

BIBLE SURVIVAL PROJECT

FEEDING THE BODY OF CHRIST



God's word for the spirit. Real food for the body.

Seven-week seasons at your church

Man shall not live by bread alone. Matthew 4:4 ★ biblesurvival.org

MEET LACRIMIOARA

The heart behind the Bible Survival Project



**Grew up on a farm in
Romania's Carpathian Mountains**



**Learned these skills from her
grandmother and the women
of her village**



Published author



Lives and serves in Nashville

A NIGHT TOGETHER

One evening in your church kitchen



10 to 15 people



About 90 minutes



No experience needed



1 Open
in the Word

2 Hands
in the flour



3 A meal
on a budget

4 Eat, share,
and pray



5 Take it home

Give us this day our daily bread. Matthew 6:11 ★ biblesurvival.org

SEEDTIME AND HARVEST

A YEAR THAT FOLLOWS THE SEASONS

The Kitchen:
Jan to Feb

The Needle:
December

**Pantry and
Seed Tray:**
March

**Ready for
the Storm:**
November

The Garden:
Apr to Jun

The Retreat:
October

**Harvest and
Preserve:**
Aug to Sep

Rest:
July



Small groups,
10 to 15 people



Once a week



Join one
season at a time



Each skill taught
when you'll use it

THE KITCHEN

SEASON ONE: SEVEN WEEKS IN WINTER

1 Mix flour, water, salt, and starter



2 Knead



3 Let it rise



4 Shape the loaf



5 Score the top



6 Bake and share



ALSO THIS SEASON



Keeping a sourdough starter alive



Biscuits, flatbread, and cornbread



Soups and stews from beans and grains



Simple meals on a tight budget



Using leftovers so nothing is wasted

Everyone takes home a loaf, a jar of starter, and recipe cards.

BRINGING IT TO YOUR CHURCH

One season, seven weeks, one night a week

— She brings —



Every ingredient



Sourdough starter



Recipe cards



Waivers

Your church provides



A room
with tables



An oven



A note
in the bulletin

Introductory season: \$95 per person

Seven nights, every ingredient, and everything they take home.

Your church can sponsor a few spots for families who need it.

1

Read this booklet

2

A short phone call

3

Pick your season

Call or text **Lacrimioara Onolfo**

786-512-2900

hello@biblesurvival.org

Give us this day our daily bread. Matthew 6:11 ★ biblesurvival.org