need from you: much prayer. We also need church members to help in all departments, physical upkeep of the church plant, and needless to say, financial

commitment to the church budget. If we work together, the Beaumont church will become a bright beacon of hope in the community. If we are willing to do our part, God will continue to add to our church, daily, those who are being saved.

~Pastor Bob

APRIL EVENTS:

APRIL 3
A new kindergarten class will begin. Children ages 4-6 will meet in the room that's used by the youth, and the youth will move to the Friendship Hall.

APRIL 8
A nursing research conference will be held from 8:30 a.m. to 12:30 p.m. in Wong Kerlee International Conference Center at Loma Linda University. To register, call 909-558-8060

APRIL 11
Church work bee, 8:30 a.m. at the church. Come help beautify our church, inside & out!



Picture: Jean Atteberry mowing church lawn

APRIL 17
Church potluck

Also: Discussion with Phil Zuckerman, PhD about his book "Society Without God", 2:30 p.m. in the Damazo Amphitheater in the Centennial Complex at Loma Linda University.

REMEMBER MAY 1
Simon & Kelechi Ogon's bridal shower Sabbath, May 1, 7:30 p.m. in the Friendship Hall. They're registered at Bed, Bath & Beyond.

"All that Christ received from God we too may have. Then ask and receive. With the persevering faith of Jacob, with the unyielding persistence of Elijah, claim for



Fellowshipping with church family



Lord, make me an instrument of Thy peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood, as to understand; to be loved, as to love; for it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to Eternal Life. Amen. ~ Francis of Assisi



Health Nugget **Dangers of baking powder & soda, By Ken Burke, PhD.**

There are several reasons that baking powder and baking soda are avoided in some cookbooks:



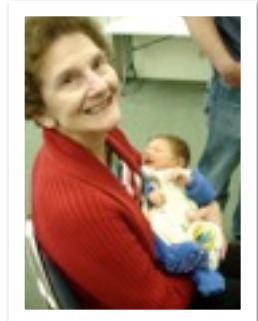
1) Baking powder is formulated to make batter or dough alkaline to tenderize and increase browning of the product. This alkalinity promotes destruction of vitamin B-1 (thiamine).

2) The baking powder and baking soda-containing foods may alter the microflora of the GI tract.

3) Baking powder and baking soda-leavened products tend to be indicted by the company they keep—mostly high calorie, low nutrient products.

The least objectionable, in my professional opinion,

are those that have as the acid ingredient, a phosphate type of acidulant. It seems to me that perhaps one of the reasons Ellen White was given the instructions about baking powder [composed of a (1) bulking/drying agent, (2) baking soda--that is sodium bicarbonate, and (3) some acid ingredient--when wet the baking soda reacts



with the acid ingredient to produce some residue and, the main product, carbon dioxide] is that the residue is designed to be alkaline to speed browning and act as a tenderizing agent, but the alkalinity also promotes the destruction of thiamin--a vitamin that tends to be already in short supply in many diets of the poor. Another reason, perhaps, is that the consumption of large quantities of baking powder-leavened products, such as corn bread and biscuits (often consumed as a staple by the poor) may alter the micro flora of the GI tract as well as perhaps contributing to gastric erosion (we have preliminary animal data that suggest this).

I believe that an occasional consumption of baking powder-leavened products is not a big problem ("the dose makes the poison"). We also must understand that baking powder tends to degrade with time. We have shown that from January to the first of March, a good-quality baking powder in a metal can that has been opened, but with the snap-on plastic lid in place, can lose as much as 15-25% of its activity here in Southern California. We used to have the students in food science evaluate this. Of course, January to March is our rainy season and in a good year we get a maximum of about 12 inches of rain. Because of decreased carbon dioxide production due to baking powder degradation, many recipes call for too much baking powder. The guidelines for using baking powder are: 1.5 (min) to 2.0 (max) teaspoons of baking powder per cup of flour. If the recipe also calls for baking soda, you must multiply the teaspoons of baking soda by 4, then add to the teaspoons of baking powder so that the recipe never calls for more than 2 teaspoons baking powder equivalents per cup of flour.

Any more than this greatly destroys thiamin as well as some other nutrients.

Please continue to join in church activities



as we fellowship and get acquainted

