



Week 3 - The Sabbath Feast

Chapter 5

SCRIPTURE: Exodus 16:23

RECIPE: Bulgar Pilaf

SACREMENTAL CONVERSATION: Baptism/Baptismal Covenant

Grocery List

- Bulgar #2 or #3
- Olive Oil
- Onion
- Garlic
- Cumin
- Salt
- Pepper
- Parsley
- Almond Slivers



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