

Grace Notes

BRINGING UNITY, EVENTS & NEWS
TO THE CHURCHES OF ALMOND, WAUTOMA,
STEVENS POINT AND WISCONSIN RAPIDS

Camp Meeting 2016

We just concluded our annual camp meeting for 2016. Camp meeting was held on the grounds of Camp Wakonda near Westfield, Wisconsin and was open to all Adventists and the general public as well.

I was not able to stay at the campground and enjoy the camping and meetings that were held throughout each day but I thoroughly enjoyed the times that I was able to be there. It was truly a blessing to see old friends and to listen to the great speakers that God provided for us. Of course Sabbath at the camp is always a great blessing. It's so nice to see so many people coming together as one to worship God.

Throughout the week we were blessed with all kinds of mini concerts that included singing and the playing of many different kinds of instruments. They all did such a great job and it's always pleasing to see the talent that God has bestowed upon his people. I especially enjoy their willingness to share with the rest of us, giving God the glory for all they do.

(Continued on page 11)

The Big Soy Deception

I was told by a friend about Dr. David Brownstein's book, "The Soy Deception." He has been a natural healing doctor for about 20 years. He says, "I have found it nearly impossible to balance the thyroid and the rest of the endocrine system in those patients who ingest large amounts of soy in their diet." Soy is in hundreds of packaged products in the grocery store. We have to read labels. Thyroid disorders have taken on epidemic proportions. Soy can be hidden under many aliases such as TVP (textured vegetable protein), natural flavorings, vegetable oil, and it is in the health food store items.

For thousands of years, the farmers used soy as a fertilizer, not as a food. In 1913, soy was listed in the Dept. of Agriculture (USDA) handbook not as a food, but as an industrial product. Today, it is still used to produce carpets, appliances, auto panels, building materials, tanks, pipes, paint, lubricants, plywood, plastics, and biodiesel fuel for cars and trucks. Some plastics like urethanes are made from soy. Dr. Brownstein, ND says in his book, he believes a good place for soy is in ink for newspapers rather than in the food supply.

Soy is the cheapest crop to grow in the US. Over 50-60% of supermarket food has soy as an ingredient. Soy protein isolate is very toxic. It is mixed with an alkaline solution and then acid washed in an aluminum tank. As a result, high levels of aluminum are found in many food products containing soy protein isolate. It is spray-dried at high temperatures to produce the soy protein isolate. It is converted into soy meats and put in dressings, sauces, infant formulas, protein bars and much more. The product is stored in aluminum tanks. It has nitrites (carcinogens). MSG, a neurotoxin is formed during the processing. Soy products such as TVP, tofu, etc. are too high in protein. Soy has been linked with thyroid problems which have gone up to 40-60% in the US population. Soy keeps the iodine from being taken up by the thyroid gland. Iodine is used by the thyroid gland in the production of thyroid hormones. Even infants developed goiter and hypothyroidism due to the ingestion of soy formula. Soy causes nutritional imbalances, hormonal imbalances, breast cancer, infertility, and other diseases. Soy has been shown to increase the body's requirements for Vitamin D and it causes Vitamin B-12 deficiency. Both Vitamin B-12 and Vitamin D are necessary to prevent and treat osteoporosis. Soy has been shown to deplete the body of many of the vital minerals and vitamins necessary to maintain optimal bone structure and function. Remember, the advertising is false because it is all about selling their products. Dr. David Brownstein said his patients who use large amounts of soy have more health issues than those who don't eat soy. Soy is 100% GMO, and they put Roundup into the DNA. Roundup is a dangerous weed killer. Soy plants absorb inorganic aluminum from the soil and this goes to the brain to cause dementia, etc. Go to Naturalnews.com for info on Roundup, the weed killer that Monsanto paid millions to have it put on the GRAS (Generally Recognized As Safe) list. The Lord tells us an enemy made these noxious plants. He made poison ivy by his amalgamation, and the Lord put jewelweed here to solve the itching and to dry it up. "All tares are sown by the evil one. Every noxious herb is of his sowing and by his ingenious methods of amalgamation he has corrupted the earth with tares."

-2 Selected Messages, page 288.

We need to eat fruits, vegetables, sprouts, whole grains, seeds and nuts and beans, etc. which is God's diet for those who are waiting for the Lord to come.

Phil. 4:6, 7.

(Submitted by: Dorothy Tess)

Looking Back on My Life



Robert Peterson

On April 27th of this year, I turned 97 years old, which means I've been a Seventh-day Adventist for 92 years, since my parents joined the Almond church. I was born in 1919 into a family that would eventually total 9 boys and 5 girls. I was the third child after 2 girls but I was the oldest boy. My mother's parents came from Germany and my dad from Denmark. They moved to Iowa first and my mother and father met there, in the creamery where they both worked.

Later they moved to Almond where my dad started farming. I worked right along with him on the farm from the age of 5, and worked on the family farm for 20 years. Although many people know me as "Bob", I have actually gone by "Robert" all my life.

My folks were both Lutherans, but when I was 5 they started attending the Adventist church in Almond at the invitation of their neighbors, the Krohn's. They were baptized soon after. There were many baptisms around that time. When I was a boy, the church was out in the country but later was moved into town. It was the same building that stands at 1340 Elm Street today. When it was in the country, they would have church picnics at

Bass Lake every Sabbath and Sunday in the summertime. When I was about the age of 12, I was baptized at Bass Lake along with my two older sisters and I have never strayed from the truth.

At the age of 20, I "was invited" to join the Army. It was during World War II and I served for nearly 4 ½ years. During that time, I was in Italy, England, Germany, France and Iceland. I wasn't sure what I wanted to do so they asked me if I would be a medic. I said "Sure, I don't know anything about being a medic but I'm sure I can learn!!" I was a medic on the front lines for two years. We had a small hospital with our division and a very good orthopedic surgeon. It was my job to pull the guys from the front lines who were injured and take them to the hospital. Soon, I became this surgeon's assistant. Thank God, I never had any problems keeping the Sabbath as long as I was in the service. I returned home at the age of 24.

After the service, I went to school in Madison for three years. During the summers when I was in school, I did farm work at Wisconsin Academy. I would have liked to continue working there but, unfortunately, money was tight and they were not able to pay me!! While I was in the service and on leave, I was in Milwaukee and met a girl who lived with her mother. We fell in love but it would be nearly 10 years before we married. Esther took care of her aged mother for many years and by 1951, I had gone back to the farm to work with my dad. A few years later, when she was 40 and I was 41, we married. We had a wonderful marriage until she passed away at the age of 90.

When I started to farm on my own, I had no money but was able to procure a 10-year loan that gave me enough money to buy some cattle and machinery, and I was on my way. I am still farming approximately 1,000 acres today with three fellows who help me. I feel grateful that I am still healthy and have been given such a rich and rewarding life. I thank the Lord every day for walking with me all these years, watching over me, and blessing me far beyond what I could have ever imagined.

*By Robert Peterson
(as told to Koreen Boettcher)*

True Unity?

“Behold, how good and pleasant it is for brethren to dwell together in unity.” **Psalms 133:1**

“Mercy and truth are met together; righteousness and peace have kissed each other. Truth shall spring out of the earth; and righteousness shall look down from Heaven. Yea, the Lord shall give that which is good; and our land shall yield her increase. Righteousness shall go before Him; and shall set us in the way of His steps.” **Psa 85:10-13**

“All nations who Thou hast made shall come and worship before Thee, O Lord; and shall glorify Thy name. For Thou art great, and doest wondrous things: Thou art God alone. Teach me Thy way, O Lord; I will walk in Thy truth: unite my heart to fear Thy name.”
Psa 86:9-11

“In Christ we are a new creation; distinctions of race, culture, learning, and nationality, and differences between high and low, rich and poor, male and female, must not be divisive among us. We are equal in Christ, who by one Spirit has bonded us into one fellowship with Him and with one another; we are to serve and be served without partiality or reservation.”

from the 28 Pillars of the Adventist faith, **#14 Unity in the Body of Christ**, vs. 2-3

We are one with Christ. Truth, in the form of our Blessed Holy Spirit, is One with Christ. With Him there is a truth for everybody and thing, both in this world and the spirits world. One either speaks the truth or he/she lies. So, is unity true? And are they one? Do not be led by satan and his dominion on the earth right now; Truth and Unity is One with the Holy Spirit.

Unity is being One with the mind of Christ. It is knowing His will, and doing it. Human words are so shallow and perverse that they cannot even attempt the depths of Him. He calls each of us individually to study His words that He has spoken through His Prophets. He wants us to understand only as far as we can.

Fear the Lord. This is commanded of us throughout the Bible and other words of God. It is not the wars of soldiers, nor the judges we encounter, nor our president that we should fear: it is God’s name only that we should fear.

True wisdom results in fearing the Lord. Wisdom is a gift from God which contains everything in it. It is commonly called the grace of Christ. With His grace we learn from the word of God; humility, righteousness, understanding, etc., but most important, love of God: which is the fear of the Lord. Teach me God to walk in Your ways, to unite my heart with You.

Unity is being made whole by God. The Lord is a constant filling of ourselves with the concerns of our brother Jesus. Unity is a blessed state of grace; that we should praise Him for the precious gift that fills me with Your unity. Unity affects the Church and exists at its full potential.

Are we united in Christ, so that we can aid our knowledge or help to any other Church that needs it? Or are we, by being alone, in a dangerous corner; leaving us no recourse but miserable failure? Can we, as individuals, notice how badly we lack the first element that makes us a Christian: love?

As Adventists we recognize the need to be united to Christ, wholly, unswerving, and totally, as a Church and an individual. And the two are combined in a wholeness that can only be described as Unity. One is a state of being that sees the whole in the One: the other, the individual, is the feeling of holiness and peace. The two are combined by God to meld in Unity.

Inspiring words from one of our elders...

ABIDING IN CHRIST

John 15:4 (ESV) "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me."

Jesus' word "abide" is worth pondering. He uses it several times in His final message to His disciples. It is defined by the commentary as lingering; not going away, remaining. Not only is it a command to us, but is also a type of command to Himself --a promise to be in us as we continue in His love.

Think of a saturated sponge floating in water. The water is in it, and it is in the water. A saturated sponge won't have much of itself showing at the surface. The less air it holds, the more water can be pulled in. Do we want progress and results in our walk with God? Why not ask Him to squeeze out our selfishness and fill us with Jesus?

Here is the result in verse 7: "If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you." That's astonishing, but also sobering. Remember, self will be gone, pruned off by the Father. Our sincere requests qualified by the name of Jesus will be in line with His will too. It means what we ask for is already in line with His purpose in coming; His death on Calvary. Trivial, self-centered wishes are not compatible with the cross. But imagine the potential good a soul can do when fully submitted to the power and grace of the Almighty. He abides right in us in all of His eternal glory! That's better than winning any lottery. Infinitely better.

Submitted by Elder Doug D. (Almond Church)

His Way

I am heaven bound,
 And no more sin bound.
 Help me, Jesus, to help others in You be found.
 This I'll keep on doing, while here I'm around.
 I'm attuning my ears for Your trumpet sound.
 Jesus, keep me, yes, keep me to You bound.
 There's an exodus coming of others from wherever.
 Jesus, You are leading them out of bondage forever.
 As Moses of old, lead your people.
 Let us lead others to freedom from under the steeple.
 Jesus, Jesus, Savior and Lord,
 Keep us ever so deep in Your WORD'S sword.

Written by Delores Shudarek

WISCONSIN RAPIDS CHURCH SCHEDULE OF EVENTS



Calendar of Events

- July 6 Bible study and prayer, 6:30 p.m.
- July 9 Fellowship dinner after the service
- July 13 Bible study and prayer, 6:30 p.m.
- July 20 Bible study and prayer, 6:30 p.m.
- July 27 Bible study and prayer, 6:30 p.m.
- July 23 Fellowship dinner after the service

[Sabbath School begins at 9:30](#)

[Worship Service begins at 10:55](#)

ANNOUNCEMENTS

Summer Potluck Schedule: Potlucks will be held on the 2nd and 4th Sabbaths thru the summer. **Our next potluck will be June 11.** Weekly potlucks will return after Labor Day.

Visit us on the web at "www.wrsdachurch.org"

91.7 WRAO RADIO

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THANK YOU!!

RADIO STATION FUNDRAISING CHALLENGE

We have reached our goal of \$50,000! Thanks to everyone who sacrificially gave towards this wonderful challenge and thanks to our prayer warriors for keeping this challenge in prayer. Your financial contributions will now be matched dollar for dollar! God gave us a wonderful opportunity and, together, we have reached the goal.

To God be the glory!!



Visit us on the web at:
www.WRAOChristianRadio.org



THE SCOOP ON MAMMOGRAMS

The institute of Medicine is finally acknowledging the toxic effects of mammogram radiation as a significant factor in the development of breast cancer; just one mammogram can expose you to the radiation equivalent of 1,000 chest X-rays

Mammograms also carry an unacceptably high rate of false positives—up to six percent—which can lead to repeat screenings that expose you to even more radiation, as well as unnecessary medical procedures, including biopsies, surgery, and chemotherapy.

A new study in the British Medical Journal highlights losses in quality of life related to the high rates of false positives and unnecessary treatment associated with breast cancer screening.

Mammograms have been scientifically proven not to save women's lives and do not improve breast cancer survival rates over annual physical examinations alone.

Your immune system is your greatest weapon against breast cancer; research now shows that 30 percent of breast tumors go away on their own, because a healthy immune system is so adept at eradicating cancer.

Mammograms pinch the breast so flat that if there is any cancerous cyst present, it can actually cause the cancer to spread. I'm told it is very painful. It's like they say, "Don't get your "something" caught in the ringer!" It's barbaric, and doesn't catch every cancerous node or cyst. A far better method of detection is pain free and very accurate. It is called Thermography and is available at the Thermography Imaging Clinic in Wausau. For more information or to schedule an appointment, call 715-675-6771. You will be so informed!

"Survival Food" will resume next month due to lack of time in this busy month.

Submitted by Dorothy Tess

Questions to ponder!

Each month I will be asking some thought provoking questions like the ones below. I would appreciate your answers to these so that we can share them with others. Try to keep your response as brief as possible but if that's not possible, we'll still accept your answers. Thank you and I pray you have a blessed day!

- 1. If you were going to die at midnight, what would you be doing at 11:45pm?**
- 2. What do you regret most so far in life and what are you most proud of?**
- 3. What would people say about you at your funeral?**

Please respond via email (gracenotesnewsletter@yahoo.com) or write out your response and get it to me another way. Responses will be published in the next newsletter.

ALMOND SDA CHURCH SCHEDULE OF EVENTS



July Events

(Visit our website!)
www.almondsda.org

- July 2 Sabbath—Vegetarian Potluck after
- July 3 Bible Study (Anderson Home) 5:30
- July 6 Community Bible Study 7:00 (Great Controversy)
- July 8 Prayer Mtg. (Unity) 7:00
- July 9 Sabbath—Vegetarian Potluck after
- July 10 Bible Study (Anderson Home) 5:30
- July 13 Community Bible Study 7:00 (Great Controversy)
- July 15 Prayer Mtg. (Unity) 7:00
- July 16 Sabbath—Vegetarian Potluck after
- July 17 Bible Study (Anderson Home) 5:30
- July 20 Community Bible Study 7:00 (Great Controversy)
- July 22 Prayer Mtg. (Unity) 7:00
- July 23 Sabbath—Vegetarian Potluck after
- July 24 Bible Study (Anderson Home) 5:30
- July 27 Community Bible Study 7:00 (Great Controversy)
- July 29 Prayer Mtg. (Unity) 7:00
- July 30 Sabbath—Vegetarian Potluck after
- July 31 Bible Study (Anderson Home) 5:30

Community Bible Study - Wednesday 7PM

We are currently studying The Great Controversy by Ellen G. White

Unity Prayer Meeting - Friday 7PM

"Christ is leading out a people, and bringing them into the unity of faith, that they may be one, as He is one with the Father." EGW, TC, v1, p324, p1

Bible Study - Anderson Home - Sunday 5:30PM

This study begins with fellowship and potluck before we dive into the book of John for an in depth study.

Wautoma Church Plant

For two (2) weeks in June, activities in Wautoma were quiet while many of our members were enjoying the speakers at Camp Meeting, but things were still moving forward. A committee has been formed to collect information on repairs needed at the Wautoma SDA Community Center. We plan to continue to meet at the Capsell Building but at the same time, to work with the conference on the use of the property there (Community Center).

We are thankful to the Almond Church for their decision to financially support the Wautoma Church Plant over the next 12 months. God has so blessed this church plant as we continue to seek to rekindle a flame for Jesus in Wautoma.

We have prepared our speaking schedule for the third quarter and have included some guest speakers. Our Sabbath meeting start at 9:30 am with fellowship time, followed by Sabbath School at 10:00 am and Church at 11:00 am. We have pot luck meals following the services. Thank you for the prayers you make for the Wautoma Church plant and for those supporting our efforts.

God Bless

Alan Anderson

STEVENS POINT CHURCH SCHEDULE OF EVENTS



Schedule and Announcements

Every Week:

- Tuesday's - 7:00 p.m. - Study and Prayer meeting. This week we will study Revelation.
- Thursday's - 6:45 p.m. - Community Bible Study in the fellowship room.
- Friday's - 6:30 p.m. - Bible Study in room 103A of the UWSP Library. Contact Joshua Guerrero at 715-310-2196 for info.

Visit us on the web at "www.stevenspoint22.adventistchurchconnect.org"

Heart's Garden

Did you ever see a flower
Grow from seed to bloom?
That's just how God is born in you,
So give Him lots of room.

It may be just a seed so small
The eye can hardly see;
But if you hear your Savior's call
The thorns will flowers be.

Sin the Garden of your heart,
Take every tender care;
The weeds and thorns will soon depart,
For God will then live there.

Written by Nona Schmidt

LET HIM WALK ALONG

Be thankful tomorrow as well as today
For all the good things God has sent your way.
Let in your heart every day be a song,
The Lord, with you will walk along.

Keep Him near and close at hand,
Let Him help you all He can.
For on life's road you must continue;
His grace and love abide within you.

Written by Nona Schmidt

MONTHLY HEALTH NUGGET

Your [kidneys](#) are bean-shaped organs, each about the size of your fist. They are located near the middle of your back, just below the rib cage. The [kidneys](#) are sophisticated trash collectors. Every day, your kidneys process about 200 quarts of [blood](#) to sift out about 2 quarts of waste products and extra water. The waste and extra water become urine, which flows to your [bladder](#) through tubes called ureters. Your [bladder](#) stores urine until you go to the bathroom.

The wastes in your blood come from the normal breakdown of active muscle and from the food you eat. Your body uses the food for energy and self-repair. After your body has taken what it needs from the food, waste is sent to the blood. If your kidneys did not remove these wastes, the wastes would build up in the blood and damage your body.

The actual filtering occurs in tiny units inside your kidneys called nephrons. Every kidney has about a million nephrons. In the nephron, tiny blood vessels called capillaries intertwine with tiny urine-carrying tubes called tubules. A complicated chemical exchange takes place, as waste materials and water leave your blood and enter your urinary system.

At first, the tubules receive a combination of waste materials and chemicals that your body can still use. Your kidneys measure out chemicals like sodium, phosphorus, and [potassium](#) and release them back to the blood to return to the body. In this way, your kidneys regulate the body's level of these substances. The right balance is necessary for life, but excess levels can be harmful.

The kidneys are powerful chemical factories that perform the following functions:

- remove drugs from the body

- Regulate the composition of your blood: Keep the concentrations of various ions and other important substances constant; Keep the volume of water in your body constant; Remove wastes from your body (urea, ammonia, drugs, toxic substances); Keep the acid/base concentration of your blood constant

Your kidneys release three important hormones:

- Erythropoietin, which stimulates the bones to make red blood cells.

- Renin which regulates [blood](#) pressure.

- Produce an active form of vitamin D that promotes strong, healthy bones

- Maintain your body's calcium levels.

We truly are fearfully and wonderfully made. Now that we have seen how vital our kidneys are, let's look at how we can protect them.

Tips to help keep your kidneys healthy:

- Keep your blood pressure at the target set by your health care provider. ...

- If you have diabetes, control your blood glucose level.

- Keep your cholesterol levels in the target range.

- Take medicines the way your provider tells you to. ...

- Cut back on salt.

Submitted by Freddie Ramirez RN

(Camp Meeting-Continued from page 1)

One of the biggest and happiest times for me is the final day. I'm not saying that I'm glad it's over. What I am saying is that I so much enjoy the baptism portion of Camp Meeting. It's such a blessing to see all the new members entering into God's Kingdom. I can imagine God smiling at His children when He sees them committing themselves to Him. It is especially a blessing to me because it was only a year ago, that I entered the lake at Camp Meeting and was baptized into the Seventh Day Adventist Church. My life is now devoted to God and all that I do, I do for Him.

I believe there were 17 souls that were baptized this year and I heard that there were commitments from a few others that want to be baptized in the near future. Praise God for His infinite love. Among those that were baptized by Pastor Jo-



Felicia Gretzky



Nelson Ferguson

seph, were two new members from our district. First there was Felicia Gretzky who was baptized and will now become a member of the Wisconsin Rapids Church. Next to be baptized was Nelson Ferguson and he will now become a member of the Almond Church. We are all happy that they have committed their hearts to Jesus Christ and pray blessings upon their journey.

Looking ahead? We have just over 350 days until we will be meeting at Camp Waukonda again. Praise God and have a great year with the Lord.

(Submitted by Rick Felts)

Camp Meeting sermons can be heard at <http://wi.adventist.org/article/97/resources/camp-meeting>

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If you would like to become a part of this publication, we would be honored to have your help. Please contact us...

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Mission Statement: To share the good news of Jesus Christ through our testimonies and through open communications, spreading our love so that people everywhere will be ready for the soon coming of Jesus.

Vision Statement: To bring the churches of our small district together as one, by openly sharing communications with each other, by enjoying significant relationships among the churches and its members and then by sharing this love throughout the community.

We are always looking for contributions to make this publication even more "your" newsletter. Please submit any announcements or writings you may wish to share with us for consideration. We are looking for any human interest, personal ministry items, anything that God has laid on your heart to share, and of course your personal testimonies. Please remember that this newsletters purpose it close the gap of communication and bring us together as one. Sharing with each other, will help in this area. Above all, keep our district in your prayers that God's will may be done.

Sheep Sleep Sweet

Sheep sleep sweet,
The reason why
Is they know their Good Shepherd
Is always near by.

He takes note of their every need
And of their every care,
He provides before hand,
Safely guides them everywhere.

Waters cool and clean
Grass so lovely, fresh and green,
Covers them from any wild attack
Nothing missing... there's no lack.

So sheep sleep sweet
And the reason why.
Is because their Shepherd
Is always close by.

Written by Nona Schmidt

Biopsies may Cause Cancer to Spread

A conventional biopsy is usually recommended as the best way to identify the presence of cancer, both before and after treatments. Needle biopsies involve taking tissue samples at various places in order to identify the presence of cancer cells. Official diagnosis of cancer cannot take place without a biopsy, resulting in the pressuring of patients to get one if they suspect a tumor.

Many doctors will insist that a person needs a biopsy, but the threat of spreading cancer far outweighs any perceived benefits. Those who receive biopsies will most likely experience unnecessary cancer spread and, following conventional treatment, will probably experience cancer reseeding. Cancer is known to develop at the puncture sites of biopsies.

(Submitted by Dorothy Tess)