

Grace Notes

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

“Not About Us”

During the month of April, we have been holding the “Unlock Revelation” series, with all who have attended receiving a blessing. However, I have had one concern – that was why we didn’t have more of our church families attending. I know some couldn’t make it because of work, health or family issues, and these things are understandable. But one reason I heard a few times and couldn’t understand was, “I’ve heard the message of Revelation many times, I know it and don’t need to hear it again.”

When I heard this reason for not coming out in support of the series, a thought came to mind which was “these meetings are not about us, but about Jesus.” It is about those who may see Jesus as they have never seen Him before. At times the Lord may have a part for us to do, but at other times He may just want us to support the program with our attendance, letting visitors know that this message is important to us as well.

Brothers and sisters, we are a family in Christ and I’m not in any way trying to be judgmental, for I have no right to judge someone else. I’m just trying to bring out the thought that the Lord may use us in different ways at times, and even though He loves us and wants to bless us, ultimately it’s all about Jesus.

In Matthew 8:5-13 this thought comes through when Jesus was asked to heal a Roman officers’ servant. In this story the Roman officer could have said he would like Jesus to heal his servant because of who he was, but instead he said he was “not worthy that Jesus should come under his roof.” He knew that even though he had commanded many and had authority with people, this was not about him but about Jesus.

As Jesus uses us to help in the finishing work, I pray we all will remember that no matter what or how much we do, the main theme is always about Jesus and not us. I also know for sure that when He does ask us to help, we will receive a blessing as well...that’s just the way He is. It might be all about Him, but He loves to bless those that are willing to help.

Written and Submitted by Elder Dean Thomas (Wisconsin Rapids Church)

SURVIVAL FOOD

Amaranth (*Amaranthus* spp.) (Leafy vegetable) commonly called Pigweed.



What is it good for? The Amaranth plant is a green leafy, flowering, weed that is abundant throughout North America and is easy to identify. Also, its greens are high in vitamins and minerals: A, E, C, K, iron, magnesium, manganese, calcium, folic acid, carotenoids, and Omega 3 fatty acids. In addition, they are high in fiber which helps to keep the digestive system working properly and, they contain antioxidants which help prevent cell damage and cell mutations.

Where do I find it? Abundant throughout North America—moist, cultivated or disturbed soils, pastures, fallow fields, field edges, and fence rows. Thus, highly productive agricultural regions will always have a high density of Amaranth available.

How do I identify it? The Amaranth plant is an annual that can grow to a height of 8 ft. and which displays green, ovate, lanceolate, spoon-like, or diamond-shaped leaves with non-serrated, wavy, edges usually measuring 2 inches to 5 inches in length. In addition, they also display spiny or bristly spikes or spike-like clusters at the ends of their branches that range from 2 ½ inches to 12 inches in length which makes them easy to identify. There are just under forty species of Amaranth in North America and all are edible. Their taste ranges from highly palatable to extremely bitter.

How do I prepare it? Both the leaves and stems can be eaten. The leaves are eaten in a salad as a green vegetable similar to lettuce. The leaves and tender portions of the stem are usually steamed or boiled and eaten as a green similar to spinach or mustard. The dried seeds have been used as a grain by many indigenous peoples. To harvest Amaranth seeds, wait until late summer or early fall after the plants have produced their seeds and have begun to die. Then grasp the seed head with your hand and rub the seeds off, catching them in a container. After the seeds have dried completely, they will need to be rubbed again to loosen the husks and then winnowed to remove the chaff.

Will it grow in my garden? Yes, the Amaranth plant can be cultivated in gardens and flowerbeds throughout the lower 48 states provided that it is given the correct soil and light conditions. For instance, Amaranth has a preference for open, sunny, areas, and moist, cultivated, or disturbed soils and thus, it does well in well lit, freshly tilled, flower beds and gardens with well-drained soil. *(Submitted by Dorothy Tess)*

Sanctity

“Unlike the animals and the trees, it is not enough for us to be what our nature intends. It is not enough for us to be individual men. For us, holiness is more than humanity. If we are never anything but men, never anything but people, we will not be able to offer to God the worship of our imitation, which is sanctity.

It is true to say that for me sanctity consists in being myself and for you sanctity consists in being *your* self and that, in the last analysis, your sanctity will never be mine and mine will never be yours, except in the communism of charity and grace.” T. Merton, *New Seeds of Contemplation*, Things in their Identity, p31

“The followers of Christ are to be separate from the world in principles and interests, but they are not to isolate themselves from the world. ... ‘I sanctify myself,’ He declared, ‘that they also might be sanctified.’ John 17: 19. So the Christian is to abide among men, that the savor of divine love may be as salt to preserve the world from corruption. ...

Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of the Savior shall be perfectly reproduced in His people, then He will come to claim His own.” E. White, *Maranatha*, April 14, p112

Sanctity describes the first feelings of well-being, of a *rightness* with the Holy One, God. Answering the philosophical concerns of his times, Merton points out the differences inherent in man. White points consistently to the hope of being united with God in sanctity forever.

Should the topic of alienation of man as an individual be brought to the theology of today or should it be ignored. Merton thought it was important, in that, we need to know what the philosophers all knew. That we were all trapped in our worlds and that we needed to embrace the truth in order to live freely under God. In a sense, Merton was a practitioner of existentialism with all of its denigration of man in the living, breathing, Godliness of Jesus Christ. He attempted to pair Theology and Philosophy. Yet, is that proper to the higher calling of one in terms of having a mystical union with God?

And what about White’s eternal hope; Does it have a place in Philosophy? Philosophical enquiry is based, (as everything is based), on the sciences and the arts. Theological enquiry is about the manifestation of God in the world of the present. White’s hope comes from the manifestation of God in the present world. You might say that the masses of starving, war torn, peoples on the planet have become totally immune to theology and philosophy, but such is not the case. They are starving for the word of God, not being able to come to terms with hostility present in the war in the world, they are lost souls, needing His word, His ideas to become better men and women.

What Merton did not understand was this simple fact: man increases when they are persecuted and lost. This has been shown time and again to be the Truth. Whether it comes like a shadow in the night or a blazing light from above, studying the word of God enables solutions to any problem you would have. Whether it’s exterior, like a plague on a country, or whether it is from the innermost individual seeking guidance: these things are resolved in the wonderful word of God.

And to this I come with all humility to my point. It is helpful to me to experience the suffering within myself to be able to understand either White or Merton. I know I was called to bring unity from two faiths: Roman Catholicism and the Seventh Day Adventism. Through the whole part of unity, it seems that both of us have to extol our doctrines and put them on a shelf to be able to understand our uniqueness as being children of God. We strive to be like Christ.

(Submitted by Ken Wilson April 18, 2016)

Bible Word Puzzle

Who Was Jesus?

Jesus was known by many different names. We've hidden 40 of them in this puzzle. Names may appear horizontally, vertically or diagonally, both backward and forward. Our word list appears on the next page.

Q	B	C	B	L	V	A	D	O	G	F	O	B	M	A	L	D	O	M	K
S	G	N	I	K	F	O	G	N	I	K	Y	D	R	T	J	R	Z	R	Y
T	Y	H	A	R	W	I	S	E	L	D	R	R	R	O	R	O	O	P	T
H	A	R	C	X	O	A	X	E	M	E	N	R	E	E	C	L	Q	H	H
E	W	E	C	N	V	O	U	A	R	O	N	A	M	T	E	K	G	H	A
D	V	C	N	I	A	N	D	E	E	O	D	E	M	S	S	I	Z	H	D
R	S	E	O	E	A	R	V	M	I	T	E	N	N	F	L	A	I	P	U
E	B	R	R	M	R	I	B	T	E	D	A	U	A	P	O	G	M	R	J
H	D	E	M	L	L	A	C	C	E	D	O	C	R	A	H	N	E	K	F
P	A	E	L	E	A	E	Z	R	O	C	I	I	O	P	H	T	O	M	O
E	E	M	D	O	R	S	C	A	W	R	N	A	R	V	N	P	O	S	N
H	R	C	E	R	V	S	T	O	N	C	N	I	T	E	D	R	L	S	O
S	B	R	U	S	N	E	R	I	E	F	E	E	P	O	N	A	O	A	I
M	P	S	P	S	S	D	D	O	N	S	N	R	R	I	R	N	A	C	L
Z	E	D	Z	E	Q	I	F	S	T	G	A	E	N	S	O	L	H	R	E
R	R	Y	I	R	G	P	A	I	O	C	W	G	S	F	T	R	G	V	Y
X	M	L	U	V	E	R	B	H	K	N	S	I	G	O	I	O	I	B	Y
N	O	I	T	A	D	N	U	O	F	T	P	O	Z	S	H	N	N	P	E
V	K	F	C	N	Z	X	L	D	A	O	D	Z	T	I	E	C	F	E	C
R	K	E	Q	T	E	H	P	R	X	Y	T	H	G	I	M	L	A	E	O

Who Was Jesus?

Word List

ADVOCATE
 ALMIGHTY
 ALPHA AND OMEGA
 BELOVED SON
 BRANCH
 BREAD
 CARPENTER
 CHOSEN
 CHRIST
 CORNERSTONE
 COUNSELOR
 DELIVERER
 DOOR
 EMMANUEL
 EVERLASTING
 FOUNDATION
 HIGH PRIEST
 KING OF KINGS
 LAMB OF GOD
 LIFE

LIGHT
 LION OF JUDAH
 LORD
 MASTER
 MEDIATOR
 MESSIAH
 MORNING STAR
 NAZARENE
 PRINCE OF PEACE
 REDEEMER
 RESURRECTION
 ROCK
 SAVIOR
 SERVANT
 SHEPHERD
 SON OF GOD
 SON OF MAN
 VINE
 WAY
 WORD

(Answers on page 9)

—WRAO Report—

I hope you have all been enjoying the programming of our full power radio station 91.7 F.M. What a blessing to hear sermons, testimonials, talk shows, health tips, Uncle Dan and Aunt Carol Story Hour, music, etc. any time of the day or night! When I think of all the many hoops and hurdles we've passed through and over to get to this point I am so very, very thankful.

Thankful first, to the Lord for His providential leading and for all our church members who have supported this endeavor with their prayers, time and sacrificial giving. As many of you know we have been given a matching funds challenge to raise \$50,000.00 by May 31, 2016. We have about one month to realize that goal. Currently we have about half of the funds.

I am trusting that we will surpass that goal to ensure that the extra unexpected costs we incurred after going full power will be covered, as well as, the paying off of the mortgage.

If you have not yet played a role in this great evangelism opportunity (or even if you have) I ask that you will prayerfully ask the Lord to impress you with what He would like you to give toward this matching funds challenge before May 31, so that our operating costs will be affordable. Be it little or much - we can all do something. I am counting on one hundred percent participation!

Thanks again!

Jan Samson
 Rapids Church/Radio Treasurer

WISCONSIN RAPIDS CHURCH SCHEDULE OF EVENTS



SCHEDULE

- May 1 Healthy Cooking Class, 10:00 a.m.
- May 1 Pathfinder Meeting, 10:00 a.m.
- May 4 Bible study and prayer, 6:30 p.m.
- May 7 Wisconsin Youth Rally
- May 7 Pathfinder Meeting, 1:45 p.m.
- May 9 Board Meeting, 6:30 p.m.
- May 11 Bible study and prayer, 6:30 p.m.
- May 13 - 15 Pathfinder Fair at Camp Wakonda
- May 15 District Elder's meeting, 9:00 a.m., @ Almond
- May 15 Women's ministries, 10:00 a.m.
- May 18 Bible study and prayer, 6:30 p.m.
- May 21 Pathfinder Family Day, 10 - 5,
- May 25 Bible study and prayer, 6:30 p.m.
- June 11 Adventurer Induction

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"

Is It Time to Downsize?

Things! Things! Things!
 On the table, on the floor,
 Tucked away behind the door;
 On the shelves and on the chairs:
 Dangerously on the stairs.
 Bureaus crammed and closets filled,
 Boxes packed and boxes spilled:
 Bundles everywhere you go,
 Heaps and piles that overflow
 Of Things! Things! Things!

Things! Things! Things!
 Things of value, worthless trash,
 Ancient things and things just bought,
 Common things and things far sought.
 Things you mean to throw away,
 Things you hope to use some day:
 Cellar, attic, all between
 One exasperating scene
 Of Things! Things! Things!

Things! Things! Things!
 Things that take our precious time;
 Hold us from the life sublime,
 Things that only gather dust,
 Things that rot and things that rust;
 Things that mold and things that freeze:
 Things that harbor foul disease,
 Things that mock us and defy,
 Till at last we grimly die
 Of Things! Things! Things!

Things! Things! Things!
 Let me cease to be their fool,
 Let me fly their crafty rule!
 Let me with unsparing knife
 Cut their canker from my life!
 Broad and clear and all serene
 Let me make my mansion clean
 From Things! Things! Things!
 —Amos R. Wells

(Submitted by Dorothy Tess)

12 Frightening Facts About Milk

By Thomas Campbell, MD October 31, 2014 · modified on February 2, 2016

A large observational cohort study^[1] in Sweden found that women consuming more than 3 glasses of milk a day had almost twice the mortality over 20 years compared to those women consuming less than one glass a day. In addition, the high milk-drinkers did not have improved bone health. In fact, they had more fractures, particularly hip fractures.

Interestingly, the study also found that fermented milk products (cheese and yogurt) significantly decreased mortality and fractures among these women. For each serving of these fermented dairy products, the rate of mortality and hip fractures was reduced by 10-15%. The researchers pin the negative effects of liquid milk on D-galactose, a breakdown product of lactose that has been shown to be pro-inflammatory. Milk has much more D-galactose than does cheese or yogurt.

I am surprised that this study garnered so much mass media attention upon its release, as it highlights the deleterious side of milk, but I also think it is important to keep the findings in context. And when it comes to the health effects of dairy, the context is not so pretty:

1. In observational studies both across countries and within single populations, higher dairy intake has been linked to increased risk of prostate cancer (cited in ^[2]).
2. Observational cohort studies have shown higher dairy intake is linked to higher ovarian cancer risk (cited in ^[2]).
3. Cow's milk protein may play a role in triggering type 1 diabetes through a process called molecular mimicry^[3].
4. Across countries, populations that consume more dairy have higher rates of multiple sclerosis^[4].
5. In interventional animal experiments and human studies, dairy protein has been shown to increase IGF-1 (Insulin-like Growth Factor-1) levels. Increased levels of IGF-1 has now been implicated in several cancers^[5].
6. In interventional animal experiments^[6] and human experiments^[7], dairy protein has been shown to promote increased cholesterol levels (in the human studies and animal studies) and atherosclerosis (in the animal studies).
7. The primary milk protein (casein) promotes cancer initiated by a carcinogen in experimental animal studies^[8].
8. D-galactose has been found to be pro-inflammatory and actually is given to create animal models of aging^[1].
9. Higher milk intake is linked to acne^[9].
10. Milk intake has been implicated in constipation^[10] and ear infections (cited in ^[2]).
11. Milk is perhaps the most common self-reported food allergen in the world^[11].
12. Much of the world's population cannot adequately digest milk due to lactose intolerance.

So despite being very pleased that the public is glimpsing some of the evidence against milk in this recent study (though they also could be hearing about the benefits of cheese and yogurt from this same study), I think there is a far more powerful story; a story that takes into account the largely hidden context of diet and dairy research. There is a wealth of indirect evidence of very serious possible harms of consuming dairy foods, and, on the flip side, the evidence that milk prevents fractures is scant.

As we look beyond the headlines, it is hard to think that we should continue to consume the lactation fluid that exists in nature to nourish and rapidly grow calves.

P. S. Remember, dairy includes cheese, sour cream, and ice cream. Quite a few "non-dairy" cheeses include casein—milk protein. Please read the label.

(Submitted by Dorothy Tess)

ALMOND SDA CHURCH SCHEDULE OF EVENTS



May Events

(Visit us on our website)
www.almondsda.org

- May 4 Community Bible Study (Great Controversy) 7:00
- May 6 Prayer Mtg. (Unity) 7:00
- May 7 Sabbath—Vegetarian Potluck after (Msg. by Bill Boehm)
- May 8 Bible Study (Anderson Home) 5:30
- May 11 Community Bible Study (Great Controversy) 7:00
- May 13 Prayer Mtg. (Unity) 7:00
- May 14 Sabbath—Vegetarian Potluck after (Msg. by Mike Tess)
- May 14 Sabbath—1st service being held in Wautoma—Potluck after service
- May 15 Bible Study (Anderson Home) 5:30
- May 18 Community Bible Study (Great Controversy) 7:00
- May 20 Prayer Mtg. (Unity) 7:00
- May 21 Sabbath—Vegetarian Potluck after (Msg. by Pastor Joseph)
- May 21 Sabbath—Service being held in Wautoma — Potluck after service
- May 22 Bible Study (Anderson Home) 5:30
- May 25 Community Bible Study (Great Controversy) 7:00
- May 27 Prayer Mtg. (Unity) 7:00
- May 28 Sabbath—Vegetarian Potluck (Msg. by Maria Frank)
- May 28 Sabbath—Service being held in Wautoma — Potluck after service
- May 29 Bible Study (Anderson Home) 5:30

Community Bible Study - Wednesday 7PM

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

Unity Prayer Meeting - Friday 7PM

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

Bible Study - Anderson Home - Sunday 5:30PM

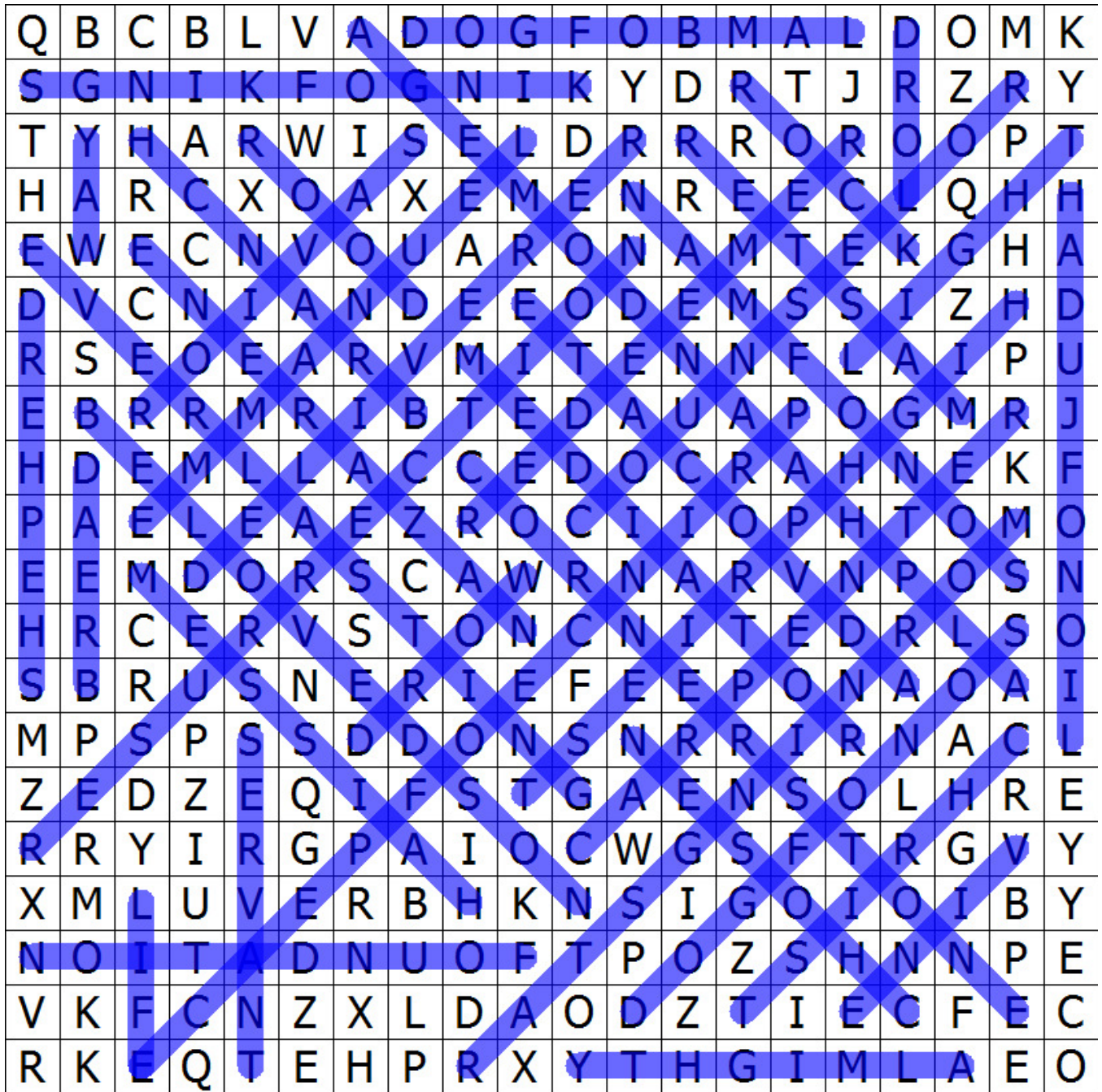
This study begins with fellowship and potluck before we dive into the book of John for an in depth study.

Laughter

You've heard "he who laughs, lasts." Now, scientific research is confirming its healing power. Laughing 100 times equals about ten minutes on a rowing machine or fifteen minutes on an exercise bike. Laughing lowers blood pressure, boosts the immune system, and increases oxygenation of the blood. It gives the abdominal muscles a complete workout. What a loving God who not only gave us laughter to enjoy but made it **good** for us, too! A Bible text I think comes closest to hearing God laugh is "The Lord your God is with you, He is mighty to save. He will take great delight in you, He will quiet you with His love, He will **rejoice over you with singing.**" Zephaniah 3:17. Wow! Can you imagine God singing and laughing with us in Heaven??!

Besides laughter, it's a joy to know that the "secrets" of life that give us a healthy body, mind and spirit are all gifts from God, free or of little cost: sunshine, fresh air, water, sleep, exercise, wholesome foods, study in God's Word, and faith in Jesus. How great is our God that He makes all these blessings accessible to us so that, if we only would, we can live a strong and healthy life for Him? There are books and pamphlets on display in the church each Sabbath that will help us in this quest for a healthy and sound mind and body, along with programs such as Depression Recovery, C.R.E.A.T.I.O.N., and others.

(Submitted by Koreen Boettcher)



Wautoma Church Plant Update

For over six (6) months we have been meeting weekly discussing the process of starting a church plant in Wautoma. That time has gone by quickly and I believe this time has helped us prepare for something we have never undertaken before, starting a new church.

The time has come. On May 14, 2016 at 9:30 a.m. at the Capsell Building on Main Street in Wautoma, in conference room c, we will be meeting for a half hour of fellowship followed by Sabbath School and then our Church Service. At 10:00 am, our group will split up between English and Spanish language services and will reunite after Church for a pot luck meal.

We need your continued prayers in this endeavor. This is going to be Gods Church and if we let Him lead, the Wautoma Seventh Day Church can't fail. So we ask for your prayers of support and long for this new church plant and for the people in and around Wautoma, so that God's plan of redemption can win new souls for eternity.

(Submitted by: Alan Anderson)

Orange Juice & Puppets

It was a children's show on T.V. that I happened to watch by mistake one day...or was it?

It seems, there was this pretty lady, carrying a tray with a big pitcher of orange juice on it, along with dozens of paper cups. There were "puppet people" all around her in this colorful garden. Some were in trees, some on logs near a pond, and others doing some kind of work.

As she walked along, she asked everyone she met if they'd like a cup of juice? Most accepted. Everyone was very happy to see the pretty lady, and she was excited to see them.

Everyone had kind words to say about the others, as well as the great flavor of the juice.

The lady smiled, and told one of them, "Oh, how happy it makes me when you take some of this orange juice." To which the "people" replied: "We are also happy to receive the juice you give to us."

Right then I thought of how pleased the Lord is when we receive His gift of salvation. It isn't a free gift unless you accept it. He also likes it when we say and offer thanks to Him for all the other blessings He shows on us, many times, undeserving.

It makes Him happy to do the giving, and it sure must make Him pleased when we are grateful, thankful receivers.

Such a simple wonder I experienced! A special peace seemed to be all around me just then.

I understood my friend's saying now, when she laughed and told me: Oh, you're so hard to give something to." I understand now.

WE need to pray for God to grant us warmer and softer hearts...along with an attitude of gratitude.

WE could also use the rebirth of the joy we felt when our faith was first fresh and new. Remember the excitement of that first love?

Asking Jesus to come into our lives afresh each day...make Him glad!

Giving ourselves to Him completely...makes Him happy.

Trusting and obeying God..., makes us all happy...

God's Holy Spirit does the perfecting work in our character...He is the Interior decorator.

We need His light to shine and reflect His love in us.

More of Him – Less of me!

(Written by; Nona Schmidt-Jan. 11, 1993)

STEVENS POINT CHURCH SCHEDULE OF EVENTS



Stevens Point SDA Church, Upcoming Events in May, 2016.

Tuesday, May 3 – 7:00 p.m. –	Prayer meeting and lesson study at church.
Wednesday, May 4 – 6:00 p.m. –	Church Board meeting.
Thursday, May 5 – 6:45 p.m. –	Community Bible Study in the fellowship room.
Sabbath, May 7 – 9:20 a.m. –	Sabbath day services. Sabbath school at 10:00 a.m., Worship service at 10:50 a.m. This is a High Sabbath, The Elder is Lem Lowry and Pastor Joseph will present the message with a communion service.
Wednesday, May 11 – 4:30 p.m. –	Quilting in the fellowship room.
Sabbath, May 14 – 9:20 a.m. –	Sabbath day services. Sabbath school at 10:00 a.m., Worship service at 10:50 a.m. The Church Leader is Doreen Lowry and Elder Sam Lopez will present the message.
Tuesday, May 17 – 7:00 p.m. –	Prayer meeting and lesson study at church.
Thursday, May 19 – 6:45 p.m. –	Community Bible Study in the fellowship room.
Sabbath, May 21 – 9:20 a.m. –	Sabbath day services. Sabbath school at 10:00 a.m., Worship service at 10:50 a.m. The Elder is Darrell Brown and Maria Frank will present the message.
Sabbath, May 21 – 7:00 p.m. –	Jeff Hunt, Christian entertainer and singer will be performing at church.
Tuesday, May 24 – 7:00 p.m. –	Prayer meeting and lesson study at church.
Thursday, May 26 – 6:45 p.m. –	Community Bible Study in the fellowship room.
Sabbath, May 28 – 9:20 a.m. –	Sabbath day services. Sabbath school at 10:00 a.m., Worship service at 10:50 a.m. The Elder is Harvey Churkey and Marc Cephas will present the message.
Tuesday, May 31 – 7:00 p.m. –	Prayer meeting and lesson study at church.

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

MONTHLY HEALTH NUGGET

Your Lungs and Respiratory System

Your lungs are part of the respiratory system. This is a group of organs and tissues that work together to help you breathe. The respiratory system's main job is to move fresh air into your body while removing waste gases. If this system failed, you would die within a matter of minutes.

Your lungs enable you to breathe in and out an average of 12 to 20 times a minute, or 36,000 times a day without you even having to think about it. Let's take a moment to take a closer look at how our respiratory system works.

The Act of Breathing

Your breathing starts at the nose and [mouth](#). The air travels down your windpipe, or trachea. Your trachea then divides into air passages called bronchial tubes. From there they divide further into smaller air passages called bronchioles. The bronchioles end in tiny balloon-like air sacs called alveoli. Your body has over 300 million alveoli.

The alveoli are surrounded by a mesh of tiny [blood](#) vessels called capillaries. Here, oxygen from the inhaled air passes through the alveolar walls and into your [blood](#).

As we learned from last month's issue about your heart, the blood is pumped from your heart to your lungs to absorb oxygen. When the oxygenated blood leaves your lungs, it goes back to the heart, which then pumps it through your body to provide oxygen to every cell in your body.

As the cells of the body use the **oxygen**, a waste product of cell metabolism called **carbon dioxide** is formed. This carbon dioxide is absorbed into your blood, and removed from the body through your lungs when you exhale.

Your Lungs Try to Clean Your Air

The respiratory system has built-in methods to prevent harmful substances in the air from entering the lungs.

Hairs in your nose help filter out large particles. Microscopic hairs, called cilia, are found along your air passages and move in a sweeping motion to keep the air passages clean. But if harmful substances, such as cigarette smoke, are inhaled, the cilia stop functioning properly, causing health problems such as [bronchitis](#).

Mucus produced by cells in the trachea and bronchial tubes keeps air passages moist and aids in stopping dust, bacteria, viruses, [allergy](#)-causing substances, and other particles from entering the lungs.

Impurities that do reach the deeper parts of the lungs can often be moved up via mucous and coughed out or swallowed.

Are you aware that your body has a **diaphragm**? Without a diaphragm, it would be next to impossible to breathe. The *diaphragm* is located below the *lungs*.

The diaphragm essentially pulls and pushes against the lung causing it to expand with inhalation and contract with exhalation. This happens automatically. We hardly take notice of this process. The thoracic diaphragm also separates the organs in the thoracic cavity (chest) and abdominal (belly).

Did U Know?

When [removed for transplant](#), the lungs can survive outside the body longer than any other organ.

The left lung is smaller than the right lung to make room for [the heart](#).

About **10,000 quarts** (9,464 liters) of air go through your lungs every day.

The total surface area of the alveoli is around the size of a [tennis court](#).

New babies at rest breathe **between 40 and 50** times per minute but by the time they're five years old, their breathing rate decreases to around 25 times per minute.

In addition to gas exchange, your respiratory system performs other roles important to breathing. These include:

Bringing air to the proper body temperature and moisturizing it to the right humidity level.

Protecting your body from harmful substances. This is done by coughing, sneezing, filtering or swallowing them.

Supporting your sense of smell.

(Continued on page 13)

How to Keep Your Lungs Healthy

Don't smoke- Smoking causes chronic inflammation and swelling in the lungs. Over time cigarette smoking destroys lung tissue and can trigger changes that can grow into cancer. If you smoke, it's never too late to benefit from quitting.

Avoid exposure to pollutants. Secondhand smoke, outdoor air pollution, chemicals in the home or workplace. Avoid exercising outdoors on bad air days.

Prevent infection- wash hands; avoid crowds during cold and flu season.

Exercise- exercise helps improve lung capacity. Specific breathing exercises can help improve lung function. Be active, breathe deep.

The MD Will See You if:

You become short of breath during simple activities

Experience pain with breathing

Persistent cough

Wheezing with activity


Have a cough associated with activity

Pain in the airway

And I praise you because of the wonderful way you created me. Everything you do is marvelous! Of this I have no doubt. Psa 139:14 CEV


(Submitted by: Freddie Ramirez, RN)

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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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.

A NEW WAY

This is a new day,
As we walk, His way.
Stay on the narrow way,
'Cause destruction is on the broad way.
March to God's powerful WORD,
Then to others, His Message will be heard.
Run the race.
Stay in His Grace.
Jesus is the LIGHT of the world;
Let His love-banner be whirled.
Make your heart for Jesus a home;
And with His Grace, never again to roam,
Jesus, with You we will stay in line;
So shine, shine, shine, Lord Jesus Divine.

(Written by Dolores Shudarek)

BLESSINGS

I knelt to pray when day was done
And prayed, "O Lord, bless everyone,
Lift from each saddened heart the pain
And let the sick be well again."
And then I woke another day
And carelessly went on my way,
The whole day long I did not try
To wipe a tear from any eye.
I did not try to share the load
Of any brother on the road.
I did not even go to see
The sick man just next door to me.
Yet once again when day was done
I prayed, "O Lord, bless everyone."
But as I prayed, into my ear
there came a voice that whispered clear,
"Pause now, my son, before you pray.
Whom have **you** tried to bless today?
Gods sweetest blessing always go
by hands that serve him here below."
And then I hid my face and cried,
"Forgive me, God, I have not tried,
But let me live another day
and I will live the way I pray."
-unknown