

## **SONG SERVICE:**

### **There Is a Fountain Filled With Blood**

There is a fountain filled with blood, Drawn from Emmanuel's vein,  
And sinners plunged beneath that flood, Lose all their guilty stains.

He is the Son of the Living God, He's Jesus, Christ the Holy One;  
And sinners plunged beneath that flood, Lose all their guilty stains.

The dying thief rejoiced to see That fountain in his day,  
And there may I though vile as he, Wash all my sins away.

He is the Son of the Living God, He's Jesus, Christ the Holy One;  
And there may I though vile as he, Wash all my sins away.

When this poor lisping stammering tongue Lies silent in the grave,  
Then in a nobler sweeter song I'll sing Thy power to save.

He is the Son of the Living God, He's Jesus, Christ the Holy One;  
Then in a nobler sweeter song I'll sing Thy power to save.

He is the Son of the Living God, He's Jesus, Christ the Holy One;  
And sinners plunged beneath that flood, Lose all their guilty stains.

## *Reformation in the Heart*

Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. **Galatians 6:1.** {UL 59.1}

**We are threads in the great web of humanity, and, as such, related with each other. Our life leaves upon the minds of others impressions which will be transferred even into eternity. Angels take note of our works, of our words, of the spirit which actuates us. Those who desire to reform others must begin the reformation in their own hearts, and show that they have acquired kindliness and humility of heart in the school of Christ. Those who have charge of others must learn first to master themselves, to refrain from blunt expressions and exaggerated censure. There are cutting words which are indulged in, which may offend, hurt, and leave upon a soul a scar which will remain. There are sharp words that fall as sparks upon an inflammable temper. There are biting words that bite like vipers.** {UL 59.2}

**Intimate connections between imperfect, defective characters may often, as a result, do great harm to both persons, for Satan has more influence upon their minds than the Spirit of Jesus. They do not consider each other under a true and impartial light, but under the most unfavorable light possible. By trying to correct evil in a hasty, cross spirit, two evils will be created instead of correcting one. Mutual support is essential. It is the fruit of the Spirit which grows upon the Christian tree.** {UL 59.3}

A radical conversion must take place as regards the manner in which the various minds are to be dealt with. **If every apparent injustice is considered as an affront; if amends for every slight injury are required with a spirit different from the spirit of Christ; if harsh language is used; if for difficulties small or great a spirit of impatience is manifested which stirs up and irritates, there will soon be a state of things worse than if nothing had been done to correct the evil. If such dispositions are entertained by believers; if everyone feels free to utter hasty words, we shall have miserable hearts, miserable families, and in the church, discord and dissension.** {UL 59.4}

**But there is a Christlike way of settling all these things. The presence of Christ's love in the heart will lead to love the very ones who are astray and who are in the wrong....** {UL 59.5}

**"Who is a wise man and endued with knowledge among you? let him shew out of a good conversation his works with meekness of wisdom"** (James 3:13).—**Manuscript 24, February 14, 1887.** "Testimony for the Workers of the Publishing House at Basel." {UL 59.6}

**Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.**

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

### Take These Steps for Your Home

Many people prefer to remain indoors during winter but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months.

- **Winterize your home.**
  - Install weather stripping, insulation, and storm windows.
  - Insulate water lines that run along exterior walls.
  - Clean out gutters and repair roof leaks.
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- **Check your heating systems.**
  - Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
  - Inspect and clean fireplaces and chimneys.
  - Install a smoke detector. Test batteries monthly and replace them twice a year.
  - Have a safe alternate heating source and alternate fuels available.
  - Prevent carbon monoxide (CO) emergencies.
    - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
    - Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Warm up with this vegetarian minestrone soup! This classic minestrone soup recipe is healthy, easy to make, and tastes incredible. It's vegan, too, if you don't top it with cheese. Recipe yields 6 bowls or 8 cups of soup.

SCALE 1X2X3X

## INGREDIENTS

- 4 tablespoons extra-virgin olive oil, divided
- 1 medium yellow onion, chopped
- 2 medium carrots, peeled and chopped
- 2 medium ribs celery, chopped
- 1/4 cup tomato paste
- 2 cups chopped seasonal vegetables (potatoes, yellow squash, zucchini, butternut squash, green beans or peas all work)
- 4 cloves garlic, pressed or minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes, with their liquid (or 2 small 15-ounce cans)
- 4 cups (32 ounces) vegetable broth
- 2 cups water
- 1 teaspoon fine sea salt
- 2 bay leaves
- Pinch of red pepper flakes
- Freshly ground black pepper
- 1 cup whole grain orecchiette, elbow or small shell pasta
- 1 can (15 ounces) Great Northern beans or cannellini beans, rinsed and drained, or 1 1/2 cups cooked beans
- 2 cups baby spinach, chopped kale or chopped collard greens
- 2 teaspoons lemon juice
- Freshly grated Parmesan cheese, for garnishing (optional)

## INSTRUCTIONS

1. Warm 3 tablespoons of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 7 to 10 minutes.
2. Add the seasonal vegetables, garlic, oregano and thyme. Cook until fragrant while stirring frequently, about 2 minutes.

3. Pour in the diced tomatoes and their juices, broth and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper.
4. Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1” gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.
5. Cook for 15 minutes, then remove the lid and add the pasta, beans and greens. Continue simmering, uncovered, for 20 minutes or until the the pasta is cooked al dente and the greens are tender.
6. Remove the pot from the heat, then remove the bay leaves. Stir in the lemon juice and remaining tablespoon of olive oil. Taste and season with more salt (I usually add about ¼ teaspoon more) and pepper until the flavors really sing. Garnish bowls of soup with grated Parmesan, if you’d like.

## NOTES

**MAKE IT DAIRY FREE/VEGAN:** Don’t garnish with Parmesan, or use [homemade vegan Parmesan](#).

**MAKE IT GLUTEN FREE:** Substitute your favorite sturdy gluten-free noodle. I used DeLallo’s Whole-Grain Rice Shells and they worked great.

**PARMESAN NOTE:** Most Parmesans are not technically vegetarian (they contain animal rennet), but Whole Foods 365 and BelGioioso brands offer vegetarian Parmesan cheese.

## **CLOSING THOUGHTS:**

**. If every apparent injustice is considered as an affront; if amends for every slight injury are required with a spirit different from the spirit of Christ; if harsh language is used; if for difficulties small or great a spirit of impatience is manifested which stirs up and irritates, there will soon be a state of things worse than if nothing had been done to correct the evil.**

