

Grace Notes

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

From the Pastor

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**SPECIAL
POINTS OF IN-
TEREST:**

- Adventist Evangelism
- New Name
- Evangelistic Series Schedule
- Schedules & Announcements
- Literature Distributions

Well church, your pastor and elders are hard at work for the church. We have just completed our 2nd Monthly Elders meeting/training session in which we have been focusing on learning to be better servant leaders, as well as other skills of effective church leaders. We have begun work on three aspects of church growth and development.

Evangelism— We are actively working on getting the three churches of our district involved in and working towards an evangelistically oriented outreach model. We are going to approach evangelism as an ongoing process and not simply an event on our calendars.

Reclamation— We will then begin our next area of focus in church ministry which will be a ministry focused at re-claiming non-attending members who have drifted away from our fellowship. We need to understand that these individuals have (for the most part) not abandoned the faith, but for a variety of reasons are no longer attending our churches.

Retention— Next we will be focusing on “closing the back door” of our churches. For far too long, some we worked with to gain to the Kingdom have disappeared from our ranks. We will be working on a discipleship system for the church which is intended to greatly reduce the number of individuals that drift away. We will be utilizing a pastor’s class as well as a discipleship system (Mentorship) to intentionally focus our efforts on member retention.

Please prayerfully consider how God may be calling you to assist the church in these vital ministries.



**Your Local
Church Elders**



A TURNING POINT IN ADVENTIST EVANGELISM IN NORTH AMERICA

by Jose Cortes Jr.

We should not venture into 2016 without renewing our commitment to be the people of hope, compassion, and wholeness to our families, neighborhoods, cities, and nations in our territory. The year 2016 could be a turning point in Adventist Evangelism in North America if we decide that we will intentionally collaborate, partner, and invest in loving people in our communities across the United States, Canada, Bermuda, and the islands of Guam and Micronesia, all together at the same time.

Under the direction of our North American Division President, Pastor Dan Jackson, and in collaboration with our Leadership Team, Unions, Conferences, Church Pastors and leaders, we have worked on several missional initiatives which will encourage us in our calling for 2016 and beyond. The objective is to help our churches in North America to work together in the mission, involving all of our members, and allowing people in our communities to realize how much God loves them and how important they are to us Adventists.

These missional initiatives are not intrusive, they are not meant to replace the great plans our local churches already have in place. These initiatives can be central or complementary; they can be the plan or be the help to enhance the plan that is already in place. They are great opportunities for our North American Church to unite and get inspired to do what Jesus does best, and that is, to love people. We pray they will be the launching pad to a paradigm shift in Adventist culture and lifestyle.

If we work together and receive the blessing of the Holy Spirit, 2016 can be a year unlike any other before, a turning point in Adventism for North America. It is time to lead, follow, collaborate, and venture into 2016 as an active part of the Church that proclaims the hope for a better future by blessing people in the present.

Pastor Jose Cortes Jr., is an Associate Ministerial Director and Leads Evangelism for the Adventist Church in North America.

(Submitted by: Pastor Joseph)

Personal Testimony

"The longer I serve Him – the sweeter He grows" this has been my testimony. I gave my heart to Jesus when I was 10 years old at a Baptist VBS –though I had been baptized and later confirmed as a Lutheran. But it wasn't until my early twenties that I yielded my heart to the Lord and He became my constant companion, friend, guide and Savior.

What have I learned in my walk with Jesus? I have learned that He is faithful – that He delivers – that He is on my side – that He loves me with an incredible unconditional love – that there is absolutely nothing too hard for Him to do – that He has never forsaken me – that He desires to prosper me and give me what is best for me.

These are just a few of the things He has taught me as I have learned to trust Him.



Jan Samson-Wis. Rapids

Has it always been an easy road to travel? No, but it has been the road that Christ chose for me. I have found that Jesus desires from me only a few things: that I learn of Him daily; that I yield all that I am and have to Him; and that I follow His example through the power of the Holy Spirit abiding in my heart.

As each year passes I have fallen more deeply in love with my Lord; serving Him has become my delight – a sweet - very sweet experience! If you have not yet given your entire heart and life to the Lord - I encourage you not to delay for I can testify that *"...the longer I have served Him, the sweeter He has grown."* Jan Samson

To a Dear Teen

Teen, know that you can run with Jesus' team.

Teen, do not run with the "culture" stream.

Jesus is calling you to a life of purity.

Teen, watch your behavior to have His security.

What place does Jesus have in your heart?

Let Him have the first place, so start!

Devote your life to knowing and spreading the "Good News",

So it will be "golden" and not the "blues."

Teen, let your life be an example for others to see,

So they, too, can run the race as one so free.

Then it's purity, it's security, it's victory!

Hooray for the youth--

Who live in Jesus' truth!

Glory, glory, as you tell the "glory story"!

Proclaim and continue to proclaim

The VICTORY in Jesus' name!

Written and Submitted by:

Delores Shudarek, Stevens Point

District Wide Evangelistic Meetings

As we prepare for our district wide evangelistic meetings in March/April, please let us remember Christ's method of TRUE SUCCESS:

1. He mingled with men as one who desired their good
2. He sympathized with them
3. He ministered to their needs
4. He won their confidence

Then He bade them, "Follow Me"

Let us work together as one army following the Captain of our Salvation and watch Him do wonders in this great work!

Forward March, People of God!

District wide evangelistic meetings begin on March 28th

<http://www.unlockrevelation.com/>

(Submitted by Maria Frank, Bible Worker)

We have a NEW Name!!!

Grace Notes

**Bringing Unity, Events & News
to the Churches of Almond,
Stevens Point and Wisconsin Rapids**

I would like to thank all of you who assisted with the renaming of our newsletter. We had 24 choices that were submitted to us by 10 different contributors. Our selection committee consisted of Pastor Joseph, Ken Wilson from Almond, Koreen Boettcher from Stevens Point, Andrea Hamilton from Wisconsin and myself. We were all pleasantly surprised by the choices that we were given to choose from. The names of the contributors or which church they were from was not known by the voters until after the choice was narrowed down and made. Our goal was to choose a name that would allow us to grow together as one district without carrying the name of any one church. After careful and prayerful consideration, we chose a name that we felt filled our expectations and was well liked by all. We then decided to add the subtitle as part of the new title, which can be changed easily as the district grows in the future. The contest winner for renaming the newsletter ended up being more than just one person, it was an entire family that worked together to come up with names. I'm very happy to announce that the Ferguson Family, from the Almond Church, was selected as our winner and will receive a beautiful Andrews Study Bible for their hard work. Congratulations to them and we pray that their new Bible will be a huge blessing to them.



"We enjoyed trying to think up different names, some were quite crazy. It was usually during a meal when we discussed possibilities. The name Grace Notes appealed to us because of its musical connection. A grace note is an embellishment that adds beauty to a song. God's grace adds beauty and much, much more to our lives."

Thank you from the editorial staff of Grace Notes to the following contributors for their entries: Nona Schmidt, Lois Watters, Marcia Hines, Doug, Jennifer Rueden, Mary Boehm, Bill Boehm, Jeff Samson, Pam Thomas and of course the Ferguson Family.

Your contributions were greatly appreciated by all of us. Keep sending us your personal testimonies, stories or any other ideas to make this publication even more interesting for all of us and always remember that to God be the glory!

(Submitted by Rick Felts-Grace Notes Editor)

Does God answer prayer?

Atp: Answer To Prayer Testimonial

By: Bart Kuhlmann, Stevens Point Church

Upon returning back to WI from the southern states, I started substitute teaching day by day in various elementary and high schools. I was a troubled youth growing up so I have found that the best demographic for me to reach out to are junior high and high school students (and older). As I was putting my time in substituting, in a different school in a different grade almost every day for 3 months, I started to pray for a long term substitute teaching job, and praying that God would land me a job teaching either 8th grade social studies or 8th grade science. 8th grade is the highest grade I'm certified to teach. Long story short, a guy who works with my Mom, who is also a teacher in the Wausau School District, remembered me from college and when he heard I was back home, invited me to his baby shower. Here he told me that he was going to be taking a leave of absence for paternity leave (and to travel to China for a month) and he offered me the job teaching his **8th grade social studies** class while he was away. The doors opened up, and I taught that class for 8 weeks (Dec.11-Feb.19). I found myself having to go back into the day by day substituting once my long-term position ended (in Feb.) I started to pray again for *another* long term position. It was about 2-3 weeks prior to the end of my first long term job, and the teacher across the hall from me, who teaches Science, asked me if I would be interested in taking his job while he was out for 10 weeks (because of a surgery). He teaches 8th grade science...!!! He works with the same group of students that I had been working with ever since December!! I gladly accepted the offer, and once again, the doors opened up. Now I am teaching **8th grade science** as of Feb. 24 until May.

Please pray for the 100+ students I work with, for God's continued presence in the school, and for my next opportunity to open up! :)

James 1:17

Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.

God bless,
Bart K.

A NEW SOUL HAS BEEN ADDED TO GOD'S KINGDOM

On February 6th, Pastor Joseph had the honor of baptizing Juan Fuentes into God's Kingdom. Juan is a cousin of Sam Lopez Jr. and was attending the Stevens Point Church.

Congratulations Juan and welcome to our family.



Error as Parasites on Tree of Truth

Satan has wrought with deceiving power, bringing in a multiplicity of errors that obscure the truth. Error could not stand alone, and would soon become extinct if it did not fasten itself like a parasite upon the tree of truth. Error draws its life from the truth of God. The traditions of men, like floating germs, attach themselves to the truth of God, and men regard them as a part of the truth. Through false doctrines Satan gains a foothold, and captivates the minds of men, causing them to hold theories that have no foundation in truth. Men boldly teach for doctrines the commandments of men, and as traditions pass on from age to age, they acquire a power over the human mind. But age does not make error truth, neither does its burdensome weight cause the plant of truth to become a parasite. The tree of truth bears its own genuine fruit, showing its true origin and nature. The parasite of error also bears its own fruit, and makes manifest that its character is diverse from the plant of heavenly origin. {Lt43-1895 (June 14, 1895) par. 41}

Does anyone know the depths of the Great Controversy? When striving to be perfect in Christ and by the Holy Spirit begs the question of how much we know about sin and the dangers of false teaching. This is fundamental to the times in which we live. We must question every "doctrine" that comes from any other source than the word of God, even among our own interpretations, Especially from our own interpretations. (Mat 15:9)

(Submitted by Ken Wilson)

WISCONSIN RAPIDS CHURCH SCHEDULE OF EVENTS



SCHEDULE

Mar 2	Bible Study, 6:30 p.m.
Mar 5	Radio Station dedication, 4:00 p.m.
Mar 9	Bible Study, 6:30 p.m.
Mar 12	Pathfinder/Adventure Meeting, 6:30 p.m.
Mar 14	Board Meeting, 6:30 p.m.
Mar 16	Bible Study, 6:30 p.m.
Mar 23	Bible Study, 6:30 p.m.
Mar 26	Pathfinder/Adventure Meetings, 6:30 p.m.
Mar 27	Healthy Cooking Class 10:00 a.m.
Mar 28	Unlock Revelation Evangelistic Series

SAVE THE DATE:

- *Potluck—Each Sabbath—Join us for great food and fellowship*
- *Bible Study each Wednesday at 6:30*
- *Pathfinder and Adventurer Meetings 2nd and 4th Sabbaths*

ANNOUNCEMENTS

Wisconsin Rapids' Adventurer's and Pathfinder's Clubs meet at 2:00 on the 2nd and 4th Sabbaths each month.

How would you like your home to be a witness? Please join us on the second and fourth Sabbaths at 2:00 as we study topics to learn how to be a witness for the Gospel in our homes.

Food Drive: We are collecting non-perishable food items for our fall/winter food drive.

Did you know we have an emergency food pantry and clothing supply for those in need? If you know of a person or family in need, contact Joe Ann Cephas (Community Service) or Trudy Stephenson (Head Deaconess). We would like to help.

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

91.7 WRAO RADIO

NOW BROADCASTING AT FULL POWER!!!

24/7 Gospel Ministry reaching those in need.

RADIO STATION FUND RAISING CHALLENGE

We have been given a challenge to raise funds for God's radio station with the goal of paying off the loan by May 31st. Beginning immediately, your financial contributions will be matched dollar for dollar up to \$50,000!! That is an amazing challenge and a wonderful opportunity! Please prayerfully and sacrificially consider how you can help.

Radio Station dedication, March 5th at 4:00 p.m.

Join us for a wonderful afternoon of music and fellowship,
followed by the dedication at 4PM and a light evening meal.

Visit us on the web at:

www.WRAOChristianRadio.org



COUNTRY LIFE NATURAL FOOD ORDERS

Country Life Natural Foods, a division of Oak Haven, Inc., is a wholesale and retail distributor of natural, organic and vegetarian foods as well as a resource for physical and spiritual health. Orders are coordinated through Pam and Dean Thomas. Order deadlines are noon on the following days:

- March 9th
- April 13th

If interested in ordering, contact Dean @ 715-644-8183 or Pam @

715-644-8399

or email sdafmly@gmail.com

For more information on Country Life Natural Foods, visit: www.CLNF.org



THE GIVING TREE

“For the poor will never cease from the land; therefore I command you, saying, ‘You shall open your hand wide to your brother, to your poor and your needy, in your land.’”

Deuteronomy 15:11



Our Giving Tree is up and we are so excited to tell you about it!

The Giving Tree project is a perpetual giving tree...giving to our community in many different ways. We will be working with various agencies and projects within Wood County to see a need and fill a need.

The Giving Tree for February and March is for the Chemotherapy Recovery Bags project started by Amy Dorshorst. We are working with Amy to reach a goal of 180 bags. Most chemo patients are in need of the following items after their therapy: ginger or chamomile tea bags; individual sized Kleenex, small water bottles, no scent chap stick, hard candies.

If you would like to be a part of this important community service, simply pick an item from The Giving Tree. Next, write your name on the sign up sheet next to the corresponding number on your item. Purchase the item over the next few weeks. Bring your donation to church and place it under The Giving Tree along with the tag. It's that simple!

ALMOND SDA CHURCH SCHEDULE OF EVENTS



March Events

(Visit our NEW website!)

www.almondsda.org

- Mar. 2 Community Bible Study (Great Controversy) 7:00
- Mar. 4 Prayer Mtg. (Unity) 7:00
- Mar. 5 Sabbath—Vegetarian Potluck after (Msg. by Mike Tess)
- Mar. 5 Church Plant Mtg. 3:30 being held in Wautoma
- Mar. 6 Bible Study (Anderson Home) 5:30
- Mar. 9 Community Bible Study (Great Controversy) 7:00
- Mar. 11 Prayer Mtg. (Unity) 7:00
- Mar. 12 Sabbath—Vegetarian Potluck after (Msg. by Ray Tess)
- Mar. 12 Church Plant Mtg. 3:30 being held in Wautoma
- Mar. 13 Bible Study (Anderson Home) 5:30
- Mar. 16 Community Bible Study (Great Controversy) 7:00
- Mar. 18 Prayer Mtg. (Unity) 7:00
- Mar. 19 Sabbath—Vegetarian Potluck after (Msg. by Pastor Joseph)
- Mar. 19 Church Plant Mtg. 3:30 being held in Wautoma
- Mar. 20 Bible Study (Anderson Home) 5:30
- Mar. 23 Community Bible Study (Great Controversy) 7:00
- Mar. 25 Prayer Mtg. (Unity) 7:00
- Mar. 26 Sabbath—Vegetarian Potluck (Msg. by Maria Frank)
- Mar. 26 Church Plant Mtg. 3:30 being held in Wautoma
- Mar. 27 Bible Study (Anderson Home) 5:30
- Mar. 30 Community Bible Study (Great Controversy) 7:00

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.

Being a Christian is like being a pumpkin...

God picks you from the patch,
Brings you in and washes all the dirt off of you.
Then He cuts off the top, and scoops out all the
yucky stuff.

He removes the seeds of doubt, hate and greed.
Then He carves you a new smiling face and puts
His light inside you, to shine for all the world to
see.

Author Unknown

(Submitted by: Nona Schmidt)

Wautoma Church Plant Update

We may start meeting for Sabbath Services by the Easter weekend. Watch for confirmation and time.

We have been meeting with Sam Mario Lupe and Edgar Lopez for the last month. They are eager to assist us with the Spanish population in the area. We are looking forward to seeing what miracles God does in this area of the Church plant.

Thank you all for your continued support in this endeavor.

(Submitted by: Alan Anderson)

Evangelistic Series

[Unlock Revelations](#)

Presentation Schedule

Our Day in Bible Prophecy	Monday-March 28, 7:15
The Master Key to Bible Prophecy	Tuesday-March 29, 7:15
The War Behind All Wars	Thursday-March 31, 7:15
Unfolding the Revelation	Friday-April 1, 7:15
Revelation's Global Peace Plan	Saturday-April 2, 7:15
Revelation's Eternal Sign	Monday-April 4, 7:15
History's Greatest Religious Cover-Up	Tuesday, April 5, 7:15
Revelation's Time of the End	Thursday, April 7, 7:15
The Mystery of Death	Saturday, April 9, 11:00
Revelation's 1000 Years	Monday, April 11, 7:15
Revelation's Lake of Fire	Tuesday, April 12, 7:15
A Thief in the Night	Thursday, April 14, 7:15
The US in Bible Prophecy	Saturday, April 16, 11:00
Buried and Forgotten by God	Monday, April 18, 7:15
Fitness for the Crisis	Tuesday, April 19, 7:15
Babylon Rising	Thursday, April 21, 7:15
The Mark of the Beast	Saturday, April 23, 11:00
The 144,000	Monday, April 25, 7:15
The Scarlet Woman	Tuesday, April 26, 7:15
Back from the Wilderness	Thursday, April 28, 7:15
The Unpardonable Sin	Saturday, April 30, 11:00

(Same schedule at all 3 Churches)

Community Dinner

On February 14th the Wisconsin Rapids Seventh-day Adventist Church held a dinner to share a meal with those in the community. The dinner's theme was based on 1 Corinthians 13:4-7 and opened with a short talk from Pastor Joseph on the meaning of love. The attendees enjoyed a lovely meal of rotini pasta or stuffed shells served with tossed salad, garlic bread, bruschetta and a wide variety of scrumptious desserts.

After the meal, Andrea Hamilton led out in an interactive icebreaker to help each attendee get to know those who were present at the meal. This activity was very engaging, and many seemed to enjoy getting to know their neighbor. Following the icebreaker was an obstacle course where each station challenged the attendees' understanding of the nature of love, helping them familiarize themselves with the qualities of love as stated in 1 Corinthians 13:4-7. For instance, one of the stations was a 'guess who' game where each person listed two qualities that easily identified them. Then another individual, on the other side of the divider, had to guess who they were based on those qualities. The game helped convey the importance of diversity as it contributes to unity. Everyone is not the same, but everyone is singularly important because of their contribution to the whole. Even the children participated in the events. The evening concluded with a closing thought of what each station was meant to teach us and a closing prayer. It was a lovely time with good food and good friends, both old and new.

(Submitted by: Natalie St. Bernard)

PERSONAL MINISTRIES



One morning I was driving to work and this older secular song came into my head "I can't fight this feeling anymore...." I am sure many of us have heard this song before but I was wondering why did this just pop into my head?

**And I can't fight this feeling anymore/I've forgotten what I started fighting for
It's time to bring this ship into the shore/and throw away the oars, forever
REO Speedwagon, 1984**

And I can't fight this feeling anymore...

As I thought about the landscape of my life I can see how the Lord has been working with me to show me His awesome love....that is beyond scope! He says to me "I have loved you with an everlasting love; I have drawn you with unfailing kindness" Jeremiah 31:3. I am sure as you view your own life and connect the dots you can see God's unfailing love that "God did not spare even his own Son but gave him up for us all, won't he also give us everything else?" Romans 8:32. I am only alive by the mercy and love of God, and the Lord wants to bless us, but most importantly he wants a relationship with me. ME!! Sure he blesses us with material things but a relationship with his created prized human is what he ultimately desires. A father longs for his child to love him and enjoy time with him. God is no different. "And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent" John 17:3 God has been wooing you from your birth to enter into the most awesome and vibrant relationship that you will ever know. Have you felt this call to your heart? Have you felt a renewing feeling of his presence lately? Is the Lord impressing you? What is the Lord calling to your heart? I can't fight this feeling anymore.

It's time to bring this ship into the shore...

Then my mind drifted to another line of the song: "It's time to bring this ship into the shore". My mind jumped to some of my personal struggles—things that I know the Lord wants me to give up. But it is more than that, so much more than that. Even if I give up something there is always the next thing in the sea of life to distract, discourage, or tempt us. Ships are tossed about by the winds and storms that come....much as this life has it's uncertainly, strife, guilt, fear, depression, worldly cares and temptations. We will never be able to navigate our way through the calamitous sea of life. So I realized the Lord was not only

(Continued on page 14)

STEVENS POINT CHURCH
SCHEDULE OF EVENTS



March – Upcoming Events in the year of our Lord 2016.

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.

Announcements:

- Sabbath, March 5 – 2:00 p.m. – We will have a prayer meeting in the Sanctuary.
- Sabbath, March 5 – 2:30 p.m. – Karen Ferguson from Almond is coordinating a music program at the Rapids Church. This will be followed by a dedication of the Radio Station at 4:00 p.m. and then a light supper after. Karen is hoping to have a few folks from each church in the program, so if you would like to join in, contact her at 715-527-8587 or call Marilyn at 715-498-4144 for info.
- Wednesday, March 9 – 4:30 p.m. – Quilting will meet in the fellowship room.
- Sabbath, March 19 – 2:00 p.m. – Song and fellowship down the street.
- Monday, March 28 – Unlock Revelation. A series of meetings presented by Jasper St. Bernard. Volunteers are needed to help with the meetings! Any help you can give is greatly appreciated.
- WRAO FM 91.7 Radio Station Info – We have an offer to match funds for the radio station. If you would like to help, please mark your Tithes envelope "Rapids Radio Station". No later than May 15th, Thanks.

"For the time will come when men will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths. But you, keep your head in all situations, endure hardship, do the work of an evangelist, discharge all the duties of your ministry."
2 Timothy 4: 3 - 5 NIV

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

MONTHLY HEALTH NUGGET

The Human Heart

The human heart is the most important organ in the body. If the heart stops beating, we will die. The heart is mainly just a pump that circulates blood throughout the body. This circulation is essential for many reasons. The tissues of the body need a constant supply of nutrition and oxygen in order to live. This pump is vital to all other functions in the body, even though it is only about the size of a large fist.

Human heart function

The heart circulates blood throughout the body. The blood supplies oxygen and nutrients to the tissues while removing carbon dioxide and other wastes from the body.

The blood circulates through two pathways: the pulmonary (lung) circuit and the systemic (body) circuit.

Used or deoxygenated blood from the body comes back to the heart. The right atrium pumps it to the lungs where it picks up oxygen. (That's why we should breathe in fresh clean air)

This oxygenated blood flows from the lungs to the left atrium of the heart, then to the left ventricle where it is pumped out to the body through the arteries. This blood circulates down to give life to the tiniest of capillaries. The used up, dirty blood then begins its assigned circuit through the veins back to the heart. This happens about 100,000 times a day and this is one of the ways that life is maintained in the body.

The heart is the first organ to receive fresh blood. As soon as it leaves the heart, two sets of arteries bring oxygenated blood to feed the heart muscle. Blockage of any of these arteries can cause a **heart attack**, or damage to the muscle of the heart. A heart attack is different from a cardiac arrest. A **cardiac arrest** is a sudden loss of heart function, usually as a result of electrical disturbances of the heart rhythm. A heart attack can lead to cardiac arrest.

What makes the heart "beat?"

The sinoatrial node (SA node) produces the electrical pulses that drive heart contractions.

The heart contains electrical "pacemaker" cells, which cause it to contract — producing a heartbeat. "Each cell has the ability to be the 'band leader' and have everyone follow." In people with an irregular heartbeat, or atrial fibrillation, every cell tries to be the band leader; this causes them to beat out of sync with one another.

In a healthy heart, the atrium contracts to push the blood into the ventricle. Next, the ventricles contract. The right ventricle pushes blood to the lungs while the left ventricle simultaneously pushes oxygenated blood throughout the body. They then relax for a second or so and the cycle repeats all over again.

Valves prevent backflow, keeping the blood flowing in one direction through the heart.

Now that we have gotten a glimpse of the function of this amazing organ God has given to each of us, we need to learn what we can do to keep it healthy. The next edition will contain some ideas and principles to follow. Also we will learn some warning signs of heart failure.

(Submitted by: Freddie Ramirez, RN)

Literature Distribution

We have been getting together in small groups to distribute literature and inviting the public to the Evangelistic meetings that are coming up beginning March 28th. Groups from all 3 churches handed out literature in the area. We need your help to spread the word and invite everyone possible. It's our duty as Christians to share the Gospel. Let's all do our part in bringing as many as possible into His kingdom. Look for more opportunities to help with distribution in the near future!



Stevens Point



Wisconsin Rapids



Almond

Literature distribution crews

Almond SDA Penny Drive



"Change" for change!

Continue saving your pennies, nickels, dimes and quarters; you know, that loose change that collects in our pockets every day? That change can help to change a life. At the end of each day, place your loose change in a jar or can. Every week purchase a dollar or two of pennies and hang on to them. In mid November we will push the wheelbarrow down the aisle and give you the chance to dump your pennies and other change into the wheelbarrow. This money will be donated to send some deserving kids to Camp Wakonda through our "Worthy Camper Fund." Please help with the effort to effect change! Our personal goal is 100,000 pennies. Together, with God's help, we can help to make a change in some deserving lives! **To God be the glory!**

Let's "change" this—to THIS!



Act 20:35 In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, **'It is more blessed to give than to receive.'**



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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.

(Personal Ministries—Continued from page 10)

calling to my heart to (give up this, leave that, repent of this), but to say and mean “I will forsake all for you Lord” (and bring this ship in)! The Lord doesn’t just want you to just give up things. He wants you to cling to him and be led in this life to glorify him in everything. He says, “You will seek me and find me when you seek me with all your heart” Jeremiah 29:13. As we seek him with all our heart a beautiful transformation will take place, the indwelling of the Holy Spirit. Each will walk in righteousness as one allows the indwelling of Jesus Christ through the person of Holy Spirit to lead our life (Romans 8:4). “For in him we live, and move, and have our being.” Acts 17:28. In everything to say “yet not as I will, but as You will.” Matthew 26:39. Currently the Gospel is being shared like never before. The Lord wants us to seek him with all our heart so that we may be effective workers for him to share the message. The Lord not only wants you to leave the sea of worldly cares, sin, and other distractions but to reach the community around you. To cling to, rely upon, and trust in every circumstance as your constant companion. Are you ready to follow Christ? Are you ready to ask for indwelling of his Spirit? Are you ready for constant companionship with Christ abiding in you? It’s time to bring this ship into shore.

And throw away the oars forever...

The next line (“and throw away the oars, forever”) had its own message for me. I thought of James, John, and Simon Peter who had been fishing all night without success. Jesus just ups and tells Peter, “...Launch out into the deep, and let down your nets for a draught.” Luke 5:4. These professional fishermen had been running around in the sea of life toiling away but they knew there was more (as they had been witnessing Jesus) so they chose to follow: “...nevertheless at thy word I will let down the net” Luke 5:5 and behold “they enclosed a great multitude of fishes: and their net brake” Luke 5:6 They were much astonished! Convinced by the Spirit of their sinfulness, Jesus reassured them: “Fear not; from henceforth thou shalt catch men” Luke 5:10. They knew that their calling was sure and that Jesus had called them to spread the gospel. “Faithful is he that calleth you, who also will do it.” 1 Thessalonians 5:24 “And when they had brought their ships to land, they forsook all, and followed him.” Luke 5:11. When we enter into a relationship with our Lord we naturally are called to spread the Good News with others. We are on the precipice of time and the Good News is being spread far and wide. May the Lord guide you in every circumstance to Love our fellow neighbor and direct others to the peace and healing that Christ offers. Have you forsaken all? What is your calling, what is your ministry, how can you help the church with its evangelistic efforts? How can you make ministry apart of your daily life? How will you spread the gospel in a small way to someone today? And throw away the oars forever!

(Submitted by: Matt Riggle)