

# Grace Notes

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

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## From the Pastor

### First District Wide Evangelism Effort

Hello recipients of the Grace Notes. It is hard to believe that we are all engaged in evangelism at the same time. But God is good and we are reaching high together. I would like to personally and publicly thank each and every one who boldly stepped up to answer the Lord's calling. I can't express how very impressed and proud I am of our district. So many of you have been going the extra mile, what an amazing blessing you all are. God bless you. This could not have happened without a lot of hard work and dedication on part of a lot of the Saints.

I am looking forward with great anticipation in seeing how the Lord will bless our efforts. May we lift up Jesus high and exalted that all men may be drawn unto Him. Our focus this month is on evangelism, which I know has been taxing and exhausting, however I believe it will be exciting and fulfilling as well when we look back and count our many blessings as a result of our outreach.

Let's all welcome whomever and as many as the Lord brings into the fold. We are on the brink of a great many blessings as we grow and learn from the Holy Spirit and each other how better to seek and save that which is lost. I know what you may be thinking, I can't even save myself, so how can I save others? The answer is simple my friends we can't, but Jesus can, we must lead them to Jesus. So let's take the lost by the hand and lead them to Jesus, in doing so we cooperate with Him and the Holy Spirit.

Let none lose sight of the prize, eternal life with Christ. What a wonderful day that will be when Jesus declares, "Well done, thou good and faithful servant: ...enter thou into the joy of thy lord." Oh how I long to hear those words and I know you are too. Thank God for His faithfulness. We can know with certainty that the Lord will fulfill His promises. Let's all pull together and finish this great and mighty work so we can all go home to be with the Lord, now and forever.

God bless you all.  
With all my Love your Pastor  
Joseph Perricellia

**UNLOCK  
REVELATION  
SERIES  
HAS  
BEGUN**

**JOIN US  
FOR  
GREAT  
BLESSINGS**

**BRING A  
FRIEND!**

# SURVIVAL FOOD

In case you ever find yourself forced to forage for wild foods and/or herbal medicines, here's some useful information that will help. Knowledge of these plants could very well save your life. There are five questions you need to know about edible, non-toxic plants: What is it good for? Where do I find it? How do I identify it? How do I prepare it? And can I cultivate it in my garden?

Various edible, non-toxic plants can provide: essential forms of energy that serve as fuel for the body; essential vitamins and minerals that prevent certain debilitating conditions such as Beriberi and Scurvy; or serve to replace essential health remedies that we normally keep in our medicine cabinets such as aspirin, antacid, and cough suppressant. There are wild food sources; natural sources of vitamins and minerals; and plants that serve as natural forms of medicine. Wild food sources would include: leafy vegetables, roots, tubers, bulbs, fruits, berries, nuts, and seeds. Each of these provides essential vitamins, minerals, fats, proteins, and/or carbohydrates. Natural sources of vitamins and minerals are what we must have in sufficient quantities to function properly. Natural Health Remedies include common plants that alleviate common ailments such as coughs and upset stomachs as well as replacing antiseptic and antibiotic ointments.

## 1. Curly Dock (Rumex spp.) (Leafy vegetable)



What is it good for? High in vitamins and minerals: Vit. A, E, C, K, iron, magnesium, manganese, calcium, folic acid carotenoids, and Omega 3 fatty acids; high in fiber; keeps digestive system working properly; contains antioxidants which helps prevent cell damage.

Where do I find it? Abundant throughout North America—moist, cultivated or disturbed soils, pastures, fallow fields, field edges, and fence rows.

How do I identify it? Height is 1 to 5 ft; long, slim, lance-shaped, green leaves up to 20 inches in length with distinctly wavy edges. There are several species of the Dock plant, but all are edible. Their taste ranges from highly palatable to extremely bitter with a slightly lemony taste.

How do I prepare it? The leaves are most often eaten in a salad similar to lettuce, or steamed or stewed, and eaten like spinach or mustard.

Will it grow in my garden? Yes, the Dock plant can be cultivated in gardens and flowerbeds throughout the lower 48 states. Dock prefers open sunny areas, moist, cultivated, and well-drained soil.

(Submitted by Dorothy Tess)

## Reflections on Grace Leading to Salvation

I know I will receive at some time in my past, present or future, by saying these things that are hard.

How do we get grace?

Grace is done by God, all you have to do is be there, be here, be good. and go to His Word.

You have to react, you can't remain unaffected.

He knows how much or little a man or woman needs.

He knows us before we were conceived and after our deaths.

If you believe in God, you shall not want for anything, even grace, which is always there.

And this is done by God and us working in union to One another.

This is the wiping of the hands of my physical nature and the Spirit's world.

And with grace leading as if by the hand: comes faith.

But we must empty ourselves of the grace we received from God, freely.

I want to say; what is freely given to me, I freely give to you.

This gift-giving must be done by the one that expects to receive more grace after

(Continued on page 4)

## Thorns of love

Thorns of love upon His head,  
He really did what He said  
Shed His blood for you and me  
Died on the cross at Calvary.

Was raised by His Father from the  
dead

In exactly three days like He said.  
Up in Heaven He pleads our case  
So we can behold Him face to face.

So don't draw back  
In doubt or despair,  
Cause He'll give you His best  
Love and care.

Praise Father, Son & Holy Spirit too  
For, Oh, such great love  
Has He for me and for you.

(Written by Nona Schmidt)

## Personal Testimony

### Never Give Up on Your Loved Ones

My mother was a Seventh-day Adventist and my dad a Lutheran and they remained so through their 69 years of marriage. They had four children who were all baptized in the Lutheran church as infants and in the Adventist church as early teens. Two of my three brothers remain Adventist today. I left the church at the age of 21 and followed my own way for 38 years. One of my brothers became an Adventist minister; I know that not only my mother but my two brothers in the church continued to pray for me fervently all of those 38 years. My mother died in 1999 before I came back to the church.



Koreen Boettcher  
Stevens Point

A few years after my parents' deaths, my brother, the pastor, was tested for extremely high blood pressure, which registered at 200/100, his creatinine level was +10 and his kidney function was at 24%. He and his wife spent 17 days at the Wildwood, GA, Lifestyle Center, but in January, 2004, he was scheduled to go on dialysis. After some soul-searching on my part and nearly a year of dialysis on his, I decided I would donate a kidney to him, if we were a match. After a few tests, we found out we were compatible and we started the process needed to undertake a transplant. In October, 2004, I was honored to be able to donate my kidney to my brother.

In 2005, this same brother called me to ask how far Elgin, Illinois was from St. Charles, where we lived. I responded that it was about 20 minutes away, knowing what was coming next. Whenever he asked how far we were from a certain town, it was because there was going to be an evangelistic series there and he wanted us to attend. Up to this time, we never had. When I told him it was 20 minutes, he said "Good! Because there's a series starting there and I've registered you and Barry". I don't recommend this as a way to live your life, but I always believed in the teachings of the Adventist church and knew that someday I would return to it. So I was very willing to attend the meetings.

The rest is history; after taking Bible studies (twice), we joined the Elgin SDA church on September 30, 2005. My brother and sister-in-law traveled from Delaware so he could baptize us. During the ceremony, he stated "She gave me the gift of life; God gave her eternal life." I know this was a direct result of my mother's urgent prayers for me her whole life but especially after I left the church, and the prayers of my brothers. Talk about God's timing!!! For some reason, He thought that 38 years was just right but I am so thankful it happened His way. We became members of a very loving church who guided us all the way.

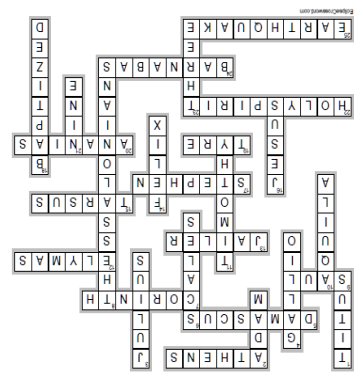
So, prayers for your family and loved ones do work, no matter how long it takes. We should never give up on them!! Please join with me as I continue to pray for my youngest brother so that all four of my mom's children will be raised with her when Jesus comes again!! I can't wait to see her face!!

**Another sheep entered the fold** in Stevens Point on Sabbath, March 12<sup>th</sup>, with the baptism of our brother, Eleazar Rodriguez.

Eleazar had been searching and studying the Bible for some time and came to believe the truth of the Bible Sabbath. He was then convicted by the Holy Spirit that in order to be part of God's remnant people, he needed to keep the Sabbath. He started looking for a church that kept the Bible Sabbath and contacted the Stevens Point church. A friendship ensued with Pastor Guerrero and they started Bible studies. Eleazar has now given his life to Jesus! He says one of his favorite promises, "Delight yourself in the Lord and He will give you the desires of your heart" (Psalm 37:4) was answered, as his great desire was to be baptized and have true knowledge of Scripture.



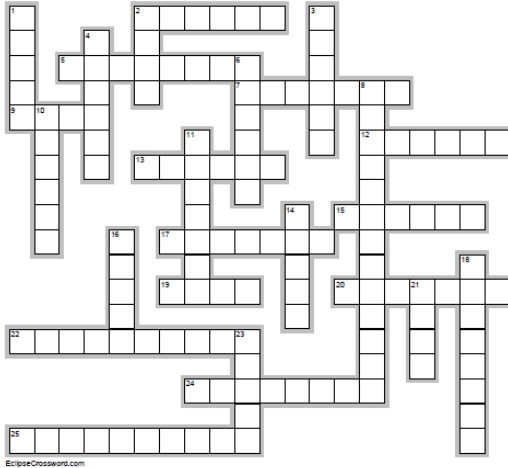
Congratulations and God Bless You, Eleazar!



The Apostle Paul

**Printable Bible Crossword Puzzle :**  
**The Apostle Paul**

Test your knowledge about the Apostle Paul. We used the New International Version of the Bible when writing our clues which appear on the next page.



**Across**

2. City Paul visited that had an idol to the 'unknown god'
5. Where Paul was headed when struck by the bright light
7. The congregation in this city was made sorrowful by one of Paul's letters
9. Paul's first name before he converted to Christianity
12. Sorcerer struck by blindness at Paul's command
13. Paul stopped the Philippian \_\_\_\_ from killing himself.
15. Paul's hometown
17. Paul, before conversion, attended the stoning of this man
19. Paul was here when he was warned not to go to Jerusalem
20. Man who place his hands on Paul's eyes
22. Paul found 12 disciples in Ephesus who had not heard of the \_\_\_\_
24. He presented Paul to the disciples the first time
25. Event that loosened Paul and Silas's prison chains

**Down**

1. Paul left him in Crete to straighten out what was unfinished
2. What man did Paul say was the pattern of one to come?
3. Centurion who took Paul as a prisoner to Rome
4. Roman ruler who refused to hear the complaint of Jewish leaders against Paul
6. What fell from Paul's eyes when his vision was restored
8. Paul called this group his "glory and joy."
10. Paul was accompanied by Priscilla and this person from Corinth to Syria
11. Believer who was circumcised by Paul
14. This Roman ruler sent for Paul so that he could hear about Paul's faith in Christ
16. The voice Paul heard in his vision came from \_\_\_\_
18. After Paul's sight was restored, he was \_\_\_\_
21. Paul's conversion is told in this chapter of Acts
23. Number of days Paul was blind after seeing the vision

Solution on Page 3

*(Reflections—Continued from page 2)*

some time and is arrived at by some spiritual means.  
It is being noticed by God's presence.  
So faith is from God and means the possession of grace.  
Which is turned over in the same manner it was received.  
An absolutely free gift to the ether in which we are bound by life's restraint.  
Grace enlarges our world by carrying faith and other spiritual things.  
We are made whole and holy by this grace-faith promise.  
Faith is gathered into existence by grace.  
Faith is the responsible solution of grace.  
Grace cannot return to us but by faith.  
All is one in God.

*For by grace you have been saved by faith;  
And this is not your own doing, it is the gift of God- (Eph 2:8)*

Grace, in its own defense, is a progenitor of every other gift from God. In this sense, grace is like the fear of God. You must possess this fear before you can move. It is the breathing of God into your mouth, giving life into your system.

*The Spirit of God shall rest upon Him;  
He will have the spirit of wisdom and understanding,  
The spirit of counsel and power,  
The spirit of knowledge and of the fear of the Lord.  
And He is made to breathe in the fear of the Lord . (Isa 11:2)*

*(Submitted by Ken Wilson)*

**WHICH WAY?**

HOW DO WE WALK?  
IT SHOWS BY OUR TALK.  
ARE OUR FOOTSTEPS ESTABLISHED IN HIS WORD,  
OR TO THE WORLD ARE WE LURED?  
SO LISTEN, LISTEN TO THE LION OF JUDAH.  
HIS ROAR WILL BE HEARD  
IN THE POWER OF HIS WORD.  
ARE WE READY FOR HIS RETURN?  
ASK HIM WITH HIS HOLY SPIRIT TO BAPTIZE YOU,  
THAT TO HIM YOU MAY BE EVER TRUE.  
BE FAITHFUL, AND TRUE.  
THAT'S WHAT WE NEED TO DO!  
WITH HIM WE CAN DO EVERYTHING.  
LET HIS WORDS FOREVER RING!  
LET US MAGNIFY JESUS, OUR KING,  
AND FOREVER HIS PRAISES SING!

*Written by: Dolores Shudarek*

## *A word from one of our elders*

### United in Ministry

Hello to all the brothers and sisters of our district. We are all aware that our district is undertaking something that has never been done before. We are holding a Revelation Unlocked seminar series at all three churches at the same time. I believe that God has big plans in store for our district. He has many precious souls that are longing for something more, something special, maybe something that they have been missing all their lives. His great plan of salvation is for every one of our family members, friends, neighbors and co-workers. God desires all to be saved as 2 Peter 3:9 reads, ***“The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance”***. God desires all to hear this good news of great joy so much that Jesus came to earth to be born, live among us and die for our sins so that we might be made perfect, just as He is perfect.

As believers in this good news, we are all called to share it with those around us. We each have a work to do. There is something that all of us can do to further the cause of Christ. We have each been granted gifts to use for God’s service. 1 Corinthians 12 talks quite a bit about this idea.

The apostle Paul thinks of it as a body which has many parts. ***13 For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.***

***14 For the body is not one member, but many.***

***15 If the foot shall say, Because I am not the hand, I am not of the body; is it therefore not of the body?***

***16 And if the ear shall say, Because I am not the eye, I am not of the body; is it therefore not of the body?***

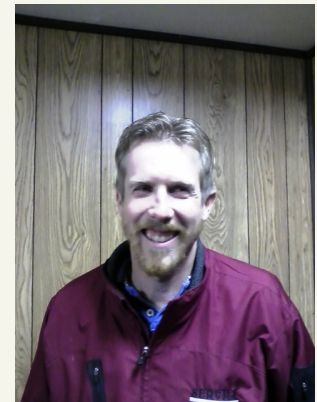
***17 If the whole body were an eye, where were the hearing? If the whole were hearing, where were the smelling?***

***28 And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments, diversities of tongues.***

***29 Are all apostles? are all prophets? are all teachers? are all workers of miracles?***

***30 Have all the gifts of healing? do all speak with tongues? do all interpret?***

Many different parts but one body and each part is vitally important for the proper function and vitality of the body. Each member is important for service. Some of us may not be able to preach or teach or physically help with the preparations but we can all pray, we can all encourage others and be inviting and supportive in some way. Even the restrooms need to be cleaned and the carpets vacuumed. No matter how trivial or unimportant some task may seem, it is still important.



Elder Mike Tess, Almond

WISCONSIN RAPIDS CHURCH  
SCHEDULE OF EVENTS



Calendar of Events

- Mar 26 Pathfinders/Adventurers meetings
- Mar 28 Unlock Revelation Series, 7:00 p.m.
- Mar 29 Unlock Revelation Series, 7:00 p.m.
- Mar 31 Unlock Revelation Series, 7:00 p.m.
- Apr 1 Unlock Revelation Series, 7:00 p.m.
- Apr 2 Unlock Revelation Series, 7:00 p.m.
- Apr 3 Healthy Cooking Class, 10:00 a.m.
- Apr 4 through Apr 30 Unlock Revelation Series
- Apr 23 Pathfinders/Adventurers meetings
- Apr 30 Combined Sabbath Service with all 3 Churches from our district.

SAVE THE DATE:

Adventurer Induction - June 11  
Compmeeting - June 18-25

ANNOUNCEMENTS

The **Healthy Cooking Class** has been postponed to April 3<sup>rd</sup> at 10:00 a.m. in the fellowship hall.

The **Wednesday night Bible Study** will be postponed until after the Evangelistic meetings.

Visit us on the web at "[www.wrsdachurch.org](http://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 31<sup>st</sup>. 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.



Visit us on the web at:  
[www.WRAOChristianRadio.org](http://www.WRAOChristianRadio.org)



## The Latter Rain

We are living in the very tip-toes of Daniel's prophetic statue. Jesus is poised to return once more and make all things right in His Name.

Time as we know it will end and He will shepherd His flock to safety and rest. Just before the Second Coming, the Adventist Movement anticipates the great Latter Rain, falling in power as did the Early Rain at Pentecost. I have wondered very much what this Latter Rain power will look like.

Recently I heard a speaker point to Zechariah 17:10 as a clue, suggesting that this verse prophesies the Latter Rain experience of those who love God's will and ways in the last days on earth.

The verse reads:

*"I will pour out on the house of David and the inhabitants of Jerusalem a Spirit of grace and supplication, so that when they look upon Me, on Him whom they have pierced, they shall mourn for Him as on mourns for an only child, and weep bitterly over Him as one weeps over a firstborn."*

If I know God is pouring out the Spirit of pleading and sorrow, how will this Holy Spirit power work in my heart? How will I respond?

Perhaps I will picture Jesus' beautiful goodness fixed upon the cross. He bears the shadow of sin and death, ever weaker in His attempts to brace against pain and loneliness; suffering and lonely for the Father; lonely for the Fullness of Life and the Light of Heaven.

This selfish, cynical heart of mine is softened, and my faithful Jesus is lifted up as worthy and true. God's grace works a miracle... I repent for doing wrong that marks the Savior's precious face with hurt. My sorrowing is transformed and pours out as the best love this earthly vessel can hold; No longer completely selfish, but loving the reproof of the cross and racing on trembling legs after this Lord God who loved me unto death.

What happens when you u look upon the anguish of the Anointed One?

Is it as your own beloved, torn and discarded?

Are you blessed with sorrow and grief for the suffering of One So Dear?

May our study and prayerful meditation on His Word guide us.

May we say with Paul "For I am determined not to know anything among you, save Jesus Christ, and Him crucified...that your faith should not stand in the wisdom of men, but in the power of God."

*(Written and submitted by: Cindy Barten, Wisconsin Rapids)*

### WHY WOMEN'S MINISTRIES?

Women's ministry is an outreach of the church to encourage and strengthen women in their walk with God. It is to strengthen women spiritually and equip them for service. We started holding monthly Women's Ministries meetings in January. We start each meeting with a Bible study and discussion, and follow it with the making of a small craft to go with the lesson. The women are encouraged to make two items – one to keep and one to share. This is to strengthen our faith by putting into practice what we study.

On Sunday, March 20, we gathered for a morning of worship and fellowship. Our subject was the tongue and our words and how they can be used for good and bad. We reviewed some of the Bible texts referencing our words and actions and discussed how important it is to be mindful of both. After the study we separated into groups of two and made lip balm to remind us to keep our words soft and gentle. We attached a Bible verse, Proverbs 15:23, on the finished products.

Our Women's Ministry group is open to all women seeking Christian fellowship and the love of Jesus. Pray that this outreach inspires us to minister, serve and witness for our Lord and bring souls to Him.

*"Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer." Psalm 19:14*

*(Submitted by Trudy Stephenson and Pam Thomas, Wisconsin Rapids)*

## ALMOND SDA CHURCH SCHEDULE OF EVENTS



### March Events

*(Visit our NEW website!)*  
[www.almondsda.org](http://www.almondsda.org)

- Apr. 2 Sabbath—Vegetarian Potluck after (Msg. by Doug )
- Apr. 3 Church Plant Mtg. 3:30 being held in Wautoma
- Apr. 3 Bible Study (Anderson Home) 5:30
- Apr. 6 Community Bible Study (CANCELLED)
- Apr. 8 Prayer Mtg. (Unity) 7:00
- Apr. 9 Sabbath—Vegetarian Potluck after (Msg. by Maria/Matt)
- Apr. 10 Church Plant Mtg. 3:30 being held in Wautoma
- Apr. 10 Bible Study (Anderson Home) 5:30
- Apr. 13 Community Bible Study (CANCELLED)
- Apr. 15 Prayer Mtg. (Unity) 7:00
- Apr. 16 Sabbath—Vegetarian Potluck after (Msg. by Maria/Matt)
- Apr. 17 Church Plant Mtg. 3:30 being held in Wautoma
- Apr. 17 Bible Study (Anderson Home) 5:30
- Apr. 20 Community Bible Study (CANCELLED)
- Apr. 22 Prayer Mtg. (Unity) 7:00
- Apr. 23 Sabbath—Vegetarian Potluck (Msg. by Maria/Matt)
- Apr. 24 Church Plant Mtg. 3:30 being held in Wautoma
- Apr. 24 Bible Study (Anderson Home) 5:30
- Apr. 27 Community Bible Study (CANCELLED)
- Apr. 29 Prayer Mtg. (Unity) 7:00
- Apr. 30 Combined Revelation Seminar—Held at Wisconsin Rapids Church

### Community Bible Study - Wednesday 7PM

Cancelled until May 4th

### 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.

### The Robin's Return

I love it in the springtime  
When the robins return to sing  
As the early daylight breaks  
Such sweet music they all bring

Saying "Good Morning, child of God"  
As the sun warms the night's cool sod  
All the day long they sing their song  
To the same heavenly Father, we belong

Then comes the end of July  
So far, far away they all fly  
And how I miss their song  
At the break of day

Snowflakes are soft and nice  
But they don't sing  
It's not the same,  
Til the Robins return again in Spring

*Written by Nona Schmidt*

### WORDS

Are the words you speak what Christ would say,  
If he were standing where you are today?  
Are they words you'll be proud to repeat,  
While kneeling at the Savior's feet?  
Are they kind words, full of encouragement,  
To those who hunger? Are they nourishment?  
We're accountable for each word we speak,  
So use them to inspire someone who's weak.  
Time is short and there's so much work to do;  
Don't let Jesus down; let Him speak through you.  
You'll never be sorry for what you have said,  
When you pray by His Spirit to be led!

*--Barbara Tackett*



## Evangelistic Series

### [Unlock Revelations](#)

#### Presentation Schedule

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

**(Same schedule at all 3 Churches)**

## PERSONAL MINISTRIES



### The Almond Tree

**“Moreover the word of the Lord came unto me, saying Jeremiah, what do you see? And I said, I see a branch of an almond tree” Jeremiah 1:11**

Have you ever had the Lord ask you, “what do you see?” This was exactly what was asked of a young prophet, Jeremiah. You may have thought that he would have responded with some great vision where he would have detailed the future of Israel in Technicolor or some new creature (or beast) similar to that in the books of Ezekiel and Revelation. But no it was none of these...Jeremiah responded that he “saw the branch of an almond tree”. All that he saw in that vision presented to him was a lowly branch from a tree? How could it be that God wanted Jeremiah to see something so simple? Dear friends when you look into the bible you too will see simple things that even a child can grasp “...except you be converted, and become as little children, you shall not enter into the kingdom of heaven.” Matthew 18:3 Do we overcomplicate and frustrate the simple gospel of our dear Lord and Savior Jesus Christ that changes men and women from sinners into saints to life everlasting?

“This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners; of whom I am chief. 1 Tim 1:15

“You must be born again.” John 3:7

“He that believes and is baptized, shall be saved.” Mark 16:16

“And this is life eternal, that they might know you (cling to, rely upon, and trust) the only true God, and Jesus Christ, whom you have sent.” John:17:3

May He give us grace to see the simple truths set before us in scripture that lead to salvation. What do you see, my brother and sister? Do you see what God would have you to see, what has He put before you in His Word? Let us not overcomplicate the grace of our Lord Jesus during our upcoming revelation series. Jeremiah saw the branch of an almond tree... what do you see?

I have heard it is truly amazing to see the beautiful almond trees blossoming all over Israel every winter. Did you know the almond tree is also the first harbinger of spring. I feel like our district and the world church is just starting to open up and blossom. We know that “...this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come.” Matthew 24:14 Isn't it exciting that our district is embarking on a beginning (with the unlock revelation seminars) that will one day usher in the coming our Lord and Savior!!! May our focus be to “...do all to the glory of God.” 1 Cor 10:31. Ellen White comments “In like manner His ambassadors are to preach the gospel and to reveal His pitying love for lost and perishing souls. By an unselfish interest in those who need help they are to give a practical demonstration of the truth of the gospel. Much more than mere sermonizing is included in this work.” CH 499.2 But lest we not forget Jeremiah saw “a branch of an almond tree”. Did you see the branch that “much more than mere sermonizing is included in this work”. That we are to “reveal his pitying love for lost souls through a practical demonstration of the gospel”. “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.” Matthew 25:35-36 May he give us the grace to see the personal needs and act, to help our fellow man in practical ways especially during this upcoming ministry. Jeremiah saw the branch of an almond tree... what do you see?

*(Submitted by Matt Riggle, Almond)*

STEVENS POINT CHURCH  
SCHEDULE OF EVENTS



**Jasper St. Bernard and Bart Kuhlmann will be presenting this series.**

- Monday, March 28 – 7:15 p.m. – Unlock Revelation Series. "One day in Bible Prophecy".
- Tuesday, March 29 – 7:15 p.m. – Unlock Revelation Series. "The Master Key to Bible Prophecy".
- Thursday, March 31 – 7:15 p.m. – Unlock Revelation Series. "The War behind all Wars".
- Friday, April 1 – 7:15 p.m. – Unlock Revelation Series. "Unfolding the Revelation".
- Sabbath, April 2 – 9:20 a.m. – Sabbath day services. Sabbath school followed by Sabbath Service at 10:50 a.m.
- Sabbath, April 2 – 7:15 p.m. – Unlock Revelation Series. "Revelation's Global Peace Plan".
- Monday, April 4 – 7:15 p.m. – Unlock Revelation Series. "Revelation's Eternal Sign".
- Tuesday, April 5 – 7:15 p.m. – Unlock Revelation Series. "History's Greatest Religious Cover-up".
- Thursday, April 7 – 7:15 p.m. – Unlock Revelation Series. "Revelation's Time of the End"
- Sabbath, April 9 – 9:20 a.m. – Sabbath day services and Unlock Revelation Series. "The Mystery of Death".
- Monday, April 11 – 7:15 p.m. – Unlock Revelation Series. "Revelation's 1000 Years".
- Tuesday, April 12 – 7:15 p.m. – Unlock Revelation Series. "Revelation's Lake of Fire".
- Thursday, April 14 – 7:15 p.m. – Unlock Revelation Series. "A Thief in the Night".
- Sabbath, April 16 – 9:20 a.m. – Sabbath day services and Unlock Revelation Series. "The United States in Bible Prophecy".
- Monday, April 18 – 7:15 p.m. – Unlock Revelation Series. "Buried and Forgotten by God".
- Tuesday, April 19 – 7:15 p.m. – Unlock Revelation Series. "Fitness for the Crisis".
- Thursday, April 21 – 7:15 p.m. – Unlock Revelation Series. "Babylon Rising".
- Sabbath, April 23 – 9:20 a.m. – Sabbath day services and Unlock Revelation Series. "The Mark of the Beast".
- Monday, April 25 – 7:15 p.m. – Unlock Revelation Series. "The 144,000".
- Tuesday, April 26 – 7:15 p.m. – Unlock Revelation Series. "The Scarlet Woman".
- Thursday, April 28 – 7:15 p.m. – Unlock Revelation Series. "Back from the Wilderness".
- Sabbath, April 30 – 9:20 a.m. – Sabbath day services and Unlock Revelation Series. "The Unpardonable Sin". Combined services being held in Wisconsin Rapids. There will be a baptism ceremony.

**Visit us on the web at [www.stevenspoint22.adventistchurchconnect.org](http://www.stevenspoint22.adventistchurchconnect.org)**

## MONTHLY HEALTH NUGGET

### Keeping Your Heart Healthy

I promised last month to share some pointers on ways to keep your heart healthy. Here they are.

#### The Basics

Take steps today to lower your risk of heart disease and heart attack. Heart disease is the leading cause of death for both men and women in the United States.

To help prevent heart disease, you can:

- Eat healthy and get active.
- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Take steps to prevent type 2 diabetes.
- Manage stress.

#### Am I at risk for heart disease?

You are at higher risk for heart disease if:

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

As you get older, your risk for heart disease and heart attack increases. But the good news is that heart disease can be prevented.

#### What is heart disease?

When people talk about heart disease, they are usually talking about coronary heart disease (CHD). It's also called coronary artery disease (CAD). This is the most common type of heart disease.

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque ("plak"), build up inside the arteries.

Plaque is caused by:

- Fat and cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood (usually because of diabetes)

When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

#### What is a heart attack?

A heart attack happens when blood flow to the heart is suddenly blocked. Part of the heart may die if the person doesn't get help quickly.

Common signs of a heart attack include:

*(Continued on page 13)*

*(Health Nugget-Continued from page 12)*

Chest pain (or feeling pressure, squeezing, or fullness in your chest)

Pain or discomfort in the upper body – like the arms, back, neck, jaw, or upper stomach (above the belly button)

Trouble breathing (while resting or being active)

Feeling sick to your stomach or throwing up

Feeling dizzy, light-headed, or unusually tired

Breaking out in a cold sweat

Not everyone who has a heart attack will have all the signs.

### **Don't ignore changes in how you feel.**

Signs of a heart attack often come on suddenly. But sometimes, they develop slowly – hours, days, or even weeks before a heart attack happens.

Talk to your doctor if you feel tired for several days, or if other health problems (like pain or trouble breathing) bother you more than usual.

### **Call 911 right away if you or someone else has signs of a heart attack.**

Don't ignore any signs or feel embarrassed to call for help. Acting fast can save a life. Call 911 even if you are not sure it's a heart attack.

An ambulance is the best and safest way to get to the hospital. In an ambulance, EMTs (emergency medical technicians) can keep track of how you are doing and start life-saving treatments right away.

People who call an ambulance often get treated faster at the hospital. And, if you call 911, the operator can tell you what to do until the ambulance gets there.

### **Take Action!**

Take steps today to lower your risk for heart disease.

High blood pressure and high cholesterol can cause heart disease and heart attack.

### ***Get your cholesterol checked.***

Men need to get their cholesterol checked at least once every 5 years. Women at risk for heart disease need to get their cholesterol checked once every 5 years.

### ***Get your blood pressure checked.***

Starting at age 18, [get your blood pressure checked](#) at least once every 2 years. High blood pressure has no signs or symptoms.

### **Eat healthy.**

[Eating healthy](#) can help lower your risk of heart disease. A heart-healthy diet includes foods that are low in saturated and *trans* fats, added sugars, and sodium (salt).

Heart-healthy items include high-fiber foods (whole grains, fruits, and vegetables) and certain fats (like the fats in olive oil and fish).

### **Get active.**

[Getting active](#) can help prevent heart disease. Adults need at least 2 hours and 30 minutes of moderate aerobic activity each week. This includes walking fast, dancing, and biking.

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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.

*(Health Nugget—Continued from page 13)*

If you are just getting started, try walking for 10 minutes a day, a few days each week. Then add more activity over time.

**Watch your weight.**

Extra weight can lead to high cholesterol, high blood pressure, and diabetes. If you are overweight or obese, losing just 10 pounds can lower your risk of heart disease.

**Quit smoking.**

[Quitting smoking](#) helps lower your risk of having a heart attack

**Manage stress.**

[Managing stress](#) can help prevent serious health problems like heart disease, depression, and high blood pressure. Deep breathing and meditation are good ways to relax and manage stress.

**Take steps to prevent type 2 diabetes.**

When you have diabetes, there is too much glucose (sugar) in your blood. Over time, if it's not controlled, diabetes can cause serious health problems, including heart disease.

**Eating healthy and getting active – can help keep your heart healthy.**

*(Submitted by: Freddie Ramirez, RN)*

**I FOUND A BUTTERFLY TODAY**

I found a butterfly today  
Its wings all crushed  
As it lay along the busy highway  
Where I walked today

I picked it up; held it in my hand  
It reminded me of Jesus  
And the wonderful things He did  
So that you and I could live

For its cocoon resembles the  
tomb  
All quiet and dark  
As it struggles for a new life  
Beauty emerges to bring delight

So when I see a butterfly  
I remember how Jesus had to die  
To set all men free from sin  
With the sure promise  
Someday, we'll be with Him

*(Written by: Nona Schmidt)*