

Grace Notes

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

Unlock Revelation Seminar

Our final session of the Unlock Revelation Series was held on Sabbath, April 30th. We had a joint service held at the Wisconsin Rapids Church that consisted of all 3 churches in our district. Although I tried counting attendees I kept getting confused but there were in excess of 120 souls that were there for this great Sabbath Day celebration.

It was a great day that began with an abbreviated Sabbath School and then our final session which was delivered to us by Pastor Joseph. We were then blessed with a wonderful potluck and time of fellowship. At 2pm we opened a special service of song and worship. Included in this special time was the profession of faith by 2 people and baptism of 2 others. I'm happy to say that Almond has accepted 3 new members and Stevens Point has accepted 1. Through this series and the work that God is doing, we are expecting others to follow and join the church. There was a time of special prayer at the closing which brought many to a future commitment to following Jesus so we will pray and wait on God to complete the work that He has started.

Since the original writing of this article, we have also baptized and accepted into membership 2 more souls into the Almond Church and more importantly, into the arms of God.

Praise God and welcome to our newest brothers and sisters in the family of Christ.

(Submitted by Rick Felts)



Nona Schmidt tells us the story of the picture above. She purchased a package of cucumber seeds from Fleet Farm and planted them. As the plant began to grow she very quickly realized it was not going to be a cucumber plant. Even though it was the wrong seeds in the package, it grew to be a very tall and beautiful sunflower. Personally I have never seen a sunflower grow to be that tall. Nona said the stalk had to be cut with a saw after the birds picked the seeds from it because it was so thick. God is good and nature is always full of surprises.

SURVIVAL FOOD

Wild Lettuce (leafy vegetable)



Value As a Forage Food

The Wild Lettuce plant (*Lactuca Canadensis*) is a green, leafy, flowering perennial 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 your digestive system working properly and, they contain antioxidants which help prevent cell damage and cell mutations.

Where it Can Be Found Naturally

Both common species of the Wild Lettuce plant (*L. Canadensis* and *L. biennis*) are found throughout North America in wooded regions where the soil has been disturbed. Also, they are commonly found in forested river bottoms, adjacent to roads and trails, along the edges of woods, and in shaded, fallow fields.

How to Identify It

Wild Lettuce (aka Yellow Lettuce) is a biennial that grows to a height of approximately 3 ft. and which produces a rosette of large, long, slim, lance-shaped, green leaves up to 10 in. in length with distinctly lobed edges. Also, as the plant matures, it produces a dandelion-like head from which the flowers bloom. In addition, all parts of the plant turn light orange-brown upon exposure to the air. Lastly, it should be noted that there are several different species of the Wild Lettuce plant throughout North America and that the leaves of this plant appear very similar to the Dandelion plant (which is edible as well).

How It Should Be Prepared

The leaves of the Wild Lettuce plant are the most often eaten part of the plant and, when harvested at the correct stage, there is no other wild green that more closely resembles the taste of cultivated Romaine lettuce. Thus, they are most often prepared as a salad green similar to lettuce. Therefore, look for clusters of light, green, upright leaves in the late spring or early summer because they become increasingly less palatable as they mature.

Can You Grow It In Your Garden?

Yes, the Wild lettuce 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, Wild Lettuce has a distinct preference for open, sunny, areas, and moist, cultivated, or disturbed soils and thus, it does well in well-lighted, freshly-tilled flower beds and gardens with well-drained soil.

(Submitted by: Dorothy Tess)

THE SHEPHERD'S WAY COMMUNITY SERVICE



Join us for a special Community Service Day

JUNE 26, 2016

Noon - 4:00 p.m.

Wis. Rapids SDA Church

611 24th Street North

- ♥ Free clothing (while supplies lasts)
- ♥ Free soup & sandwiches
- ♥ Free health information
- ♥ Ministry
- ♥ WRAO radio outreach

Unity Within the Faiths

“The utter simplicity and obviousness of the infused light which contemplation pours into our soul suddenly awakens us to a new level of awareness. We enter a region which we had never even suspected, and yet it is this new world which seems familiar and obvious. The old world of our senses is now the one that seems to us strange, remote, and unbelievable- until the intense light of contemplation leaves us and we fall back to our own level.”

T Merton, New Seeds of Contemplation, *The Gift of Understanding*, p226

In his response to writing about the grace of God bestowed upon him, Merton chose the model of a “primer” of the contemplative life. Thank God he did because it is important to me to get an understanding of several other Adventists and for myself, as to the pillars of our faith. It should strengthen them.

Being a Roman Catholic for 61 years of my life I had formed many prejudices concerning theology. In early times, at age four, I had a vision of Mary that frightened me. She, my mother, took me along for a single night with her in Union Grove, Wisconsin, where she had a room in an institution for the elderly. She was working on the staff of helpers. I witnessed a beautiful woman, floating on air, collecting me with her large blue eyes. It caused me to fear enough to cover my eyes.

At sixteen I decided to leave the Church and to become a painter. At 55 I took up the Tao, the Chinese type of belief in chi, the energy-matter that holds us to the earth. At 61 when I was totally disenfranchised from the Church, (I thought), I had a vision. This episode of my life convinced me of its reality. Meaning came and comes from God as a gift. I have learned that by my breath alone I should praise God for His sustaining me. He is becoming the life of each of us. Where would we be without Him?

“He that hath my commandments, and keepeth them, he it is that loveth Me: and he that loveth Me shall be loved of My Father, and I will love him, and will manifest Myself to him.” (John14:21)

Christ is manifesting Himself to others. Others who deny the experiences of the ego? Others whom commit their selves to finding and displaying a love-relationship to the Lord? Jesus will love him and will manifest Himself to others who love Him. That is a gift of God. This is a promise.

In early life, from 4-61, with *fear and trembling*, I experienced a total different fear from Paul’s state. It has to do with a state caused by my/your own misconceptions of valid facts. Paul found his facts on the basis of his love for Christ, which hadn’t existed before his awareness was transformed from his experience on the road to Damascus. I think he had a *typical* state of grace that has been proved by many mystics before and since. T Merton had the same grace but he channeled it different. And it’s the *fear and trembling* that convinces me.

I think Merton thinks that he was afraid of what would happen to him if he should fall by the way of iniquity. He would be condemned by the very thing that gave him the opportunity in the first place: the Church. He would be ridiculed by the men at his monastery, he would be shunned by the pope. He believed that this was fear and trembling with different channels than White. She believed that she would not care what men think of her, only what God thought. She feared God’s intercession in her with a *fear and trembling* that was real because it was based solely on Him who ruled her life: Jesus Christ. I didn’t care about how others would react about her findings, her trance states, her visions. It simply was to gather people in the fold that needs protection from demons and Satan and the world as it is now. White strives for Biblical unity, which is the only unified approach for her.

Ellen White is so an important mystic that her life is a model, (to me). And that is accomplished by finding the answers in the Bible. With the help of my Church and by the gift of God, I will get better.

Ken Wilson

May 24, 2016

THE CALAMITY OF CAFFEINE

By Celeste Lee

Caffeine is the most widely used drug in our society. Caffeine is everywhere—in coffee, tea and colas, and in over-the-counter drugs such as stimulants and analgesics. The average American consumes 150-225 mg. of caffeine per day, 75 percent of which comes from coffee. A typical cup of coffee contains between 50-150 mg, while a cup of tea contains 50 mg. and a 12-ounce cola contains about 35 mg.¹

What are some of the health difficulties that are a direct result of the consumption of caffeine in its many forms? Let us look at the complications that are caused from caffeine.

Heart Disease

A study showed that drinking 5 cups or more of coffee daily increases the risk of heart problems 2.8 times. Caffeine increases the workload of the heart by speeding up the heart rate and raising the blood pressure—and this while it reduces the heart's own blood supply, making it labor at a great disadvantage. Researchers have found a correlation between the consumption of two or more cups of coffee daily and elevated cholesterol levels. Caffeine also increases chemicals in the brain that alters the blood's ability to clot, an important factor in heart attacks. These chemicals, called catecholamines, raise blood pressure and increase the fats in the blood.² Caffeine also causes a drop in a special enzyme which removes fat from the blood; this is probably another reason for the quickening clotting.³

Caffeine and Cancer

Coffee-drinking may be related to cancer of the lower urinary tract, including the bladder. These cancer rates are very high in people who drink more than 3 cups of coffee a day.⁴

The following list shows the many ways that caffeine increases the risk of cancer:

- Tripled the risk of pancreatic cancer
(3 cups a day.)
- Doubles fatal bladder cancer risk
(2 cups a day.)
- Raises colon cancer risk 250%
(2 cups a day.)
- Raises the risk of fibrocystic disease
(3 cups a day.)

Increases breast cancer risk
(3 cups a day.)

Increases ovarian cancer risk
(2 cups a day.)

Doubles female bladder cancer risk
(1 cup a day.)⁵

Fibrocystic Breast Disease

There is very strong evidence supporting an association between consumption of caffeine, theophylline and theobromine, as found in coffee, tea, cola, chocolate and caffeinated medications, and fibrocystic breast disease. The above are all known to stimulate overproduction of cellular products, such as fibrous tissue and cyst fluid. In one study, total elimination of methylxanthines, caffeine, theophylline and theobromine in the diet resulted in the improvement of 97.5% of the women in the study. And of those women who limited their intake, 75% had positive results.⁶ The high incidence of fibrocystic breast disease in relation to the consumption of caffeine occurs, due to the following: caffeine, theophylline, and theobromine cause an increase in cell growth in some glandular tissues by prolonging the hormonal and growth-stimulating activity of a body chemical called cyclic AMP. This increases the likelihood of disease in these glands which include the breasts. Since women with fibrocystic breast disease have four times the risk of breast cancer, it would be wise to eliminate the use of caffeine to lower risk of breast cancer.⁷

Mental Illness—Anxiety, Depression, Nervousness, Irritability, and Panic Disorders

Even though the average consumption of caffeine is only 150-225 mg. per day, some people consume an excess of 7,500 mg. per day. This has led to the term 'caffeinism' to describe a clinical syndrome similar to generalized anxiety and panic disorders, including such symptoms as depression, nervousness, heart palpitations, irritability, recurrent headache, twitching and the so-called 'restless leg syndrome.' The intake of caffeine has also been positively correlated with the degree of mental illness in psychiatric patients. In one hospital almost one-fourth of the patients admitted to a psychiatric ward were found to be heavy users of coffee, and

(Continued on page 7)

WISCONSIN RAPIDS CHURCH
SCHEDULE OF EVENTS



Calendar of Events

- Jun 1 Bible study and prayer, 6:30 p.m.
- Jun 8 Bible study and prayer, 6:30 p.m.
- Jun 11 Fellowship dinner after the service
- Jun 13 Board meeting, 6:30 p.m.
- Jun 15 Bible study and prayer, 6:30 p.m.
- Jun 17-25 Camp Meeting @ Camp Wakonda**
- Jun 19 Cranberry Blossom Festival Parade
- Jun 26 Community Service Day, Noon-4:00
- Jun 29 Bible study and prayer, 6:30 p.m.
- Jul 9 Fellowship dinner after the service

SAVE THE DATE:

Adventurer Induction - June 11
Compmeeting - June 17-25

ANNOUNCEMENTS

Beginning in June, we will switch to a summer potluck schedule. Potlucks will only be on the 2nd and 4th Sabbaths. Please take this opportunity to spend time with church family in smaller groups getting to know each other better. Weekly potlucks will return after Labor Day.

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.



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



(Caffeine—Continued from page 5)

showed much greater anxiety levels than other patients. In many studies, both anxiety and depression have been associated with high use of coffee in patients.⁸ Caffeinism is indistinguishable from anxiety neurosis, and until recently has not been recognized as being in any way different.⁹

Osteoporosis

Caffeine consumption has been linked to calcium loss from the body. In studies, adults given 300 mg. of caffeine a day excreted calcium through the urine and that consumption of caffeine by women resulted in a decrease in bone minerals.¹⁰ Women over 50 who drink one cup of coffee per day have a bone loss of 1.4% each year. In a decade that adds up to a whopping 14% of bone loss—just as a result of drinking one cup of coffee a day.¹¹ Caffeine produces a mild diuresis in humans and increases the excretion of sodium, potassium and chloride ions.¹²

It is important to remember that calcium must have sufficient amounts of potassium in order to make strong bones. Thus, the loss of both calcium and potassium have a profound effect on the strength of the bones.

Pregnancy and Fertility

It is well known that caffeine can cause damage to genetic material and thereby potentially lead to the development of cancer by altering DNA. It also interferes with the normal repair mechanisms of DNA and other genetic material. Caffeine can act as a teratogen, which is an agent that causes mistakes in gene production leading to malformations of a fetus. Caffeine consumption may prevent some women from becoming pregnant.¹³ Caffeine, taken regularly, has been shown to reduce fertility by about four times.¹⁴ In 1980, the U.S. Food and Drug Administration advised pregnant women to limit or eliminate caffeine. The agency was concerned about the risk of birth defects. . . The second study, which contrasted 331 women who had miscarried with a comparable group of pregnant women, found that the chance of a miscarriage jumped more than 20 percent for each 100 milligrams of caffeine a pregnant woman ingested daily.¹⁵

Ulcers

What happens to the stomach when caffeine is ingested? Bad news! Here caffeine has accomplices in the caffeols, which are irritating oils released by roasting the coffee beans. All of these coffee constituents prod the acid-producing cells of the stomach

to make more hydrochloric acid. Caffeine also increases the effect of other acid-stimulating substances. When the stomach produces an overabundance of hydrochloric acid, the likelihood of ulcers is increased.¹⁶

Caffeine and Other Drugs

“Caffeine doesn’t mix well with some drugs. Birth-control pills, the heart drug Verapamil (*Calan*, *Verelan*) and the ulcer drug, Cimetidine, all hamper the body’s ability to dispose of caffeine—so it takes less coffee to bring on insomnia, irritability, or palpitations. Drugs that stimulate the nervous system—including some appetite suppressants, asthma drugs, thyroid hormones, and oral decongestants—also add to caffeine’s jolt, with the same effects.

“Similarly, caffeine decreases the sedative effect of benzodiazepine tranquilizers such as *Valium*.

And it can cause severe hypertension or abnormal heart rhythms for those taking antidepressant monoamine oxidase (MAO) inhibitors, such as *Marplan*, *Nardil*, or *Parnate*.”¹⁷

It is quite obvious that consuming caffeine, from any of the many sources that is available, will result in serious consequences of health. Caffeine is addicting and to eliminate it from the diet can cause headaches, the jitters, and irritability. [vitamin E helps with withdrawal]. One must be persistent in the effort to eliminate caffeine from the system. This will take effort, but the result will be worth it. May God bless as we no longer include caffeine in our diet.

(References available upon request.)

(Submitted by Dorothy Tess)

UPWARD

As the farmer plants the seed,
I grows upward through the ground.
So my God has planted faith
His Spirit works abound.
My sin He cultivates away,
Forever out of sight,
My faith increases each new day,
His yield brings pure delight

(Written by: Nona Schmidt)

ALMOND SDA CHURCH SCHEDULE OF EVENTS



June Events

(Visit our website!)
www.almondsda.org

- June 1 Community Bible Study 7:00 (Great Controversy)
- June 3 Prayer Mtg. (Unity) 7:00
- June 4 Sabbath—Vegetarian Potluck after (Msg. by John Tess)
- June 5 Bible Study (Anderson Home) 5:30
- June 8 Business Meeting (6:00 pm)
- June 8 Community Bible Study 7:00 (Great Controversy)
- June 10 Prayer Mtg. (Unity) 7:00
- June 11 Sabbath—Vegetarian Potluck after (Msg. by Rick Felts)
- June 12 Bible Study (Anderson Home) 5:30
- June 15 Community Bible Study 7:00 (Great Controversy)
- **June 17-25 Camp Meeting @ Camp Wakonda**
- June 17 Prayer Mtg. (Unity) 7:00 (CANCELLED due to Camp Meeting)
- June 18 Sabbath—(CANCELLED due to Camp Meeting)
- June 19 Bible Study (CANCELLED due to Camp Meeting)
- June 22 Community Bible Study 7:00 (CANCELLED due to Camp Meeting)
- June 24 Prayer Mtg. (Unity) 7:00 (CANCELLED due to Camp Meeting)
- June 25 Sabbath—(CANCELLED due to Camp Meeting)
- June 26 Bible Study (CANCELLED due to Camp Meeting)
- June 29 Community Bible Study 7:00 (Great Controversy)

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.

Hello from Wautoma

The new Wautoma Church plant has started with great blessings from God. Our church meetings are being held at the CAPSell Building at 205 E Main Street, Wautoma, WI and we are meeting in Conference Room C. Our start time is a 9:30 a.m. for fellowship and announcements. Our Sabbath School activities start at 10:00 am and Church at 11:00 am. A pot luck meal follows.

On our first official Sabbath Service - 5-14-2016, 28 adults and children were in attendance and we held an afternoon dedication service that ran from 1:30 pm to 3:30 pm. During the afternoon program, Pastor Lisa Isensee (Wisconsin Conference Church Plant Coordinator) and Pastor Joseph Perricellia shared reflections, thoughts and prayers on our church plant and for our future growth. Eric Anderson led out with a history of the old Wautoma Church as well as other churches in the central Wisconsin area that have closed. He shared how his interest in a church plant has grown and blossomed. Tim Schmidt spoke about how he joined in with Eric's desire to see a church plant in Wautoma, how he has helped to reach out to some residents of Wautoma. Maria Frank spoke of outreach she, Tim Schmidt and Sam Lopez, Sr. have initiated and of the interests they have found. Sam Lopez also addressed some of the contacts he has made in Wautoma and of his desire to see a Hispanic church be established here. The program was ended with a devotional and prayer by Cheryl Anderson. The afternoon was full of hymns, special music and testimonies and it truly was a blessing to all those that attended.

We feel very blessed that the doors to a new church plant have been opened in Wautoma and we ask that you join us in praying for a revival in Wautoma, a renewal of God's Light and sharing the good news about Jesus.

(Submitted by Alan Anderson)

STEVENS POINT CHURCH SCHEDULE OF EVENTS



Schedule and Announcements

Every Week:

- Tuesday's - 7:00 p.m. - Study and Prayer meeting. This week we will study Revelation.
 - Thursday's - 6:45 p.m. - Community Bible Study in the fellowship room.
 - Friday's - 6:30 p.m. - Bible Study in room 103A of the UWSP Library. Contact Joshua Guerrero at 715-310-2196 for info.
- Sabbath, June 18th & 25th - Camp Meeting in Camp Wakonda. There will be no church services on these Sabbath's.

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

Wisconsin I-39

I met Jesus on I-39.
 And now made Him mine.
 Do you want with J.C. to meet?
 Then direct to Him your heart and feet.
 Seek Him with all your heart,
 And from Him never again depart.
 Jesus is your Way, Truth and Light;
 So always focus on His Sight,
 Then you know you are right.
 So keep up the good fight.
 You will be the winner,
 And a grateful redeemed sinner.
 Thank, Jesus, for I-39,
 You are my Redeemer Divine.

(Written and submitted by Delores Shudarek)

Tough Times Don't Last

I said "Lord, I can't take it!"
 He said, "I'll see you through."
 I said, "But What if I fall down?"
 He said, "I'll carry you."
 I said, "My fears are many."
 He said, "Trust Me alone."
 I said, "But I'm discouraged."
 He said, "I'll cheer you."
 I said, "These tough times hurt!"
 He said, "Please let me help...
 Remember that I love you."
 I said, "Lord, I accept."

Joshua 1:9

Author Unknown

MONTHLY HEALTH NUGGET

Our Amazing Liver

Your liver is one of those body parts most people don't think much about until they begin to have problems with it. At that point, it may be too late in the game.

Our liver function is crucial to good health for a number of reasons. Almost everything we consume requires the liver to aid in its digestion. If you take a pill, your liver is breaking it down; if you have a cup of coffee—same process. Imagine, everything we put in our mouth causes our liver to work within minutes. This is a very important organ that we cannot live without! For only weighing a few pounds, it can make or break our overall health if it is not properly maintained.

Anatomy of the liver

The liver is located in the upper right-hand portion of the abdominal cavity, beneath the diaphragm and on top of the stomach, right kidney, and intestines. The liver, a dark reddish-brown organ, has multiple functions. The liver consists of two main lobes, both of which are made up of 8 segments. The segments are made up of a thousand lobules which ultimately connect to the common hepatic duct. This duct transports bile to the gallbladder and duodenum (the first part of the small intestine).

What are the functions of the liver?

The liver regulates most chemical levels in the blood and excretes a product called bile. Bile helps to break down fats, preparing them for further digestion and absorption. All of the blood leaving the stomach and intestines passes through the liver. The liver processes this blood and breaks down, balances, and creates nutrients for the body to use. It also metabolized drugs in the blood into forms that are easier for the body to use. Many vital functions have been identified with the liver. Some of the more well-known functions include the following:

- Production of bile, which helps carry away waste and break down fats in the small intestine during digestion

- Production of certain proteins for blood plasma

- Production of cholesterol and special proteins to help carry fats through the body

- Store and release glucose as needed

- Processing of hemoglobin for use of its iron content (the liver stores iron)

- Conversion of harmful ammonia to urea (urea is one of the end products of protein metabolism that is excreted in the urine)

- Clearing the blood of drugs and other harmful substances

- Regulating blood clotting

- Resisting infections by producing immune factors and removing bacteria from the bloodstream

- Clearance of bilirubin (if there is a buildup of bilirubin, the skin and eyes turn yellow)

When the liver has broken down harmful substances, they are excreted into the bile or blood. Bile by-products enter the intestine and ultimately leave the body in the feces. Blood by-products are filtered out by the kidneys and leave the body in the form of urine.

When we contemplate the many and varied vital functions performed by our liver, we are reminded of the text in Psalms 139:14 I will praise thee; for I am fearfully *and* wonderfully made: marvelous *are* thy works; and *that* my soul knoweth right well.

(Submitted by: Freddie Ramirez, RN)

TRUE UNITY

“When we bring our hearts into unity with Christ, and our lives into harmony with His work, the Spirit that fell on the disciples on the Day of Pentecost will fall on us.” –Testimonies 8, p. 246.

Let us be determined to avoid the false unity of the ecumenicals which is established upon a compromise *where doctrine is de-emphasized*.

True Unity results only when we are sanctified through the truth (John 17:17). Unity does not remove the pillars of our faith, the essentials of the gospel, or the three angels' messages. Unity means being united in the truth of God's remnant church.

(Submitted by Dorothy Tess)

God's Wondrous Love

The more I look back
The more I see
God's wondrous love
And goodness to me.

He was with me
In my drunken plight
Walked with me home
Down the roads at night.

Heard my crying, my prayers, my singing
Lighted my sorrows
With the love He was bringing.
The new truth didn't happen over night,
But when I truly repented
Many things became right.
He knows how to mend broken hearts...
His perfect love He daily imparts,
To this sinner who wandered and strayed,
His Word now tells me, "I am saved!"

(Written by Nona Schmidt)

THE SECRET

By Ralph S. Cushman

I met God in the morning
When the day was at its best,
And His Presence came like sunrise,
Like a glory in my breast.

All day long the Presence lingered,
All day long He stayed with me,
And we sailed in perfect calmness
O'er a very troubled sea.

Other ships were blown and battered,
Other ships were sore distressed,
But the winds that seemed to drive them
Brought to us a peace and rest!

Then I thought of other mornings,
With a keen remorse of mind,
When I too had loosed the moorings
With the Presence left behind.

So I think I know the secret,
Learned from many a troubled way;
You must seek Him in the morning
If you want Him through the day.

(Submitted by Dorothy Tess)

Needful

“Martha, Martha, thou art careful and troubled about many things: But one thing is needful, and Mary hath chosen that good part, which shall not be taken away from her.” – Luke 10:41,42.

Are you busy? Are you busy in the things that you believe matter most? Martha was. And just like Martha, we become so busy in what we think are the most important things that need to be accomplished that we forget the most important thing – Jesus!

Life can be so filled with activities such as work, business appointments, personal appointments, church, the kids, my personal church project, time on the internet, etc., that in trying to get things all done our walk with the Master slowly becomes distant and erodes. We begin to feel it on the inside but just can't seem to help ourselves stop being so busy!

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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.

(Needful—Continued from page 11)

What keeps us so busy in the things that don’t matter most as compared to Christ? Well, I believe, it is self. Self can be at the center of what we do and as we try to fill self, with self, it just doesn’t work. The problem is that as we continue to fill self with self the loneliness and pain does not get better. Yet we try to medicate the pain with more and more of . . . filling ourselves with self. Oh, when will this end?

Jesus shared with Martha how this viscous cycle of busyness can come to an end. Isn’t it funny, when we are full of ourselves just like Martha we are quick to point the finger that someone else is not doing what we feel they are suppose to be doing. It only reveals that we need more of Jesus! And that is the wonderful counsel that Jesus had for Martha, and has for us today.

Today, Jesus is trying to tell us to take the time today to invest in the one thing that is most needful – Him! Begin today to make Him your priority number one. As we do, the void in our hearts will disappear, and our problems will begin to have the answers that will really solve our problems.

Jesus said, “I am The Way, The Truth and The Life,” (John 14:6), “Seek ye first the kingdom of God and His righteousness and all things these things shall

be added unto you” (Matthew 6:33), and “Come unto me, all ye that labor and are heavy laden, and I will give you rest.” (Matthew 11:28).

Are you busy? Are you tired? Are your wheels just spinning and spinning? Are you thirsting for something more? Is your complaining and critical spirit growing as a result? . . . Martha, Martha, you are anxious and troubled about many things, but one thing is needful, Mary has chosen the good portion, which will not be taken away from her. Choose Jesus, Choose life! Begin today to prioritize your life and take the time needed to sit at the feet of Jesus and let Him finally lead the way in your experience. As you do, you will be choosing the good portion that will never fade away and that no one can take away from you for it will be so precious and dear to your heart! Begin that journey today and finally enjoy the peace that only He can give.

Until next time, God bless, and may I encourage you to keep your eyes fixed on Him!

Pastor David Guerrero

David Guerrero is Speaker/Director of Rekindle the Flame Ministries. Rekindle the Flame Ministries seeks to help other experience a vibrant walk with Jesus through life changing seminars, training, equipping and discipleship services.