

# Grace Notes

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

## Summer Fun

Summer is in full swing. School is out, family vacations are abounding, good times, picnics, trips to the park/zoo/swimming. It is a time when life seems a bit more worthwhile and exciting. We can all spend time out enjoying God's second book, nature.

The great wonders and majesty of His awesome creation are celebrating the gift of life. Birds are singing, flowers are in full bloom, the sun is shining brightly, and signs of life are all around us. What a wonderful and loving God we serve. I can't help but feel the joy and happiness of knowing that an all-powerful Creator is watching over me, and providing for all living creatures on this spinning globe we call earth. How miraculous is this gift of life. I believe that life itself is a gift of God and should be valued.

Regardless of where on this planet we come from, the color of our skin, the shape or size of our bodies, our national origins, even our political affiliations, we are all endowed with certain inalienable rights. Life, liberty, and the pursuit of happiness are among some of these rights. Above all of these, is our right to worship God freely, guided by our own conscious leadings. No one has the right to impede upon this most essential and fundamental of all rights. This right applies inside the church as well as outside.

We must operate within the same moral and ethical parameters with which our God and Creator has exercised with us, that of freedom of conscious and free will. God never forces us to follow Him and His will. We must extend the same courtesy to our fellow humans and believers. God is not done with me, or you, but He has promised to complete this good work He has begun in us. Do we believe the same is true for others in and out of the church?

As we see and experience the freedom which comes through salvation in Christ Jesus, let us all share that true freedom with others. All of humanity has before it a testimony of the Creator, found in His magnificent creation. A Gospel as true and faithful as the Holy Scriptures themselves. Even unbelievers recognize something is happening, maybe the world is coming to an end. Who can God send to open the eyes of the lost? Angels? The animals? Maybe the stones?

No my friends God has chosen **all** of His people to declare this message of love, hope and salvation with our fellow mankind. The real question is, **will you?**

Take time to enjoy the gift of life. But also remember, We all owe our existence to a loving God and Savior. May we all have a Holy Boldness to answer this call.

God bless you all and our efforts here in the Central Wisconsin Churches.

Yours in Christ Service,

*Pastor Joseph Perriocella*

## SURVIVAL FOOD

### EDIBLE PLANTS

Green plants such as spruce tips, willow tips, leaves of Labrador tea, dandelion leaves, and many others are a good source of vitamin C. The best way to ingest this is to drink tea made from such leaves. Rose hips, the fruits of the wild rose, also have a high vitamin C content. Another good source of vitamin C is the cambium layer, the inner layer between the bark and the wood of poplar, jack pine, and spruce. The cambium layer of the slippery elm is particularly nourishing. Probably the best way to acquire this layer is by the use of a drawshave or very sharp, strong knife. This is a very useful item when you need it. I think you have to use this tool on the part of the tree that is not so hard that it will break the blade.



Drawshave -->>

The flowers of many wild plants in North America are safe to eat. The roots of cattail, wild carrot, tiger lily, lady's slipper, arrowhead plant, vetch, and other plants with thick fibrous roots are good sources of carbohydrates. They can be eaten raw or boiled. The roots of the water lily are edible when boiled twice or even three times, but the water should be changed between boilings to remove the acrid flavor.

Greens such as dandelion leaves, lamb's quarters, young green milkweed pods, young water lily seed pods, the lower inner core of young cattails, and young pigweed can all be eaten raw or stewed. Fiddleheads, the fronds of ferns, are delicious. And in season, you might find some asparagus.

Berries are another source of food. Almost everyone knows the common ones such as blueberries, raspberries, blackberries, black caps, cranberries, and wintergreen. But be careful with others unless you can positively identify them. Red and white berries are more prone to be poisonous than not, unless you know them.

Avoid any black or blue-colored berries in bunches. If you come across berries you don't know and want to try them, eat only a few and wait twenty-four hours for a reaction. Then eat a little more and wait again. If, after the second twenty-four-hour period, nothing unpleasant has occurred, the berries are probably safe. Other fruits such as wild cherries, acorns, wild hazel nuts and nuts of all kinds are safe to eat. The acorns from the white oak tree (*Quercus alba* L.) need to be boiled in order to remove tannins. The tannins make the acorn very astringent and bitter. The

*(Continued on page 15)*

## Adventurer Club

The Adventurer Club at the Rapids Church held their annual Investiture Service on Sabbath, July 9th. As stated in the Adventurer Manual, "the Investiture Service is a time at which the children are given their adventurer awards and adventurer class insignias they have earned during the year". It highlights the accomplishments of the children and the club as a whole throughout the past year. Over the past years it has served as a source of encouragement for the children to persevere and work diligently in the next upcoming year.



The ceremony began with opening preliminaries, a recitation of the Adventurer Pledge and Law, and singing the Adventurer Song. The children played an active role in the opening exercises, welcoming the congregation, leading in opening prayer and playing the Adventurer song.

As the director presented the charge, she highlighted one of the Adventurer's service projects at the church where they raked leaves, trimmed shrubs, planted daffodils, hyacinths and a pine tree. The children were reminded of the importance of little steps in developing perseverance and the necessity of persevering and working hard even when a task may be difficult. She noted that this skill is absolutely necessary in becoming the person God intended them to be. The flowers planted, that would bloom each spring, would always be a reminder of their hard work and perseverance.

The adults were reminded the importance of words of encouragement. She stated that children often need words of encouragement so that they may not drift from one thing to the next, but rather learn how to persevere during difficulties moments, overcoming hardships and finding success with the help of encouraging words. "Little things [like words of encouragement, may] supply the actual discipline of life. It is by them that the soul is trained that it may grow into the likeness of Christ, or bear the likeness of evil. God help us to cultivate habits of thought, word, look, and action that will testify to all about us that we have been with Jesus and learned of Him! CG 129.3" This the adults and children need alike.

The Rapids club has six children, from Little Lambs to Helping Hands. Each child was given their awards for the year. As a club over 30 different awards were given out. The children were quite pleased as they stood with their tokens of victory that marked the end of another Adventurer year. The hard work seemed to be worth it after all.

"Natalie St. Bernard"

# Come, Enjoy a Sabbath Afternoon at Devil's Lake State Park!

Hiking & Fun with a Picnic

to top it off!

Sabbath, August 6, 2016

Meet at Plainfield Phillips 66 Station, Hwy 73 at 1:45pm, leaving promptly at 2 pm.

OR

Meet at Devil's Lake South Shore at 3:30 pm



Bring food for a potluck meal to follow the hiking adventures!

Any questions, call Mike at 715-570-2179.

Your friends from the Almond Church would love to know if you plan on coming,

or need a ride!

## THOUGHTS FROM ONE OF OUR ELDERS

### *God Cares For You*

During one of the darkest times in Israel's history, God chose a young man to deliver a difficult message to His people. This was a message that would prove to be very unpopular for the young prophet delivering this message. In fact this message was so unpopular the young man's life was threatened. That young man of God was the prophet Jeremiah. However, I do not want to concentrate on this story in Israel's history. The point of this discussion is how God chose Jeremiah to be the man to do this work for Him. Let's look at Jeremiah 1:5: "Before I formed you in the womb, I knew you; before you were born, I sanctified you; I ordained you a prophet to the nations." Imagine, God personally knew Jeremiah before he was formed and had a work for him to do. God wants each and every one of us to be with Him in heaven and He has a purpose for all of us. However, He does not force us to be His son or daughter. He has given us the free will to choose whether or not we want to be saved. God wants none to be lost. In fact in Luke 19:10 it says: "for the Son of Man has come to seek and to save that which was lost." John 3:16 says it so well: "For God so loved the world that He gave His only begotten Son that whoever believes in Him should not perish but have everlasting life." Imagine that! God loves each one of us so much that He was willing to sacrifice His Son to save us! He even cares for me, a sinner.

I want to give you my personal testimony. I didn't start out my life under very good circumstances. In 1953, I was born eight weeks premature to some very loving parents. Back in the early 50's, the prognosis for premature babies was not very good. Those first few months were a struggle for me but my mother told me that deep within me was strong will to live. My mother was a Roman Catholic and my father had no church affiliation. From an early age, I was indoctrinated into the Catholic faith. I had a very happy childhood and did well in school. But at the age of seven, I encountered another bump in the road of life. I contracted measles and chickenpox at the same time. I developed a fever of 106 degrees and had to be rushed to the hospital. At the hospital, they put me into an ice bath to try to get my fever to break. The doctors told my parents that if my fever did not start to come down quickly, I would either die or be brain damaged. Once again, a strong will to live prevailed and I survived with no brain damage. Throughout my early years, I practiced the Catholic faith of my mother's family. However, as I entered my teenage years, I began to question the teachings of the Catholic Church. As I entered college, I became disillusioned and completely walked away from religion. I developed several bad habits (smoking and drinking) and wanted nothing to do with religion which I thought was hypocritical. But, God was not willing to give up on me. Little by little, the Holy Spirit began working within me. First, He gave me the strength to give up cigarettes cod turkey. Next the Spirit gave me the fortitude to give up drinking, again cold turkey. Little did I know that He was preparing me to meet my future wife. Not long after this, I happened to walk into our local malt shop and met the most beautiful girl I had ever seen. After several months, I finally built up enough courage to ask her for a date. I asked her to go to the Friday night football game with me. She said she couldn't but that she could go out with me on Saturday evening after sundown. I thought that was strange but I was glad she said yes. Little by little, I learned she was a Seventh Day Adventist. I had never heard of such a thing! The more time I spent with her, I found out that she was different than other girls I had dated or knew. She was someone that I had complete trust in. Well to make a long story short, we were married in 1976. Before we were married, I told her that I did not want to have anything to do with her religion but I would allow her to raise any children that we would have as Seventh Day Adventists and would not stop her from practicing her faith. Three years after we were married, my mother unexpectedly passed away. This made me so bitter that I blamed God for her death and vowed not to practice any religion. Again, the Holy Spirit was not willing to give up on me. Not long after my mother's death, my wife's church held an Amazing Facts prophecy evangelistic outreach with John Earnhardt as the speaker. I attended these meetings and soon found that I did not want to miss any of the meetings. But the devil continued to work on me to refute the truth that I was hearing. During the last meeting, John gave an altar call to anyone who wanted to become part of God's true church. During the call, I kept resisting the urge to go to the altar. My heart was pounding so hard in my chest that I thought I was going to have a heart attack. I could not resist the Holy Spirit any longer. I jumped up, went to the altar, and gave my heart to the Lord. That was thirty seven years ago and I have not looked back once. I love the Lord with all my heart and want only to serve Him in whatever capacity that He wants me to, much like Jeremiah's call. Oh how thankful I am that God loves even me, a sinner so great.

So in closing I would like to quote John 15:16 - "You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain that whatever you ask the Father in My name He may give you." And to quote Ephesians 1:4 - "Just as He chose us in Him before the foundation of the world that we should be holy and without blame before Him in love." Oh how glad I am that God did not give up on me and gave me a receptive heart to choose Jesus as my personal Savior over this sin stricken world. In Christ I am made perfect and I am an adopted son of the Father. Won't you choose the Father today? "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him and he with Me." - Revelation 3:20.

Oh, won't you allow Him to come in.

*Paul Stephenson, Wisconsin Rapids Elder*

## PRAYER CORNER

Hello There: I'm Jody Lucas, your friendly Prayer Coordinator for the Almond Church.

As I become more acquainted with this area I will be bringing different things to you. I will be setting up a small spot for you to write down your prayer concerns and leave them for me.

First off, I want to start a Prayer Calendar. We all know how powerful prayer can be. Each week we will pray for a different family in our church. We will continue to always pray for our sick, shut ins and missing members, as well as the church planting in Wautoma.

We need to keep the Pastor and our Bible Workers in prayer as well. A special prayer is needed for our officers in Blue and for this up coming election. Remember it is in God's hands, just as in the days of Saul and David. We need to review the details and vote our conscience after being on our knees in prayer to God to guide us.....it is a difficult thing yes but as Christians we can make a difference as long as God is our guide.....I pray for all to be safe and come to a closer love and understanding of our Mighty God and Jesus Christ our personal Lord and Savior through grace with the Holy Spirit. Ephesians 2:8-10 speaks of it well " For by grace are you saved through faith: and not of ourselves it is the gift of God. And not of works, lest any man should boast, for we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them."

God Bless until next time.....

### Weekly Prayer Calendar

July	30	Randy Krohn
Aug	6	Doug and Rosemary Bruder
	13	Mike Tess and Rachel Tess
	20	Bill and Mary Boehm
	27	Ken Wilson

If you have prayer concerns please let me know. You can reach me at 715-213-7455 or by email at JL597746@yahoo.com

I would like to leave you with this for now.

### A Journey with the Lord

Life is but a stopping place, A pause in what's to be,

A resting place along the road To sweet eternity.

We all have different journeys, Different paths along the way,

We all were meant to learn some things, But never meant to stay....

Our destination is a place Far greater than we know.

For some, the journey's quicker, For some, the journey's slow.

And when the journey finally ends, We'll claim a great reward

And find an everlasting peace, Together with the Lord

Author unknown



### Word Healed, Sabbath Sealed

Jesus, for me You died on that Calvary Hill,  
 That You could pay my ransom bill.  
 Thank You for Your Precious Blood,  
 That saved me from sin's flood.  
 I left the wilderness of Egypt bondage land;  
 Now I am connected to Your band.  
 Your Ten Commandments I love,  
 Because You gave them to me from Above.  
 I will not allow Your WORD to be watered  
 down,  
 Because then I would into satan's pit drown.  
 By Your WORD I am healed.

Keeping Your Sabbath will keep me sealed.  
 Jesus, You are my Hope of Glory;  
 I will keep telling others Your story!  
 To be in Your remnant Church I desire,  
 In Your End Time harvest put me on fire!  
 A true keeper of Your WORD is my test,  
 For in You is my only rest!

(Contributed by Delores Shudarek)  
 Stevens Point Church

From her book titled,  
An Escape to His Arms

## REMEMBER TO SAVE YOUR CHANGE

*Almond SDA Penny Drive*



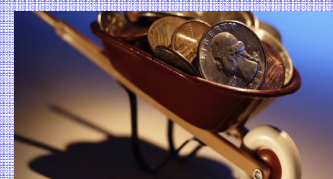
*"Change" for change!*

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.**



## Some Lessons from Ellen White

“This whole chapter (Eph 4) is a lesson that God desires us to learn and practice.” (MS 55, 1903)

“In the fourth chapter of Ephesians the plan of God is so plainly and simply revealed that all His children may lay hold upon the truth. Here the means which He has appointed to keep unity in the church, that its members may reveal to the world a healthy religious experience, is plainly declared.”

(MS 67, 1907)

“He (Paul) speaks simply of what came to him by revelation, not because any superior intellect or insight, but because he was an instrument of God’s grace to whom had been granted a vision of the essential spiritual unity of the kingdom.

4. Theme, para 5, p349

It may be asserted that what the books of Galatians and Romans were to the 16<sup>th</sup> century and the Protestant Reformation, Ephesians is to the church of today.

4. Theme, para 6, p349

There is no more urgent need today than that of a unity that preserves the freedom of the individual, unity without rigid uniformity.” 4. Theme, para 7, p349: from the Study Bible, unknown author(s)

The first two comments are from Ellen White’s Manuscripts. These last statements are from the Adventist **Study Bible** by Pacificrim Press, 1997.

If the opening remarks by White and the authors of the Study Bible are correct, the works of E. White deserves even more attention today. Why does Ephesians (and Colossians) have more pertinence to today’s world? Read with this new light, we should perhaps return to Paul in all of his books? It seems necessary to understand him more fully, at least for me.

I think the works on the Righteousness of Christ was most honored by the words of Thomas Jones and E.J. Waggoner, and based on Galatians and Romans. This was from the Protestants Reformation. Then in comes Ellen White.

That she recognized Ephesians as important in her blessings from God is apparent. But did she know of the importance it held? It would seem that yes, she did. After all is said and done, she was a true advocate of a practical religion. Though that is for the thoughts of the historians of the future.

Already over 80 years of age, White made her 2 comments above. Having completed over 100 books in print (fig. from 2015) and produced 100,000 pages of manuscript, she seemed too old to be able to change her primary role. But change she did with the grace of God.

I think vision always lived in her life abundantly. One can lose easily the fact that she was a mystic. And, I think, she wanted to be surrounded by other people that had the same vision that she had. “101 times Jones and Waggoner are spoken of as ‘messengers of God,’ or bringing a ‘message’ from God. 33 times they are spoken of as chosen servants of God, special agents, or of having been sent by God. 56 times their message is spoken of as ‘precious,’ ‘beautiful’ or as clear ‘light from heaven.’” (**Third Angels Message**, *The 1888 Message*, R.Wieland, compiler of website) I could continue in her praise of those two men. It would seem that she fitted the role like Paul did: of a dedicated servant of God. I am surprised that she followed whom she did and not the monastery. But I am very grateful that she did it with her heart.

I believe Ellen White was stretched in her life between the two poles: the rigidity in leading a life of obedience to God’s Law and the softness of God’s love. Before these two conditions she chose to act with the Spirit which was directing her. But following these outbursts she occasionally would experience lasting segments of time in self-doubt and self-abnegation. And this happened more than once. As a matter of fact, it would occur (at times, I’m sure) hourly.

With my worthless idea, Ellen White felt totally devastated and worthless as a human being who witnessed God within her life so many times. She was humbled by the One’s presence and it is with this humility she suffered.

I applaud her efforts as being truly worthy as a member of the elect of God.



## More Lessons from Ellen White

“Strive earnestly for unity. Pray for it; work for it.” E.W., *Counsels for the Church*, p290-5th par

The Roman Catholics have more of a physical understanding of it than we do. Which is a good thing because unity should be practiced by spiritual means of religions. As being a part of God’s character, unity is retold in every filling of a soul in grace and mercy. When it is demoted to a physical practice it becomes suffocating in its power to control over the so-called spiritual minds. Uniformity is a physical practice of unity; practically out the word. Whenever I am confronted by uniformity my flesh reacts in disgust.

This is a direct statement from Mrs. White to contemporary Adventists. It doesn’t leave any room for misunderstanding. She goes on to say:

“(Unity) It will bring spiritual health, elevation of thought, nobility of character, heavenly-mindedness, enabling you to overcome selfishness and evil surmising, and to be more than conquerors through Him that loved you and gave Himself for you.” p290-5th par

This is what she means by calling it spiritual unity; wouldn’t you like to feel a spiritual blessing from God, an elevation of your thinking, a higher nobility of your character, a greater mindedness for the heavenly things? Wouldn’t you like being enabled to *overcome* selfishness, and rid of evil plotting against your brothers and sisters, making you an equal to the saints? I definitely want those things for myself.

Ellen White stated many things over her long tenure as the most important figure within the early Adventist religion. I don’t agree with all she said but on the important things I concur. I believe that unity in the Church leads all to a peace that *overcomes* all the problems that are capable of being in an assembly of parishioners. Further, I believe that peace should be preached by Christians and not in the hands of others. Like you I am convinced of the righteousness of Him Who died for us. Who took on all of our sins yet remained free of them. But He also told how we could *overcome* this sinful state by being full with His help and His grace.

In His seven messages to seven Churches, John tells it so much better than I. This is in Revelation 2-3. It is couched in a promise particular to the Church being examined. “In overcoming” or “to overcome”, is the method of conjoining a specific promise. As if He is saying, “If you can *overcome* then you shall reap the results.”

White is connecting Ephesians directly to Revelation, Paul to John. I think this is a ploy for a basis in all end time scenarios. She is propelling us into a new world by this means. With a nod to Paul and a wink to John she produces this wonderful amalgamation. She is an obvious genius of no small rank.

“Crucify self; esteem others better than yourselves. Thus you will be brought into oneness with Christ. Before the heavenly universe, and before the church and the world, you will bear unmistakable evidence that you are God’s sons and daughters. God will be glorified in the example that you set.” p290-5th par

“Union is strength; division is weakness. When those who believe present truth are united, they exert a telling influence. Satan well understands this. Never was he more determined than now to make of none effect the truth of God by causing bitterness and dissension among the Lord’s people.” p291-3rd par

I would add to her list of evils which Satan wishes to effect on God’s people. The despoiler, the abomination toward all His people will be raised in these last days. He will literally pour out his hatred of man. You are going to see such a definition of his disdain for the elect that it will surprise you. You will be left just to wonder about how desperate he feels. After all, his world status will be slipping away from him, leaving him as a fixed star, forever fixed in ignominy.

How can such a creature exist with all the beauty in the world? On *that day* the Lord will come back to take His precious ones to the eternal bliss.

WISCONSIN RAPIDS CHURCH  
SCHEDULE OF EVENTS



Calendar of Events

- Aug. 3 Bible study and prayer, 6:30 p.m.
- Aug. 10 Bible study and prayer, 6:30 p.m.
- Aug. 13 Fellowship dinner after the service
- Aug. 17 Bible study and prayer, 6:30 p.m.
- Aug. 24 Bible study and prayer, 6:30 p.m.
- Aug. 27 Fellowship dinner after the service
- Aug. 31 Bible study and prayer, 6:30 p.m.

Sabbath School begins at 9:30

Worship Service begins at 10:55

ANNOUNCEMENTS

**Summer Potluck Schedule:** Potlucks will be held on the 2nd and 4th Sabbaths thru the summer. **Our next potluck will be August 13.** Weekly potlucks will return after Labor Day.

We will be sponsoring the meal at The Neighborhood Table on September 8th. If you are interested in helping cook, serve or clean up, contact Pam Thomas at 715-644-8389.

We will have a Healthy Cooking class on August 7th from 10:00 till noon. Come join us for a morning of fun!

The next Country Life Natural Foods order is August 3rd. Contact Dean Thomas at 715-644-8183 if you would like to order.

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

91.7 WRAO RADIO

*24/7 Gospel Ministry reaching those in need.*

Please keep WRAO Radio in your prayers. Remember it's staff of devoted volunteers and of course it's mission to spread the 3 Angels Message to everyone that God would have listen to it's broadcast. May it continue to be a blessing to everyone, both Christians and non Christians alike and remember, to God be the Glory! It's His radio station after all...

Thank you for your continued prayers and support!



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



## Kid's Corner

We have been talking about unity in our newsletter, and the Bible tells us of its great importance and benefit. Here is an illustration of unity.

### Silly Slime

In one bowl mix ½ cup (4 oz) white school glue and ½ cup water. Add food coloring if you want colored slime. In the other bowl, mix 1 teaspoon borax (20 Mule Team Borax is found by laundry soap section) with 1 cup water until the borax is dissolved. Add the glue mixture to the borax solution, stirring slowly.

Is your slime a solid or a liquid? Cut off the bottom half of a soda or water bottle and invert it so it acts like a funnel. Prop it up directly over a cup. Place the slime in the funnel; time how long it takes to reach the cup. Try wrapping the slime around the end of a straw with an airtight seal, then blow gently and slowly through the other end. If careful, you can blow slime bubbles the size of a basketball! To keep your slime store it in a sealed plastic bag or container.

What makes the slime?

Glue is composed of polymer chains that can flow freely around one another, but it has a viscosity (resistance to flow) greater than many liquids because of these chains. The borax ion solution causes the polymer chains to become cross linked or tied holding them together.

God's love is like the borax solution. With His love we develop bonds that hold us together. These are bonds you cannot see, but they change everything. This change is not an outward change even though you can see the dramatic outward results. The difference is in the molecular structure. As Christians, we become united or tied together with God's love deep in our hearts.

Borax crystals were mined in Death Valley, California with 20 mule teams for transportation (thus the brand name). The team is another illustration of unity. A team in unity will work together pulling and traveling in the same direction to achieve a common goal. Psalm 133:1 Behold, how good and how pleasant it is for brethren to dwell together in unity!

Happy Sliming  
Karen Ferguson

## Questions to ponder!

Each month I will be asking some thought provoking questions like the one below. I would appreciate your answers to these so that we can share them with others.

Thank you and I pray you have a blessed day!

### **1. If you were going to die at midnight, what would you be doing at 11:45pm?**

Please respond via email ([gracenotesnewsletter@yahoo.com](mailto:gracenotesnewsletter@yahoo.com)) or write out your response and get it to me another way.

Responses will be published in the next newsletter.

## ALMOND SDA CHURCH SCHEDULE OF EVENTS



### August Events

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

- Aug 3 Community Bible Study 7:00 (Great Controversy)
- Aug 5 Prayer Mtg. (Unity) 7:00
- Aug 6 Sabbath—Vegetarian Potluck after (Msg. by Bill Boehm)
- Aug 6 Sabbath afternoon at Devil's Lake State Park 3:30
- Aug 7 Bible Study (Anderson Home) 5:30
- Aug 10 Community Bible Study 7:00 (Great Controversy)
- Aug 12 Prayer Mtg. (Unity) 7:00
- Aug 13 Sabbath—Vegetarian Potluck after (Msg. by Rick Felts)
- Aug 14 Bible Study (Anderson Home) 5:30
- Aug 17 Community Bible Study 7:00 (Great Controversy)
- Aug 19 Prayer Mtg. (Unity) 7:00
- Aug 20 Sabbath—Vegetarian Potluck after (Msg. by Pastor Joseph)
- Aug 21 Bible Study (Anderson Home) 5:30
- Aug 24 Community Bible Study 7:00 (Great Controversy)
- Aug 26 Prayer Mtg. (Unity) 7:00
- Aug 27 Sabbath—Vegetarian Potluck after (Msg. by Maria Frank)
- Aug 28 Bible Study (Anderson Home) 5:30
- Aug 31 Prayer Mtg. (Unity) 7:00
- Sep 04 Annual bike ride at the Sparta-Elroy trail (Save the date)

#### **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.

### Wautoma Church Plant

This past month, there have been not one but two Adventist groups meeting in Wautoma. Praise the Lord.

The Hispanic group has begun holding their own services Sabbath morning. The English group is meeting in Conference Room C at the Capsell building at 205 E Main Street for Sabbath School and Church. Now the Hispanic group is meeting in Conference Room B for their Sabbath School and Church Services. At the conclusion of our services, we meet together at 12:30 pm, for a joint pot luck meal.

We continue to plan for outreach in the Community with a presence at the Waushara County Fair, which has already had a presence for a number of years for the Almond SDA Church. We have scheduled the use of a room at Capsell for midweek prayer meetings.

Please continue to pray for the Waushara Church plants. The signs tell us Jesus is coming soon and we must reach out now.

Also, remember that the Sunday night bible studies at the Anderson's home continue. There have been a few interruptions over the summer but we continue to meet Sundays at 5:30 pm for pot luck supper followed by our studies from 6:00 pm to 7:00 pm. We will be finishing up the Book of John soon. Come and join us.

Alan Anderson, Almond/Wautoma



## STEVENS POINT CHURCH SCHEDULE OF EVENTS



### Schedule and Announcements

Tuesday, August 02 – 7:00 p.m. –  
 Thursday, August 04 – 6:00 p.m. –  
 Sabbath, August 06 – 9:20 a.m. –  
 Sabbath, August 06  
 Monday, August 15 – 6:00 p.m. –  
 Sunday, September 4

Study and Prayer meeting studying the book of Revelation.  
 Community Bible Study in the fellowship room.  
 Sabbath church services, Lem is the Elder, Pastor Joseph will present the message.  
 Devil's Lake Outing, sponsored by Almond Church  
 Church Board meeting.  
 Almond is sponsoring the annual bike ride at the Sparta-Elroy trail

Wisconsin Youth for Christ  
 Student Assistance –

Wisconsin Youth for Christ is Sept 9-11  
 We have need of assistance for a student attending Wisconsin Academy. We provide support as funds come in, please keep this a matter of prayer in your giving. Thank you very much!  
 We have 22 members who are not attending regularly and would like to send each of them a subscription. The cost is \$16.50 each for a total cost of \$363 and we will start sending these out as funds come in. Thank you again!

Signs of the Times –

#### Every Week

Tuesdays—Study and Prayer Meeting @ 7PM  
 Thursdays—Community Bible Study @ 6PM  
 Sabbath Services begin at 9:20AM

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

### Pets in Heaven?

Did you know that Pastor Doug Batchelor says we don't KNOW if our pets will be in Heaven but he says he gets more questions from people about their pets being in Heaven than if their spouses will be there. Pastor Batchelor assures us that no matter what awaits us in Heaven, we won't be disappointed (that's an understatement). Here are some of the Stevens Point pets God has given us for our pleasure here on earth—

\*Tyler **Armstrong** – two dogs—a Border Collie named Sid and a Chihuahua named Daisy

\*Reggie, Jeanna, Janiece, and Janna **Buettner** (hold on) – 5 cats named Olivia, Titus, Oliver, Sally and Piffles; a Labradoodle named Archie, a Border Collie mix named Tucker and 2 rabbits: a Giant Flemish named Clarisse and a Californian named Mia (whew; I'd hate to see their pet food bill!!!)

*(Continued on page 16)*

## MONTHLY HEALTH NUGGET

### The Pancreas

The **pancreas** is an organ located in the abdomen. It plays an essential role in converting the food we eat into fuel for the body's cells. The pancreas has **two** main functions:

**exocrine** function that helps in digestion and

**endocrine** function that regulates blood sugar.

The pancreas is located behind the stomach in the upper left abdomen. It is surrounded by other organs including the small intestine, liver, and spleen. It is spongy, about six to ten inches long, and is shaped like a flat pear or a fish extended horizontally across the abdomen.

The wide part, called the head of the pancreas, is positioned toward the center of the abdomen. The head of the pancreas is located at the spot where the stomach meets the first part of the small intestine. This is where the stomach empties partially digested food into the intestine. Here also is where the pancreas releases digestive enzymes into the intestinal contents.

The central section of the pancreas is called the **neck or body**.

The thin end is called the tail and extends to the left side.

95% of the pancreas is exocrine, producing pancreatic enzymes for digestion. A healthy pancreas makes about a **quart** of enzymes every day. Enzymes make the nutrients in the food absorbable by the intestines. These enzymes are:

Trypsin and chymotrypsin to digest **proteins**

Amylase to break down [carbohydrates](#)

Lipase, to break down fats into **fatty acids** and [cholesterol](#).

The 5% of the remaining tissue is endocrine, consisting of cells called islets of Langerhans. These clusters of cells look like grapes and produce hormones that regulate blood sugar and pancreatic secretions. These are secreted directly into the blood stream.

Two of the main pancreatic hormones are:

**insulin**, which acts to lower blood sugar, and

**glucagon**, which acts to raise blood sugar.

Insulin is a hormone secreted in response to a rise in blood sugar. It moves glucose from the blood into muscles and other tissues so they can use it for energy. In addition, insulin helps the liver absorb glucose, storing it as glycogen in case the body needs energy during [stress](#) or exercise.

Glucagon is a hormone secreted when there is a decrease in blood sugar. Its primary job is to cause glycogen to be broken down into glucose in the liver. This glucose then enters the bloodstream in order to restore the level to normal.

Maintaining proper blood sugar levels is crucial to the functioning of key organs including the brain, liver, and kidneys. A healthy pancreas produces the correct chemicals in the proper quantities, at the right times, to digest the foods we eat.

Our Pancreas is another truly an amazing organ that can only be the result of intelligent design.

*(Submitted by Freddie Ramirez RN, WR Church)*

*(Edible Plants-Continued from page 2)*

boiled acorns can then be dried and ground into powder and used like flour.

Among the lower plants, lichens can be eaten. Scrape these off rocks and stumps. They can be eaten boiled, dried, or dried and powdered, and used in stews and soups. (Have your soup kettle with you!) The lemon lichen is edible and very common. Mushrooms should be eaten only by those who know them. Although only a few are poisonous, these can be deadly. Generally speaking, anything that birds and animals eat is likely to be safe for you to eat, but always make the sample-and-wait test before eating something new or unknown.

Two very poisonous plants are the baneberry with its cluster of red and white berries and the water hemlock whose purple-streaked leaves have a foul odor when crushed. There are no poisonous plants above the tree line in the Arctic. This is just for your information in case you want to go there.

*(Submitted by Dorothy Tess, Almond)*

## Annual Labor Day Sparta-Elroy Bike Ride September 4, 2016



Come along and enjoy the beauty of Southwestern Wisconsin on the famous Sparta-Elroy bicycle trail. This 32 mile trail winds through scenic farm land on the old railway bed with gentle grades. 3 tunnels between  $\frac{1}{4}$  and  $\frac{3}{4}$  of a mile in length are along the trail, providing an enjoyable and sometime damp experience. Vehicles are shuttled between towns along the trail so the chance to stop is available. Ride all 32 miles or only a portion; that is up to you. A \$5 trail pass is required. Bring food, water, appropriate clothing and your bicycle. Transportation is available and the possibility of an extra bicycle exists. Look forward to seeing you there.

Call Mike at 715-570-2179 for more information.



**Editor:** Rick Felts

**Editorial Coordinators:**

Pastor Joseph Perricella,  
Wisconsin Rapids-Pam & Dean Thomas  
Stevens Point-Kevin Ruehl &  
Koreen Boettcher  
Almond-Rick Felts  
Wautoma-Alan Anderson

**Photographer:** Barry Boettcher

If you would like to become a part of this publication, we would be honored to have your help. Please contact us...

Rick Felts  
9162 Boelter Lake Dr.  
Almond WI 54909  
Phone: 715-572-0650  
Email: GraceNotesNewsletter@yahoo.com



**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.

*(Pets—Continued from page 13)*

\*Pastor David and Jacquelyn **Guerrero**, Joshua, Hannah, Joel, and Micah – a long-haired Chihuahua named FiFi and 2 cats: Angel and Tucker

\*Paula & Bart **Kuhlmann** – a Great Dane named Yoda

\*Elizabeth **Lee** – a cat named Madison

\*Kevin, Beth and Emy **Ruehl** – a Black Lab named Bailey and 3 cats: Sidney, Seb and Pandora

\*Barry & Koreen **Boettcher** – a cat named Louie

If members of the Wisconsin Rapids and Almond churches would like to weigh in with information about their pets, please let us know!

*(Submitted by Koreen Boettcher, Stevens Point)*

## Little Sprout

Someday we'll be like Jesus  
He will make it so.  
His Word waters and nourishes us  
So each day we can grow.

He sees us as a perfect seed  
He helps us grow to sprout,  
He does all the perfect work  
Within us, and without.

This little sprout stretches out its limbs  
To the Higher Branch above,  
His gentle arms enfold us  
And wraps us in His love.

*(Written and submitted by Nona Schmidt, Almond)*