

# GRACE NOTES

VOLUME 5, ISSUE 8

AUGUST 2019

**BRINGING UNITY, EVENTS & NEWS TO THE CHURCHES OF ALMOND, OXFORD,  
PORTAGE, REEDSBURG & THE WAUTOMA COMPANY**

## I Praise Jesus Behind Bars

*By Kenneth Wells, Jr., an inmate in Wisconsin*

I wake up this beautiful morning, and I begin to count my blessings!

Out of my window, I see one; Trees that are green and billowy! I turn away from the window to start my day. The usual commotion awakens suppressed feelings inside me. Men are yelling, cursing and fighting over the last remaining shower stall. This prison is a stepping stone to the devil's playground!!!

I try to forget the bars on the windows as I look out and I try to block out the arguing and cursing. But I cannot fight the emotions that flood my being when I close my eyes and think about my family. My loved ones are the ones I have hurt and humiliated because of my selfishness. As I ponder such thoughts, I am ashamed and embarrassed by my actions. The worst part of this whole prison ordeal is the same I carry on my shoulders, and the constant ache I have from being away from the very people who love me the most. This is not the life I wanted for myself!!!!

I go to my Lord in prayer as a crippled child carrying a cross. I picture my cross as having a huge block of wood on each side. The first block carries a bowl of hot tar- the lies, deceit, gossiping, cursing, cheating, and pain that swirl around me and inside me. On the other side, the block of wood holds a fragrant pot of gardenias, shiny and bright, containing my family, my friends, my new life, and my Bible!!!!!!

In my prayer, I imagine walking up to Christ and laying down my cross. He takes it without even asking any questions or looking disapprovingly at me. He points to a gleaming, white resting place on a glorious blanket of clouds, where I lay down my tired self. He guards me and watches over me as I sleep the most peaceful sleep I have had in years. As I awaken, he takes my hand and leads me to the pot of gardenias. I pick it up, and it is so light and easy to carry. The dreaded pot of tar is gone. God took it and then destroyed it for me.

That is what this ugly prison has done for me: brought me to Jesus Christ, my Savior. He has taken away the garbage I no longer want. God has not let this place destroy me. He has taken something monstrous and turned it into something beautiful. I have given God full control over my life, and he leads the way. Everything will be done in his time and through his will. As long as I keep my gaze upon his face, I will be just great!!!!!!!!!!

## Almond's August Events

August 1 Study Group 6:30 (Randal Wilson's apt)  
 August 2 Prayer Mtg. 7:00  
 August 3 Sabbath - Vegetarian Potluck  
 August 4 Bible Study (Anderson Home) 5:30  
 August 7 Study Group 7:00 (J+D Tess home)  
 August 8 Study Group 6:30 (Randal Wilson's apt)  
 August 9 Prayer Mtg. 7:00  
 August 10 Sabbath - Vegetarian Potluck  
**August 11 Prayer Breakfast (9AM @ the church)**  
**All are welcome**  
 August 11 Bible Study (Anderson Home) 5:30  
 August 14 Study Group 7:00 (J+D Tess home)  
 August 15 Study Group 6:30 (Randal Wilson's apt)  
 August 16 Prayer Mtg. 7:00  
 August 17 Sabbath - Vegetarian potluck  
 August 18 Bible Study (Anderson Home) 5:30  
**August 21-25 Weyauwega Fair Booth**

August 21 Study Group 7:00 (J+D Tess home)  
 August 22 Study Group 6:30 (Randal Wilson's apt)  
 August 23 Prayer Mtg. 7:00  
 August 24 Sabbath - Vegetarian Potluck  
 August 24 Devil's Lake Event (Mike Tess)  
 August 25 Bible Study (Anderson Home) 5:30  
 August 28 Study Group 7:00 (J+D Tess home)  
 August 29 Study Group 6:30 (Randal Wilson's apt)  
 August 30 Prayer Mtg. 7:00  
 August 31 Sabbath - Vegetarian Potluck

**Don't forget the breakfast  
 on the 11th  
 and the Devil's Lake get together  
 on the 24th!**

## Rest in Pesto

After our zucchini plant finally stopped producing, I penned this "zubituary" letting our neighbors know.

By: Gayle Malcolm of Simcoe, Ontario

It is with heavy hearts that we announce the sad passing of Ma Zucchini in her fourth month. Alas, she has gone to meet her baker! Foul play is not suspected, though a few seedy reprobates were grilled by the local police chef.

In the end, it was determined that Ma succumbed to root rot. A transplant was not feasible, and C(eed) PR failed to revive this once vibrant, beloved squash.

As a young seedling, Ma didn't have a row to hoe, but she put down roots in the hills, and eventually her inimitable Italian heritage saw her thrive and become one of the most prolific producers in the garden.

True, this stalky gal did go through a couple of rough patches, but she rose above adverseedy to take over her turf.

Any claims by English Ed, the lanky cucumber three rows over, who said, "Ma hogged more than her fair share of the garden and that her offspring should be fried for treason," must be disregarded. He doesn't have a leg to stand on!

If Ma were alive to defend herself, she would exclaim, "Are you pickled? I never promised you a rows garden, you oversized gherkin! Go soak in some brine."

Ma was predeceased by 265 of her 267 offspring, many of whom went to become casseroles, stews and breads. She is survived by a couple of young sprouts who had a marrow escape. She will be sadly missed by her neighbors, the Corn brothers (all ears), who, upon hearing of Ma's demise, remarked,

*(Continued on page 3)*

## New Feature of Grace Notes!

### Q&A

Anyone with any questions relating to the Bible or God or anything along that line, submit it and we will find an answer for it. Send your question to [gracenotesnewsletter.com](http://gracenotesnewsletter.com) or through the regular mail and I will forward them, anonymously, to our Pastor who will answer them.

### **Question:**

Due to Camp Meeting and this interim time before Pastor Steve settles in, this section has nothing in it but will return in the August edition.

Send in your questions early!!!

## **WHOLE WHEAT—HOW HEALTHY IS IT??**

Here is a little known fact that's often covered up by the massive marketing campaigns by giant food companies that want you to believe that "whole wheat" is healthy for you. . . .the fact is, that wheat contains a very unusual type of carbohydrate (not found in other foods) called **Amylopectin-A**, which has been found in some tests to spike your blood sugar HIGHER than even pure table sugar. In fact, amylopectin-A (from wheat) raises your blood sugar MORE than almost any other carbohydrate source on earth based on blood sugar response testing that's documented in studies. This means that wheat-based foods such as breads, bagels, cereals, muffins, and other baked goods often cause **MUCH higher blood sugar levels than most other carbohydrate sources**. If you don't believe me, here's something you should know...A blood sugar test was done using a blood glucometer about 45 minutes after eating 2 slices of wheat bread vs. eating a bowl of oatmeal, with equivalent grams of carbohydrates.

**The blood sugar test results of wheat vs. oatmeal:**

*(Continued on page 6)*

*(Pesto-Continued from page 2)*

"Aw, shucks!"

Funeral arrangements are incomplete at this time, but it is expected that Ma will be cremated (it seemed redundant to dig her up only to bury her again).

Dignitaries who are expected to attend the services include George Bushbean, Okra Winfrey, Don Cherry-tomato, Chili Nelson, Dill Gates, Yam Watestone, J. Pea Morgan, Elvis Parsley, Vince Dill, Bean Shallot, Rhubarb Streisand, Pota"toe" Blake, Mia Marrow and Bobby Oregano. Unfortunately, Bok Choy Rogers & Kale Evans, Edamame Sullivan, and Beet Davis could not attend.

Music for the service will be served up in spades by a heavy petal band. Ma's epitaph will read: "Bet You Can't Grow Just One!"

Any donations to vegetarians Anonymous or the local compost heap in Ma's name would be gratefully appreciated.

Rest her soul, and lettuce never forget her.

*Submitted by Nona Schmidt*

## Prophecy Highlights

*Submitted by Timothy Schmidt*



### Landmarks of the "the Daily" (Part Three)

2d. Length of the Visions. Now, the inquiry is, what means have we of getting a clue at the length of time that was to transpire before the coming of Christ to break down and subdue by the brightness of his coming the kingdoms of the world? Daniel says, (chap. viii. 13, 14,) "Then I heard one saint speaking, and another saint said unto that certain saint which spake, How long shall be the vision concerning the daily sacrifice and the transgression of desolation, to give both the sanctuary and the host to be trodden under foot? And he said unto me, unto two thousand and three hundred days; then shall the sanctuary be cleansed." By daily sacrifice, we are to understand the idolatrous sacrifice of Pagan Rome: by the transgression of desolation, the abominations of Popery; by sanctuary, the temple of Jerusalem and the Jewish church: by host, the Christian church. The question might be thus: How long shall the Jewish and Christian church be trodden under foot by pagan and popish powers? The answer was, unto 2300 days; then shall the sanctuary be cleansed. That is, the powers of the world shall no longer lord it over the heritage of God, and sin and evil shall no longer be found in the church.

... 7th. The time of the End. Daniel, chap. xii. 1, 4. And at that time, (time of the end) shall Michael stand up, the great Prince (Christ) which standeth for the people of God, &c. Here we are carried down to the resurrection, and glorification of the righteous. "The time of the end," in which we are now living, has not closed, nor will it until the END itself, when the mystery of God shall be finished, Christ come, and the righteous dead be raised incorruptible. It has been shown that the time of the end commenced in 1798, when knowledge was to increase, and when "the wise should understand;" verse 10. When, I ask, has knowledge so rapidly increased as within the last 40 years? More light has been given on the prophecies, in that time, than for ages before, and it is still increasing. At the 6th verse one inquired, "How long shall it be to the end of these wonders?" as spoken of chap. xi. And the 3 first verses chap. xii. Answer "A time, times, and a half;" viz., 1260 years, as already shown.\* "And from the time the daily sacrifice (rites of pagan Rome) shall be taken away, and the abomination that maketh desolate set up, (papal Rome, which was set up 30 years after) there shall be 1290 days;" verse 11. The rites of paganism ceased in Rome A. D. 508. The 1290 days would bring us to A. D. 1798, when popery fell. At verse 12, it is said, "Blessed is he that waiteth and cometh to the 1335 days." From A. D. 508 to A. D. 1843, is just 1335 days, or years. In the 13th verse Daniel is told, that at the end of 1335 days (years) he shall stand in his lot, of course, with all the redeemed.

... 9th. Synopsis of the calculation. Now it should be kept in mind that the 2300 days, or years, form the grand number in this stupendous prophecy, and cover the whole ground, from the commencement of the 70 weeks down to the resurrection of the saints, or the Second Coming of our Lord. There are several divisions of the time, covering this ground of ages, which seem to have been made in reference to peculiar events that were to transpire. I shall here present a synopsis of calculations, to show the reader what a harmony there is in the prophetic calculation, and what reason we have to expect a perfect fulfilment of all its declarations.

*(Continued on page 5)*

### Happy Birthday !!!

David Hahn	8/1	REEDSBURG
Dawn Hahn	8/1	REEDSBURG
Jason Hahn	8/3	REEDSBURG
Joseph Hahn	8/3	REEDSBURG
Anniversary-Todd & Deidra Roat	8/3	PORTAGE
Gordon Beggs	8/5	ALMOND
Jorge Gonzalez	8/5	ALMOND
Jack Brown	8/6	PORTAGE
Nate Jack	8/9	PORTAGE
Shirley Meddaugh	8/15	ALMOND
Anniversary-Duaine & Shelly Pixler	8/16	PORTAGE
Beth Strangstalien	8/18	PORTAGE
Steve Harvestin	8/19	PORTAGE
Stacy Taylor	8/25	OXFORD
Laurie Baartz	8/29	PORTAGE
Karen Blair	8/30	OXFORD
Shirley Corral	8/30	OXFORD



*(Prophecy-Continued from page 4)*

**(YEARS)**

└ From the decree to rebuild Jerusalem to the crucifixion of Christ,	490
From the crucifixion to the taking away the daily sacrifice, (pagan rites,)	475
From taking away the pagan rites to setting up the abomination of desolation, or popery,	30
From the setting up of the papal civil rule, A. D. 538, to its fall, 1798,	1260
Now add to the above numbers 45 and you get the grand prophetic number,	2300

*(Continued on page 6)*

**The Portage Patriots Pathfinder Club** is putting together a "Healthy Diet Cookbook" fundraiser. Please forward your favorite Recipes to Steve Collins at [fscdriver@yahoo.com](mailto:fscdriver@yahoo.com) Funds will be used to defray expenses to the Oshkosh world-wide camperee! The books will be beautiful to see and lay flat for maximum functionality as well. Each recipe will include the contributor's name. Be a part of the Pathfinders experience! We all need one of these!!!

If you have anything coming up in your church that needs to be promoted, please let us know. We would be happy to promote your event or to share stories of your event after it happened. We are also looking for human interest type stories or anything that has touched your life. Share with others so that we can all be touched in the way that you were. We all have a testimony!

*(Prophecy-Continued from page 5)*

Now, 45 years after A. D. 1798, the prophetic reckoning will be out, and the sanctuary will be cleansed. This brings us down to A. D. 1843.

<u>II.</u> From the decree to the death of Christ,	490
From the crucifixion to the taking away the pagan rites,	475
From the fall of paganism to the end, (see Dan. xii. 12,)	1335
This again gives us the grand prophetic number,	2300

III. in Daniel xii. 11, the angel mentions 1290 days, which is just the length of time from the fall of paganism to the fall of popery. In verse 12th he mentions 1335 days, which is the length of time from the fall of paganism to the END, as stated above. Therefore, the angel has given us the means of determining how long it will be from the fall of popery to the end. Thus, take 1335 and subtract from it 1290 the remainder is 45. Now, add 45 to 1798, which was the time that the papal power was to be taken away, and it brings us to the cleansing of the sanctuary, in A. D. 1843. "The Lord showed me that the 1843 chart was directed by his hand, and that no part of it should be altered; that the figures were as he

*(Continued on page 7)*

*(Wheat Bread-Continued from page 3)*

2 slices of whole wheat toast:

45 minutes after consumption: **Blood sugar spiked from 86 fasting level to 155.**

1 Bowl of Oatmeal (equivalent grams of carbs to 2 slices of wheat toast)

45 minutes after consumption: **Blood sugar increased from 86 fasting level to 112.**

Clearly, the whole wheat spiked blood sugar MUCH higher than the oatmeal, and if you don't know, **155 is a massive blood sugar reading** that will certainly contribute to faster aging if you eat wheat frequently. . .and most people eat wheat without even thinking about it at almost EVERY meal.

Not only that, but the high blood sugar spikes caused by wheat also makes your body pump out more insulin which makes you **pack on more body fat**. . .

Not fun at all!

These massive blood sugar spikes from eating wheat daily also cause damage over time, to your blood sugar regulation system, harming your pancreas, causing insulin resistance, and eventually causing type 2 Diabetes. I think we have a strong case against eating so-called "healthy" wheat!

**Reason #2 – Gluten and other gut-damaging compounds**

The topic of gluten is on fire in the media lately. . .

*(Continued on page 12)*

### Portage Events

Portage SDA Church email address is:

[portagesdachurch@gmail.com](mailto:portagesdachurch@gmail.com)

Portage SDA Church Facebook:

Type: Portage Seventh-day Adventist

Radio station:

WPSA LP 93.5 FM

### The Almond

Seventh Day Adventist Church  
will have a booth, sponsored and staffed  
by Dorothy Tess,  
at the Weyauwega Fair  
to be held Aug 21st -25th.  
Keep this Evangelistic outreach  
in your prayers!

(Prophecy-Continued from page 6)

wanted them. That his hand was over and hid a mistake in some of the figures, so that none could see it, until his hand was removed."



(Next Time) THE 1843 PROPHETIC CHART ON THE DAILY, AND THE TESTIMONY OF ITS DESIGNERS CHARLES FITCH AND APOLLOS HALE. (Refer to this 1843 Chart for future articles as well).

**Hello from Wautoma,**

One frequent question I hear is when will the new Wautoma English Church be ready for worship. I wish I had a better answer to that question. All I can say is that it will happen in God's time. I will say that we are making progress with the remodeling, but some weeks it seems to be slow progress. I am anticipating it to look like the churches built in the early 1900's and that it will be full and very active with God's spirit. I would like to remind you that no willing volunteer help will be refused and will be greatly appreciated.

On 7-21-2019, several brave water lovers ventured off to go tubing on the Wisconsin River, only to be turned away at the river banks during high water. It had rained over 3 inches in areas around central Wisconsin the two days before the trip. But all was not lost. The group moved from the Wisconsin River to the Fox River by Montello, and were all able to get plenty of sun and water on an enjoyable day. After the trip down the Fox, 29 friends (not everyone went in the water) met at the Anderson residents for their favorite Veggie-dog or Veggie-burger and other treats. It was a wonderful way to end a wonderful day.

We look forward in August, to the Waushara County Fair where in the past, there have been two Adventist booths. However, this year Dorothy's booth will not be there, due to a few family issues. Hopefully, next year. It is a nice opportunity to meet new friends and talk to people about our God and our church.

Alan Anderson  
 920-787-2580  
 alan.danderson@yahoo.com

**Wautoma Company-August Events**

8/2/2019	Vespers at Church to begin 1/2 hour before the Sabbath	8/17/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
8/3/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.	8/18/2019	Bible Study @ the Anderson's starting at 5:30 p.m.
8/4/2019	Bible Study @ the Anderson's starting at 5:30 p.m.	8/19/2019	Women's Group starting at 10:00 a.m. at the Andersons
8/5/2019	Women's Group starting at 10:00 a.m. at the Andersons	8/21/2019	Prayer Meeting and Prophecy study at 6:30 p.m.
8/7/2019	Prayer Meeting and Prophecy study at 6:30 p.m.	8/23/2019	Vespers at Church to begin 1/2 hour before the Sabbath
8/9/2019	Vespers at Church to begin 1/2 hour before the Sabbath	8/24/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
8/10/2019	Sabbath School/Church @9:30 a.m./11:00 a.m.	8/25/2019	Bible Study @ the Anderson's starting at 5:30 p.m.
8/11/2019	Bible Study @ the Anderson's starting at 5:30 p.m.	8/26/2019	Women's Group starting at 10:00 a.m. at the Andersons
8/12/2019	Women's Group starting at 10:00 a.m. at the Andersons	8/28/2019	Prayer Meeting and Prophecy study at 6:30 p.m.
8/14/2019	Prayer Meeting and Prophecy study at 6:30 p.m.	8/30/2019	Vespers at Church to begin 1/2 hour before the Sabbath
8/16/2019	Vespers at Church to begin 1/2 hour before the Sabbath	8/31/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.



## Recipe Corner

**Our potluck meals are the best.**

Share some of your best vegetarian or vegan recipes for others to try. Send it to us and we'll share it for you.

Healthy food doesn't have to taste bad!

This month you will see some of the recipes that were demonstrated and served at the Healthy Cooking Class held at the Reedsburg Church. The theme was Mexican breakfast, lunch and dinner. Enjoy!!!

A big thank you to Dawn and Rodney Hahn for sharing these with us...

### Agua Fresca

Mexico in my Kitchen

2 Cups pineapple, or watermelon, or cantaloupe, peeled, seeds removed and cut into cubes

4 Cups water

1/3 Cup sugar (Optional, Depends on the sweetness of fruit)

2 Cups ice cubes

Agua Fresca – Strawberry/pineapple

2 Cups fresh strawberries, hulled (Cold)

2 Cups fresh chopped pineapple (Cold)

2/3 Cup sugar (Optional, depends on the sweetness of the fruit)

8 Cups water

2 Cups ice cubes

Pineapple, Watermelon or Cantaloupe

Peel and de-seed fruit and cut into cubes. Place fruit in a blender with 2 cups water and sugar, puree until completely smooth. Pour the blender contents into a pitcher, add the 2 extra cups if water and the ice cubes. Taste for sweetness. Add more sugar if needed.

Strawberry/Pineapple

Hull strawberries, peel and chop pineapple. Place the cold fruit, sugar and water in the blender. Puree until smooth and frothy. Either pour into glasses with ice or pour through a sieve to remove the pulp and serve over ice.

### Tortilla Soup (Serves 4)

1 small onion, chopped

¼ - ½ jalapeño, de-seeded and chopped

5-6 Garlic cloves

*(Continued on page 11)*

## Are You In Need of ?

This section is intended as an outreach to help those with needs, also helping those with the need to free up space in their homes by donating those un-needed items to someone who may have a use for them. May God Bless you for your generosity. If you have items to donate to someone, please let us know.

715-572-0650

or [gracenotesnewsletter@yahoo.com](mailto:gracenotesnewsletter@yahoo.com)

**Business office desk. It is still in good shape but has seen many years of use so it contains minimal wear and tear on the front, around the drawers especially. All the drawers are in good working condition and the lockable drawer works.**

**30" tall X 60" wide. 715-570-2179**

**Large Tube Television**

**Contact Vera Spencer or [gracenotesnewsletter@yahoo.com](mailto:gracenotesnewsletter@yahoo.com)**

Does anyone have an old refrigerator that they would like to get rid of? I know of someone that could use one. Theirs no longer keeps cool and especially doesn't freeze anything in the top freezer any more.

(Contact [gracenotesnewsletter@yahoo.com](mailto:gracenotesnewsletter@yahoo.com))

### Almond SDA Church

Sabbath School: 9:30 a.m.

Worship Service: 11:00

Potluck follows service each week!

1340 Elm St.

Almond WI 54909

715-570-2179

[www.almondsda.org](http://www.almondsda.org)

### Wautoma SDA Company

Sabbath School: 9:30 a.m.

Worship Service: 11:00 a.m.

Potluck follows service each week!

535 S. Cambridge

Wautoma WI 54982

920-765-0961

[wautomawi.adventistchurch.org](http://wautomawi.adventistchurch.org)

**Website under construction!**

*(Recipes-Continued from page 9)*

1 medium red pepper, chopped  
 2 15 oz cans of black beans, drained and rinsed  
 1 28 oz can diced or crushed tomatoes  
 ¼ - ½ cup salsa of choice  
 1 can sweet corn or hominy  
 1 tsp cumin powder  
 ½ tsp smoked paprika  
 ½ tsp chili powder  
 4 cups vegetable broth  
 ½ - 1 tsp salt – to taste  
 Tortilla Chips (optional)  
 Cilantro (optional)

**Directions:**

Sauté the onions, garlic, jalapeno and peppers until softened. Add in the drained and rinsed black beans, tomatoes, salsa and sweet corn. Also, add in the spices, cumin, smoked paprika, chili powder and salt. Add the vegetable broth. Stir to combine. Bring to a boil. Lower heat and simmer, uncovered, stirring occasionally for 30 min. Serve in bowls. Top with tortilla chips and cilantro. (Optional)

**Next month, we'll look at recipes for Molletes and Crock Pot Pinto Beans/Refried Beans!!!**

I hope you're giving these fantastic recipes a try.

They are truly easy and very delicious!

**Oxford SDA Church**

Sabbath Worship Times

Sabbath School @ 9:15 a.m.

Worship @ 10:40 a.m.

322 E Chauncey St  
 Oxford, WI 53952-9064  
 608-586-5770

**Portage Seventh-day Adventist Church**

2100 E State Road 33  
 Portage, WI 53901-1468  
 608-742-4695

Pastor:

**Service Times:**

Sabbath School: 9:30 a.m.  
 Worship Service: 11:00 a.m.

**Reedsburg SDA Church**

115 S. Oak St.  
 Reedsburg WI 53959

Join Us This Saturday  
 Sabbath School: 9:30 a.m.  
 Worship Service: 10:30 a.m.

We have bible studies on Wednesday evening's at 6:30 at the church. We are starting the book of John on video.

# GRACE NOTES

Mailing Address:  
Grace Notes  
c/o Rick Felts  
9162 Boelter Lake Drive  
Almond WI 54909-9729

Phone: 715-572-0650  
E-mail: [gracenotesnewsletter@yahoo.com](mailto:gracenotesnewsletter@yahoo.com)

Contribution deadline is the 23rd  
of the month

## Disclaimer:

The stories, views and opinions expressed in this newsletter are those of the original authors and other contributors and do not necessarily reflect the official policy or position of the Seventh-day Adventist Church, Grace Notes or any of its staff. Thank you...

Pictures are best viewed on the website. <http://www.almondsda.org/district-newsletter/2019>



## Mission Statement:

Fostering Unity

## Vision Statement:

To be a resource which encourages and inspires unity in our church district; through inspirational thoughts, informative articles and testimonials; preparing for the soon coming of Christ.

## Ministry From Home

Have you ever thought of having a prison ministry? You don't have to leave your home to have this. A letter changes the life of an inmate every time they receive it. Pray that God will lead you to write an inmate. Give an inmate a blessing!

**Kenneth Wells 414034**

**Sturtevant Transitional Facility**

**PO box 903**

**Sturtevant, WI 53177**

## Letters to the editor...

If you have ideas, thoughts, complaints or opinions, write to us. This column will appear each month.

Send emails to

["gracenotesnewsletter@yahoo.com"](mailto:gracenotesnewsletter@yahoo.com)

Thanks,

Grace Notes Editor

*(Wheat Bread-Continued from page 6)*

But most people are confused as to whether there's any real health risks with gluten for the average person that doesn't have Celiac disease.

The truth is that even if you are not officially "gluten intolerant" or "gluten sensitive", there are hundreds of published studies that indicate that gluten can cause **inflammation in your digestive system**, and even cause "permeability" in your gut, which can lead to a health condition that's on the rise lately called **Leaky Gut**, as well as other digestive issues and autoimmune problems.

Scientists theorize that the reason gluten is causing these digestive system problems is due to the excessive hybridization of wheat over the last 50 years, which has created newly modified gluten molecules that are foreign to the human digestive system compared to the ancient wheat that humans ate for several thousand years historically, and even compared to the wheat that your grand-parents ate 50+ years ago.

### Reason #3 - Antinutrients and mineral blockers in wheat

The third reason that wheat is terrible for you is that it contains what's called "antinutrients", which are naturally occurring compounds in the wheat plant, but can cause undesirable effects in humans that eat too much of them.

One of these antinutrients is called *phytates*, which **blocks the absorption in your body of certain minerals like zinc, iron, manganese, and calcium if you eat wheat too often.**

Again, most people eat wheat with almost every meal (cereal in the morning, a sandwich at lunch, and pasta or bread at dinner), so this can cause a mineral deficiency in your body over time that leads to many health conditions.

Wheat has other mineral blockers and antinutrients aside from phytates, such as lectins. Lectins are another constituent of wheat that **causes gut irritation.** Yet another reason to minimize or eliminate wheat from your diet.

**There's absolutely nothing** "essential" about wheat in the human diet. . .It simply does more harm than good. . .period.

Many people often ask. . . "But what about the FIBER in wheat? I thought that's why it's supposed to be healthy?"

Sorry, you can get ALL the fiber you need from fruits, veggies, and nuts, without the digestive system damage and massive blood sugar issues that are caused by wheat.

~~This article was adapted from a website entitled:

<http://www.truthaboutabs.com/fat-burning-kitchen.html>

Contributed by: Dorothy Tess, Almond SDA Church