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Bible Explorations Newsletter

October/November 2022 Issue

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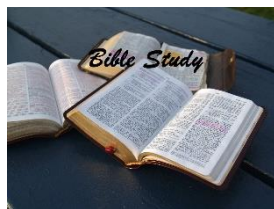
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FALL IS HERE!

Trumpets is over and now Day of Atonement is coming on October 6, and then Feast of Tabernacles from October 11 through 18, 2022.

We have some good speakers again. Join us with our zoom meetings and of course, we will be live on the website, Roku and YouTube.

We may have talks in the morning and then later in the afternoon return to just zoom and talk. So make sure you can get on our zoom. It will not go out to YouTube or our website/Roku, etc. or recorded. It will be like in Terra Bella, people just came together and talked and discussed things. Have questions? Bring them.



Comments? Bring them. We will not be arguing, but trying to share things we have found to help others understand and be ready. He IS coming soon! Come and join us...mark your calendar and make sure you can get on our zoom. It's quite easy to do.

We will not be having our meetings “live” in person this fall, however, keep us in prayer. We are in the works of trying to plan to have meetings here in Nevada in the spring (which will be April 5 through 12, 2023). Keep us in prayer, God is in control of this. I see Him working in this, too, daily. We will certainly keep you updated. If any of you have Facebook but have not seen us, our “group” is Bible Explorations – Terra Bella. No, we are no longer there in California, but the name is easy for people to find on Facebook. Come and join us and see what is up!

We again ask you if anyone would like to share a presentation via zoom, either for the camp meetings or even our weekly SS and/or Church, please send an email and let us know what you have. (Info@BibleExplorations.com) We look forward to hearing from you!

THAT TIME AGAIN...

While we have moved from Terra Bella, and some of the bills for the ministry have gone down, some will follow us as long as we continue. We have some monthly bills which many of you help with, but the next large one we need to save up for is for the website/Roku/YouTube and most importantly, the servers that house ALL of our programs. If something happens to YouTube, we will not need to worry. Our programs are safe on servers in Georgia. They also help keep the various formats going.



This comes due in January and is approximately \$15,000.00 a year. If you can, please pray about it and help us so we will make that payment and continue. We appreciate everything people are doing and we are trying

to spread this information so we get more viewers. We have people working on the various programs so when someone looks at google, they find us on top! Pray this all continues! We always have “new” people calling for information and books. God is with us and I know He wants this message to continue. Let’s get the word out so He can come and take us all home! Thank you!!

We are also trying to get things ready here for a spring LIVE camp meeting. Keep this is your prayers and ask God to help you decide what to do. We appreciate anything you can do, including those who are only able to pray for the ministry. We do not think it is time to quit! Things are getting wild in this world!

As this newsletter is being written we have had Super Typhoon Nanmadol hit Japan and they had over 9 million evacuations. It flooded and covered houses, tore roofs off, power outages, etc.

There was a large earthquake in Mexico (7.5) with lots of damage.

Hurricane Fiona hit Puerto Rico and took out the power grid for the island! It swept away bridges and had flooding all over the island.



Then in California, September has set records for heat. The first week of September saw over 1,000 heat records broken. It was the longest and hottest time on record.

Next, Tropical Storm Kay came by and actually flooded areas in California (Los Angeles, etc) and then we had flash flooding in Nevada (Las Vegas) and all around the area!

And now Hurricane Ian! They say it made a record! Such destruction.

And besides the weather – look at the world and morals! Is our Father smiling? I do not think so. So much violence and evilness of all kinds. People need to hear there is a better way. They need to know they are loved and there is hope.

God is keeping us safe but please continue to pray for those in any of these areas. He is in control but we can see the clock winding down! Let’s be ready for Him to come and take us to that beautiful place He is preparing!!

MOAB A FAILURE BECAUSE HE REFUSED TO CHANGE

(Sons and Daughters of God, EGW, Pg. 97)

Moab hath been at ease from his youth, and he hath settled on his lees, and hath not been emptied from vessel to vessel, neither hath he gone into captivity: therefore his

taste remained in him, and his scent is not changed. [Jeremiah 48:11](#).

A man may refuse to hear the counsels and admonitions of God. He may choose to take the regulating of his conduct into his own hands.... Like Moab, he refuses to be changed.... He refuses to correct his defective traits of character, although the Lord has plainly pointed out his work, his privileges, his opportunities, and the advancement to be made. It is too much trouble to break up his old ways, and transform his ideas and methods. “His taste remained in him.” He clings to his defects.

There are many who are not satisfied with the work that God has given them. They are not satisfied to serve Him pleasantly in the place that He has marked out for them, or to do uncomplainingly the work that He has placed in their hands. It is right for us to be dissatisfied with the way in which we perform duty, but we are not to be dissatisfied with the duty itself, because ... in His providence God places before human beings service that will be as medicine for their diseased minds.... Some He places where relaxed discipline and over-indulgence will not become their snare, where they are taught to appreciate the value of time, and to make the best and wisest use of it.

There are some who desire to be a ruling power, and who need the sanctification of submission.... They are being qualified to fill places where their disciplined ability will make them of the greatest service. Some God trains by bringing to them disappointment and apparent failure. It is His purpose that they shall learn to master difficulty....

Many are ignorant of how to work for God, not because they need to be ignorant, but because they are not willing to submit to His training process. Moab is spoken of as a failure because, the Word declares, “he hath been at ease from his youth.”

WRONG PHYSICAL HABITS AFFECT THE BRAIN!

By Ellen White

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. [1 Corinthians 10:31](#).

The character of the food and the manner in which it is eaten exert a powerful influence on the health. Many ... have never made a determined effort to control the appetite, or to observe proper rules in regard to eating. Some eat too much at their meals, and some eat between meals whenever the temptation is presented.

The need of carefulness in habits of diet should be impressed on the minds of all.... I appeal to all to refuse to

eat those things that will injure the health. Thus they can serve the Lord by sacrifice.

Those who obey the laws of health will give time and thought to the needs of the body and to the laws of digestion. And they will be rewarded by clearness of thought and strength of mind. On the other hand it is possible for one to spoil his Christian experience by abuse of the stomach. Those things that derange the digestion have a benumbing influence on the finer feelings of the heart.... Every habit that injures the health reacts upon the mind. That time is well spent which is directed to the establishment and preservation of sound physical and mental health. Firm, quiet nerves and a healthy circulation help men to follow right principles and to listen to the promptings of conscience....



The brain is the citadel of the being. Wrong physical habits affect the brain, and prevent the attainment of ... good mental discipline. Unless the youth are versed in the science of how to care for the body as well as for the mind, they will not be successful students. Study is not the principal cause of breakdown of the mental powers. The main cause is improper diet, irregular meals, a lack of physical exercise, and careless inattention in other respects to the laws of health. When we do all that we can to preserve the health, then we can ask God in faith to bless our efforts....

The youth should be taught that they are not at liberty to do as they please with their lives. God will not hold guiltless those who treat lightly His precious gifts. Men should realize that the greater their endowment of strength, of talent, of means, or of opportunities, the more heavily should the burden of God's work rest upon them, and the more they should do for Him. The youth who are trained to believe that life is a sacred trust will hesitate to plunge into the vortex of dissipation and crime that swallows up so many promising young men of this age. [Counsels to Parents, Teachers, and Students, 297-300](#), Mental and moral power is dependent upon the physical health. [Mind, Character, and Personality 1:61](#).

MORAL PRINCIPLES SAFEGUARD THE SOUL

Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. [1 Corinthians 6:18](#).

I have been shown that we live amid the perils of the last days. Because iniquity abounds, the love of many waxes cold. The word "many" refers to the professed followers of Christ. They are affected by the prevailing iniquity and backslide from God, but it is not necessary that they

should be thus affected. The cause of this declension is that they do not stand clear from this iniquity. The fact that their love to God is waxing cold because iniquity abounds shows that they are, in some sense, partakers in this iniquity, or it would not affect their love for God and their zeal and fervor in His cause.

A terrible picture of the condition of the world has been presented before me. Immorality abounds everywhere. Licentiousness is the special sin of this age. Never did vice lift its deformed head with such boldness as now. The people seem to be benumbed, and the lovers of virtue and true goodness are nearly discouraged by its boldness, strength, and prevalence. The iniquity which abounds is not merely confined to the unbeliever and the scoffer. Would that this were the case, but it is not....

Every Christian will have to learn to restrain his passions and be controlled by principle.

The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate to man and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind.

Moral principle, strictly carried out, becomes the only safeguard of the soul. If ever there was a time when the diet should be the most simple kind, it is now.... The less feverish the diet, the more easily can the passions be controlled. Gratification of taste should not be consulted irrespective of physical, intellectual, or moral health....

God has given you a habitation to care for and preserve in the best condition for His service and glory. Your bodies are not your own. "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price; therefore glorify God in your body, and in your spirit, which are God's." "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" [Testimonies for the Church 2:346-353](#).

HOW GOD USED A DRYER BALL TO REASSURE ME

By Lorraine Howerton

A strange thing happened to me at a camp meeting in Spokane this September. It all started with a missing dryer ball earlier in the month before the camp meeting.

For those who do not know what dryer balls are, they are made of either silicone or pressed wool typically the size of tennis balls that you put in the dryer with your clothes to prevent static cling. I had purchased four of the

uncommon smaller silicone variety about the size of ping pong balls before leaving for the camp meeting. They were pink and spikey and, well, cute.

They were unusual and not like any dryer balls I had seen. I managed to lose one of them after my very first dryer load. I searched everywhere – behind the dryer, beside the dryer, under the refrigerator, under the couch, between the cushions, in the nooks and crannies of the house, in all clothing and sheets and towels that came out of the dryer. Gone. Disappeared. I suspected Barnabas the cat had something to do with it and figured it would show up when we rearranged the furniture at some distant point in the future.



You may be wondering what this has to do with a camp meeting in Spokane. Well, my husband Gerald and I drove six hours to a lovely lodge on a lake north of Spokane to listen to speakers from ministries we support and fellowship with friends for a few days. The first night we arrived I became very ill with terrible stomach cramps. I was doubled over in pain for a couple of hours that evening and unable to attend the last meeting for the night. Nothing we tried seemed to abate the pain – a warm towel to the stomach, ginger tea, and charcoal – nothing seemed to work, and the pain began to increase. Poor Gerald was confounded with worry and how to fix me. He wanted to drive to the nearest town for some antacid, but I was afraid for him to leave me for so long, AND we had some car trouble in Spokane on the way to the camp meeting. I had imagined him breaking down somewhere and unable to get back. He prayed for me and then left in search of a piece of dry toast to settle my stomach. The meetings had ended and no one could be found.

While he was gone, I knelt beside the bed with my head on the mattress. I began to pray and ask the Lord what was wrong with me. “What’s wrong, Lord??” Then it entered my mind to praise the Lord and thank Him. I recalled many scriptures praising God with thankfulness. Despite my brain fog and pain, scriptures came to my mind. The pain began to ease but I was afraid to move. Shortly after the pain began to abate, Gerald came back with a piece of dry toast but I was not able to eat much of it, just a nibble. When I stood up I realized quite suddenly I was going to be sick and hurried to the bathroom. I will spare you the details at this point, but suffice it to say, I emerged from the bathroom completely pain-free as if it never happened. Gerald, in utter relief, said, “YOU NEED TO GO TO BED RIGHT NOW AND SLEEP FOR THE REST OF THE NIGHT.” He never commands me to do anything, but he was pretty worried.

I brushed my teeth, put on my PJ’s, and pulled the bedding back and crawled in. Upon stretching my legs out under the covers my foot touched something at the foot of the bed. I thought, “No, it couldn’t be...” Then I reached with my hand and pulled up a dryer ball – not the typical tennis ball sized blue dryer ball or pressed wool that everyone uses – rather the little pink spikey weird dryer ball exactly like the one that went missing from my dryer in Baker City six hours away. There it was in my hand. I thought, “How strange is this?” “How is this possible?” I fell asleep with that dryer ball in my hand all night. I woke up a few times during the night with it still clutched in my hand. It was the most peaceful sleep I had experienced in a very long time. Sometimes you just know without explanation that the Lord is with you with a tender regard. This was one of those times.

The next day my perplexity prompted me to relate my experience to one of the administrators of the camp meeting asking whether the people who cleaned the rooms and washed the sheets used little pink spikey dryer balls. I showed her what it looked like hoping she would not think I was insane. She had no idea if they used dryer balls but apparently was intrigued by my experience and unbeknownst to me asked the owner (who is also the one who does all the laundry) whether they used little pink spikey dryer balls when doing the laundry. The administrator approached me later that day and said, “Well, that dryer ball is yours because the owner had no idea what I was talking about.” I was touched that she had taken the trouble to ask the owner. She really did not think I was insane.

A few days after we got home I did some experimenting with the dryer ball and my PJ’s wondering if it was somehow stuck in my pants and I did not know it, and that it popped out into the bed when I laid down. I folded the dryer ball in the PJ bottoms and then unfolded them to put them on, but the dryer ball fell out every time I unfolded the bottoms. So, I put the bottoms on and dropped the dryer ball into them to see if it could possibly be there without me noticing and stay there while walking around. The dryer ball managed to stay there at the very bottom next to my ankle, but I noticed it because, well, it is spikey. But it would only stay there if I put the bottoms on first THEN dropped the dryer ball into them. I thought if the dryer ball had actually stayed in my bottoms while walking around without me noticing, why would they suddenly pop out while lying down and somehow roll over all its uneven spikes to the foot of the bed? I believe this whole thing was a genuine miracle – a dryer ball transported by an angel hundreds of miles and deposited between the sheets of a bed in a room randomly chosen for us. Not only that, there were two beds in the room. I did not want to keep Gerald awake in case I had to get up in the middle of the night so we slept in separate beds. I

unwittingly chose the bed with the dryer ball hiding between the sheets.

I believe Jesus when He said, "I will be with you always even unto the end of the world." I believe it because it is written and therefore it is true. I was not looking for reassurance nor did I believe my Father in heaven had abandoned me. But for some reason, He revealed an extra special tender regard for me using a weird little spikey pink dryer ball.

Brethren, with the beloved John I call upon you to "behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God." What love, what matchless love, that, sinners and aliens as we are, we may be brought back to God and adopted into His family! We may address Him by the endearing name, "Our Father," which is a sign of our affection for Him and a pledge of His tender regard and relationship to us. And the Son of God, beholding the heirs of grace, "is not ashamed to call them brethren." They have even a more sacred relationship to God than have the angels who have never fallen. 5T 739.3

But let him that glorieth glory in this, that he understandeth and knoweth me, that I *am* the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these *things* I delight, saith the LORD. Jeremiah 9:24

THE VALUE OF A SOUL

Lift Him Up, p 241-2, E.G. White

We also joy in God through our Lord Jesus Christ, by whom we have now received the atonement. [Romans 5:11](#).

Those who are finally victorious will have seasons of terrible perplexity and trial in their religious life; but they must not cast away their confidence, for this is a part of their discipline in the school of Christ, and it is essential in order that all dross may be purged away. The servant of God must endure with fortitude the attacks of the enemy, his grievous taunts, and must overcome the obstacles which Satan will place in his way.

Satan will seek to discourage the followers of Christ, so that they may not pray or study the Scriptures, and he will throw his hateful shadow athwart the path to hide Jesus from the view, to shut away the vision of His love, and the glories of the heavenly inheritance. It is his delight to cause the children of God to go shrinkingly, tremblingly, and painfully along, under continual doubt. He seeks to make the pathway as

sorrowful as possible; but if you keep looking up, not down at your difficulties, you will not faint in the way, you will soon see Jesus reaching His hand to help you, and you will only have to give Him your hand in simple confidence, and let Him lead you. As you become trustful, you will become hopeful.

Jesus is the light of the world, and you are to fashion your life after His. You will find help in Christ to form a strong, symmetrical, beautiful character. Satan cannot make of none effect the light shining forth from such a character. The Lord has a work for each of us to do. He does not provide that we shall be sustained by the influence of human praise and petting; He means that every soul shall stand in the strength of the Lord. God has given us His best gift, even His only begotten Son, to uplift, ennoble, and fit us, by putting on us His own perfection of character, for a home in His kingdom. Jesus came to our world and lived as He expects His followers to live....

God designs that we shall work, not in a despairing manner, but with strong faith and hope. As we search the Scriptures, and are enlightened to behold the wonderful condescension of the Father in giving Jesus to the world, that all who believe on Him should not perish but have everlasting life, we should rejoice with joy unspeakable and full of glory.

Everything that can be gained by education, God means that we shall use for the advancement of the truth. True, vital godliness must be reflected from the life and character, that the cross of Christ may be lifted up before the world, and the value of the soul be revealed in the light of the cross. Our minds must be opened to understand the Scriptures, that we may gain spiritual power by feeding upon the bread of heaven

A PERSON'S TRUE WORTH

God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. Romans 5:8, 9, RSV.

Christ and Him crucified should become the theme of our thoughts and stir the deepest emotions of our souls. The true followers of Christ will appreciate the great salvation which He has wrought for them; and wherever He leads the way, they will follow. They

will consider it a privilege to bear whatever burdens Christ may lay upon them. It is through the cross alone that we can estimate the worth of the human soul. Such is the value of men for whom Christ died that the Father is satisfied with the infinite price which He pays for the salvation of man in yielding up His own Son to die for their redemption. What wisdom, mercy, and love in its fullness are here manifested! The worth of man is known only by going to Calvary. In the mystery of the cross of Christ we can place an estimate upon man.

What a responsible position, to unite with the Redeemer of the world in the salvation of men! This work calls for self-denial, sacrifice, and benevolence, for perseverance, courage, and faith.... Persistent, prevailing faith is necessary (Testimonies for the Church 2:634, 635).

Self-denial and the cross lie directly in the pathway of every follower of Christ. The cross is that which crosses the natural affections and the will. If the heart is not wholly sanctified to God, if the will and affections and thoughts are not brought into subjection to the will of God, there will be a failure to carry out the principles of true religion and to exemplify in the life the life of Christ (Testimonies for the Church 2:651).

The followers of Christ should value souls as He valued them. Their sympathies should be with the work of their dear Redeemer, and they should labor to save the purchase of His blood, at any sacrifice. What are money, houses, and lands in comparison with even one soul?

Christ made a full and complete sacrifice, a sacrifice sufficient to save every son and daughter of Adam who should show repentance toward God for having transgressed His law, and manifest faith in our Lord Jesus Christ. Yet notwithstanding the sacrifice was ample, but few consent to a life of obedience that they may have this great salvation. Few are willing to imitate His amazing privations, to endure His sufferings and persecutions, and to share His exhausting labor to bring others to the light.... Christ is the Captain of our salvation, and by His own sufferings and sacrifice He has given an example to all His followers that watchfulness and prayer, and persevering effort, were necessary on their part if they

would rightly represent the love which dwelt in His bosom for the fallen race

The Feast of Tabernacles **By Elder John VanDenburgh**



This is the feast that all the saints were to look forward to. Not only commanded, but joyfully acceptable between heaven and earth. A vital part of the covenant.

Among other things, it was a feast of victory and conclusion. That would mean that during the last Feast of Tabernacles Satan could no longer harass earth's heavenly family.

Talk about relief! Talk about reason for joy! To say nothing of the fact that they had plenty of harvest from their previous year of labor.

Many years later, Paul the apostle, kept the feast at various locations showing that it is the heart that counts the most, and besides, the sanctuary had been destroyed by Rome: To his flock at Corinth Paul wrote:

Let us therefore keep the feast, not with malice and wickedness, but instead with sincerity and truth. From 1st Cor. 5:7

And yes, the true sanctuary is still standing today. John the Revelator saw it there, both apartments and the furniture. Well intact.

"As in vision the apostle John was granted a view of the temple of God in heaven, he beheld there 'seven lamps of fire burning before the throne.' He saw an angel having a golden censor, and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden throne which was before the throne." Rev. 4:5; 8:3

Here the prophet was permitted to behold the first apartment of the heavenly sanctuary in heaven; and see there the golden candlestick and the altar of incense in the sanctuary, "seven lamps burning before the throne."

So, the message is clear. Though the sanctuary was in heaven "where robbers can't break in," they continued

to pray toward the new Jerusalem wherein are those whom Paul deemed "the church of the firstborn."

What the early church did, and what today's "Christian" and their leaders say they did are two different things. They took the feast seriously wherever they were, and we would do well to follow the true original leaders.

There is a sanctuary and there are folk who know it to be so, and they meet to honor the Feast of Tabernacles and He that is represented there. We thus connect ourselves to heaven, the sanctuary, and its Creator.

Nothing between my soul and my Savior, so that His blessed face may be seen. Nothing preventing the least of His favor: Keep the way clear! Let nothing between.

IS TIME CLOSING DOWN ON THIS WORLD?

The following was from a 2016 Newsletter by Elder VanDenburgh. I feel it is even more fitting today. He was saying things on this earth are continuing to go out of control, wars and rumors of wars, immorality, violence, etc.:

All of this, and tons more, can be summed up in a very few lines of the Revelation:

And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, or on the sea, nor on any tree.

And I saw another angel ascending from the east, having the seal of the living God, and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea.

Saying hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads.

Are the four winds given in a row? As in one two three - go? Or must it be as we have more often believed: 1-3 Go! meaning all four of the angels at once.



I wonder just how many times we have come close to WW3 in the past 10 years? And some mysterious "thing" happens and it all goes away.

One thing for sure that we do know about the 144,000 is that they all pass through a "great tribulation". This too could have something to do with the four angels releasing the four winds. One thing for sure is that the 144,000 will be mostly out of harm's way until the four angels are loosened by the 5th angel, and we know they will have a special heavenly armament even then.

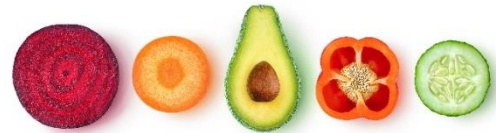
So, how many times have we been told that the angels will hold that awful destruction, both spiritual and physical? At least until HEAVEN sends the word from the east. Then at least 12,000 from each tribe are sealed. Somehow I do not see this as an instantaneous event but one that will affect 144,000 faithful souls as the winds are loosened at the command of the fifth angel.



Regardless, surely the sealing is close, and the angels are about to be sent on their way. Woe, woe, woe to the earth as time marches on! **(End)**

Time is even closer now than when this was written in 2016. Are we ready for the 4 winds to be let loose? Are we strong enough? Do we have Him in our lives? Have we strengthened our characters so they are fitting for heaven? Let's all BE ready. His coming is soon. Pray and study, read the Word. Ask Him for understanding. He is coming soon!

VEGAN RECIPE CORNER!



TOFU BREAKFAST SCRAMBLE

1 SERVING (So make sure to double or triple it!)

4 oz firm tofu
1 tbsp avocado oil (substitute olive or coconut oil)
1/4 cup yellow onion, diced
1 tsp nutritional yeast
1/8 tsp garlic powder
1/8 tsp turmeric
salt, to taste
1 cup baby spinach
1/2 Roma tomato, diced (optional)
1/4 cup vegan cheddar cheese
1 scallion sliced (optional, for garnish)

DIRECTIONS

To begin, wrap the tofu in a paper towel and squeeze out as much moisture as you can.

WHITE BEAN SPREAD

(Vegan Nutritionista)

Heat the oil in a skillet over medium heat, and sauté the onion until softened.

Add tofu to skillet and break down with a fork until it resembles scrambled eggs.

Sprinkle in nutritional yeast, garlic powder, turmeric, and salt. Stir to coat tofu with the seasoning. You may adjust seasoning to taste. Add the spinach, tomatoes, and cheddar to tofu mixture. Cook until spinach wilts and cheese melts. Enjoy!



With Fall in the air...below is a great soup to try.

CURRIED BUTTERNUT SQUASH AND APPLE SOUP

This vegan soup recipe is adapted from many that have cream added to them, and even though it obviously has no milk products, it is completely rich, creamy, and delicious.

Ingredients:

- 1 small butternut squash, peeled and chopped
- 2 small sweet potatoes, chopped
- 1 sweet onion, chopped
- 1 apple, preferable Granny Smith, cored and quartered
- 1 Tbsp. olive oil
- 2 cloves garlic
- 1 tsp. curry
- 4 cups water and vegetable stock

DIRECTIONS

Sautee the onions in olive oil with a dash of salt until brown and caramelized, about 15 minutes.

Add the garlic and cook for one more minute, then add curry, sweet potatoes, and butternut squash and cook until just tender, about 10-15 minutes.

Add the apple and cook for a few more minutes, until the apple is slightly softened.

Add the stock and water mixture, return to a boil, cover the pot, and then reduce to a simmer for about 25-30 minutes until the vegetables squish when you touch them with the spoon.

Use an immersion blender or transfer to a regular blender like the Vitamix until the mixture is smooth, but still slightly chunky.

Serve this vegan soup recipe warm. Delicious!
Serves 4-6

There are many ways to vary the recipe to your tastes. I love this on a sandwich with greens or just as a dip with veggies and crackers.

Ingredients:

- 2 cups cooked white beans (navy or cannellini) or 1 15 ounce can
- 1 Tbsp. olive oil
- 1-2 Tbsp. herbes de provence (or thyme, rosemary, parsley)
- 1/2 tsp. salt
- 3 cloves roasted garlic (put garlic in oven for 20 minutes at 375 degrees)

DIRECTIONS

Blend all ingredients together in the Vitamix or mash with a fork.

Makes about 2.5 cups of dip.

Variations:

You can sub out any herbs you like for the herbes de provence. I have had a great version of this with rosemary alone, but I have also seen recipes with red pepper flakes and savory.

He IS Coming Soon! Let's Be Ready!



Be sure to watch us via internet! Just type "bible explorations" in the search bar or go to our website www.BibleExplorations.com and look on the right side for links, and also on the tabs at the top for newsletters, calendar, etc.

Go to BibleExplorations.com/zoom and join us live! Or go to [Bible Explorations.com/YT](http://BibleExplorations.com/YT) for YouTube to watch us live and also to watch all the previously recorded talks we have there!

Hope to "see" you soon! Come and "zoom" with us!

