

Grace Notes

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

Death of the Old Man

Recently I attended some training put on by Hospice for this area of Central Wisconsin. I had the opportunity to meet some of the many professionals involved in caring for those who are facing end of life issues. There were Nurses, Social Workers, Grief Counselors, and Pastors/Clergy such as myself.

Some of our time together was spent discussing the struggles of families in crisis, those who are dying, and the many different ways we as human beings face this most difficult of life's hardships.

My mind was directed to the process those who face these issues struggle with, we all go through 5 stages of grief; 1) Denial, 2) Anger, 3) Bargaining, 4) Depression, and 5) Acceptance.

I believe we all go through these same stages with different situations and junctures in our lives. For example: Some people struggle with denial when they get married. They are in denial that their old way of single living is completely over. They still want to go out and live the same way they did prior to getting married. **THIS DOESN'T WORK!** The bachelor/bachelorette must die for the husband/wife to live.

As a result of this death of the former way of living often times it manifests itself in anger. Anger at the part of this past life which has been lost. Anger about not being able to continue living the former life which has been a defining part of who they used to be. This is not unlike the anger the dying feel when their physical bodies no longer allow them to perform tasks as they had before.

Then comes the issue of striking some sort of compromise to maintain a portion of the former life, some semblance of what used to be. Perhaps I can continue going out with the boys/girls once a week to engage in a singles activity to stay connected to my former way of life. I just don't want to lose myself in this new life I have chosen. Maybe there is a

way to continue being who I was before and still live this new life.

Now that I have been married for a while I realize that my former way of life conflicts with my new life and I am sad and depressed at the thought of losing myself. My former way of life was nice and I was comfortable in that life. I remember all the fun and excitement I had before, now life is so complicated and demanding. It's really quite sad to think that I can never go back to the way it was. I wonder what else I am going to have to give up of myself for this new way of living. Maybe it will get better if I just give it a fair chance.

You know this really isn't as bad as it first seemed. I have really gotten comfortable in my new life. Yes it is different, but now I can't imagine ever even attempting to go back. I have really found my niche in life. I now have a level of peace and contentment that I never knew was ever possible before. God I love my new life.

As Christians I believe we all go through these life changes at more times than we may want to admit, however the greatest change we experience is total surrender to Jesus Christ. And the greatest life satisfaction is when we go through this life altering experience and come out the other side a New Creature in Christ Jesus.

Christ has given us a very powerful promise in 2 Corinthians 5:17, "if anyone is in Christ Jesus he/she is a new creature; the old things passed away; behold, new things have come". NASB

Let's not short-circuit the process by reviving the old man/woman. May God complete this good work in each of us that He has begun.

Yours in Christ Service

Pastor Joseph Perricellia

From the heart of an elder

Shared by Head Elder Mike Tess, Almond Church



1 Peter 5:8, 9

Off in the distance in the savannahs of Africa, you listen, and a roar comes out of the deep, creating an uneasy trepidation. The lion's roar is indeed the voice and sound of Africa. It sends an awesome message to the world that he is lord and master to all he surveys.

For a human observer, the roaring of a lion – even more so that of a whole pride – is one of the most impressive vocalizations in the animal kingdom. The lion is the loudest of all the big cats with their roar reaching up to 114 dB SPL at 1 meter. Because they are one of the most threatening predators in the wild, they are not concerned about being too noisy. Lions are active primarily at night, and most roaring occurs during nocturnal hours.

Lions roar for various reasons, communicating with each other, as a distress signal, to broadcast their territory, etc. In 1 Peter 5:8, 9 the devil is talked about as a roaring lion. A lion who is walking around his territory, seeking a victim, someone to devour. The devil has staked his claim on planet Earth as his domain - master and commander of everything that is on Earth. I can imagine that for someone who lives in Africa with these large beasts roaming around in the dark, it is a good idea to be alert and aware of ones surroundings. We as followers of Christ should do the same. We should always be on guard, always aware that the devil is out there and if we give him an in, he will attack. He is always roaring and making noise to silence the still small voice of God. He tries to drown out the peace and quiet of knowing that God is in control and will take care of us no matter what.

When a lion is roaring he is not biting or ripping his victim. We don't have to be afraid of all the roaring of the devil. As long as we hold on to our faith in our loving Lord, this lion becomes weak and powerless. His claws and teeth are removed so he poses no danger.

(Continued on page 4)

Share Your Gifts

We have so very much for which to be thankful. We often thank God for the “big” blessings He’s given us; how often do we thank Him for the “little” things? Here is an excerpt from the book “*Living Well, Spending Less*” by Ruth Soukup which may help us to think about those “little” gifts:

“You are reading this. According to UNESCO, 26% of the world’s adult population is illiterate, and women make up two-thirds of that number. There is a strong correlation between the poorest countries and those with the lowest literacy rate. Moreover, people in many countries around the world, including China, Iran, Syria, Saudi Arabia, Vietnam, and North Korea, have tightly restricted access to books, newspapers and the Internet.

Reading is a gift.

You are not hungry. In the past 24 hours, you’ve probably eaten at least three full meals, and chances are you’ve never had to experience the pain or exhaustion caused by lack of food, or the fear of not knowing where your next meal will come from. The United Nations Food and Agriculture Organization estimates that 870 million people, or roughly one-eighth of the world’s population, are suffering from chronic hunger. In fact, one-third of children in developing countries are considered malnourished, and more than one-half of the deaths of children each year are linked to poor nutrition.

Food is a gift.

You have access to medicine. As the debate over health care rages in Washington..., we sometimes forget how fortunate we are to even be having such a debate. We don’t think twice about the antibiotics, vaccines, painkillers, and prenatal care that keep us healthy. And yet the World Health Organization estimates that between 1.3 and 2.1 billion people in the world do not have access to even the most basic medicines. The WHO also reports that this lack of medical access is strongly correlated to decreased life expectancy.

Access to quality health care is a gift.

You can drive. It might not be a brand new Audi...it might even be dirty and dented and way past its prime, but if you own your own vehicle, you are in the lucky 9 percent of the world’s population that does.

Transportation is a gift.

You have a place to sleep tonight. Chances are you’ve even got your very own bed—with sheets, blankets, and a pillow to go with it. According to the UN Commission on Human Rights, there are an estimated 100 million people without homes around the world, including between 600,000 and 2.5 million homeless here in the United States. Even scarier, one in 3 Americans is only one paycheck away from being homeless.

A place to call home is a gift.

You can turn on the lights. It is sometimes hard to feel grateful when faced with a \$100+ electric bill, but most of us would need to spend only a day or two without electricity to be cured of ever complaining again. But believe it or not, more than 1.2 billion people in the world still don’t have access to electricity.

Electricity is a gift.

You are not thirsty. How many times a day do we drink a glass of water or use the toilet or wash our hands without once stopping to think of where that water came from, or where it might go next? But the scary truth is that 780 million people in the world lack access to clean water. Even more sobering is the fact that every year 3.4 million people, many of them children, die from water-related diseases.

Clean water is a gift.”

Thank you, Ruth Soukup, for reminding us of these precious gifts our Lord has given us. ADRA (Adventist Development and Relief Agency) is the global humanitarian organization of the Seventh-day Adventist Church. They deliver relief and development assistance to individuals in more than 130 countries with issues of hunger and nutrition, clean water and sanitation, disaster relief, and community health issues. At this writing, ADRA is offering a \$1 = \$7 match for your contribution. This is a way we can share the blessed gifts the Lord gives us by helping others to have what we already enjoy. Contact ADRA at adra.org to donate.

(Submitted by Koreen Boettcher, Stevens Point Church)

(Elders Heart—Continued from page 2)

What are ways that his roar is heard?

In the workplace – negativity, gossip or threat of layoffs

In the home – brokenness, fighting or financial concerns

At school – bullying, drama, struggles with grades

Around the world – crime, terrorism, political unrest

His roar can be heard everywhere. We don't have to look far or long to hear it. But we shouldn't let his roaring in our ears terrorize or subdue us. Here are some practical ways to silence him.

Stand firm—we have God's assurance that we won't lose the war. You have absolutely nothing of which to be afraid (Ephesians 6).

Let God's Word be your guide through lion country. And don't wait until you get lost in lion country to start studying the Scriptures—now is the time to prepare to do battle (Ephesians 6).

Pray always and give thanks frequently. Praise is one of the most powerful weapons a Christian has in spiritual battle—have you truly praised God for your battle (1 Thessalonians 5:16-18)?

Know that no temptation is to be taken lightly—sin is deadly. Flee immorality. Tell the truth. Speak kindly one to another (2 Timothy 2).

Walk by faith, *not* by feelings and *not* by what you can see. God's Word and His promises are either 100 percent true or they are not true at all. Since His Word is true, your faith is the difference. Grab hold of His Word and step out (2 Corinthians 5:7).

I pray that we will always be on guard and fight the good fight of faith.

May God be with us all on the journey through life.

(Submitted by Michael Tess, Head Elder-Almond Church)

Prayer Corner

Hello everyone. Prayer coordinator here from the Almond Church. Just a note to remind you all that prayer is important. We may not pray consistently or often but when something or someone comes upon our hearts, we need to pray for them, or it, or a situation. I would like to challenge all of us to pray for someone once a day. I have been putting different families in to pray for each week. This would be a good start for our daily prayer life. Prayer is like brushing your hair. Must be consistent. As we progress in our prayer life it will become second nature. Let's continue to remember our Pastor, Bible workers, Wautoma Church plant, sick and missing members.

The families to remember in prayer for October are:

10-1 Jeff Rudie and Joyce Miller

10-8 Pete Bushmaker

10-15 Elaine Gunderson

10-22 Matthew and Kathy Anderson

10-29 Combined Churches

May you all be blessed and stay in the Word
In Christ Always, your prayer coordinator
Jody Lucas Almond SDA Church

God's Timing (with Coordinating Outreach)
By Joseph H Bergeon
Health Coach & Educator

The Lord has blessed me this September with three opportunities in three different parts of the state to offer free health screenings and health coaching to hundreds of people. What began as a health screening ended in many personal & spiritual conversation. Praising the Lord for a busy & blessed September. Here is how God's timing works as He coordinates these events.

It began back in early July of this year, when I received an email from a group from Wisconsin. They were organizing health screening training for its members and a community health outreach, which was to be held in September. I was asked if I could help with the training and coordinate the health screening and outreach. I said I would. Around the same time, I had reacquainted myself with a young lady that I've work with in the past. She offered free literature, water and health screenings at a booth during a very popular community event, which happens to be in September as well. I asked how things were going and discovered there was a need for additional help. I sent out emails for help, then I volunteered myself.

I was excited and encouraged to see so much outreach happening around the state. By now, it's already July 17th and I needed to dust off the 'ol health screening equipment. I needed to upgrade my health age software and recalled that my good friend Paul needed to as well. So, I emailed Paul about the upgrade and he replied that my timing couldn't have been better. He was getting ready for the first of three fairs. That's God timing! So, we ordered four licences together and got a big discount.

I decided I wanted to visit Paul and see how he does these six day fairs. I've done two day eight station health expos before, but nothing of this magnitude. Both include a lot of prep time, including ordering literature, organizing and coordinating volunteers, but. The amount of time required during the entire fair is substantially more. After experiencing the outreach booth in a fair setting and hearing Paul's testimony of lives changed, I was inspired and thought to myself, "Why can't I do this Lord?" Oh be careful what you ask the Lord.

So, I being looking into having a booth at the Central Wisconsin State Fair (CWSF) in Marshfield Wisconsin. It's already July 21st and the fair begins August 31st. With just 40 days until the booth would have to be set-up, I faithfully contacted CWSF. I needed to know if they still had a booth and a camping site available. I live over an hour away, so it made more sense to camp. By the grace of God, they had both! That's God timing!

In the morning of that same day, I sent a text to the Health Ministry Leader for the Marshfield SDA church. By that evening, she responded that she was at the church board meeting. I was able to be available via text to answer any questions during the meeting. I had no idea when their church was meetings were held. That's God timing! They were in favor of helping at the booth. Also on this same day, I had contacted the Wisconsin Rapids church, and by the weekend I was assured they were on board as well. This encouraged me and so I commit to having a booth at the fair.

While planning any outreach events, I have learned to Fully Rely on God (yes, the FROG acronym). He knows what is needed even before you do. He knows the number of volunteers you'll need each day of the event. What may seem like a catastrophe is just another opportunity to trust in the Lord (God's grace still amazes me). He's got your back. The Bible reminds us of this in Hebrews 13:5, "...I will never leave thee, nor forsake thee" and again in Joshua 1:9, "Have I not commanded you? Be strong and courageous. Do not be frightened and do not be dismayed, for the Lord your God is with you wherever you go". Is the Lord calling you to step out in faith and be involved?

Joseph H Bergeon
 Health Coach/Educator
 Wisconsin Rapids, WI
Joseph.Bergeon@gmail.com
 715.570.9307 (cell & text)

The Shepherd's Way Community Service



October 2, 2016

Noon—4 p.m.

Wis. Rapids SDA Church

611 24th Street North

Free Clothing (While supplies last)

Free Refreshments

Free Health Screenings and Information

Ministries

Food Pantry

WRAO radio outreach

IODINE

Iodine is rich in antioxidants. Iodine helps chelate heavy metals out of the body through the kidneys. Iodine absorbs lots of radiation, especially good if you have had radiation treatment for cancer (which I don't recommend). God has a better program. Remember, Iron helps the body to use the Iodine and carries oxygen throughout the body, too. Iodine builds the CNS (central nervous system). Iodine removes scar tissue. With fibrocystic breast disease you have lots of scar tissue. Iodine kills the fibroblasts that make the scar tissue. Breast tissue needs iodine, so does the reproductive system and the thyroid. Hypothyroidism, 30% of the iodine is in the fat tissue. Calcium deposits dissolve when you get enough iodine from seaweed such as kelp, dulse, wild lettuce, Irish moss or bladderwrack. The kidneys will get rid of the excess.

Ecuador has a lack of iodine in the soil, etc. Forty percent of the people have goiters. If they have a baby, it will be mentally retarded. Some babies only grow to 3 feet tall because the CNS is severely damaged from the lack of iodine.

Iodine takes away the immortality of the cancer cells and they die. The cancer goes away when you get enough iodine and are on the plant-based diet. Iodine takes away pain as well. Breast cancer needs 100 mg. a day. Uterine cancer, stomach, esophageal cancer, etc.—all the people are low in iodine. Someone with asthma or emphysema needs 400 mg. 4 times a day.

ADD in children is a lack of iodine. In the past 10 years, ADD has increased quite a bit. When the pregnant mother takes natural iodine and breast feeds, the baby is a genius. The IQ is formed by the age of 2 years old. They have followed some of these children and found they are taking college courses in the 7th grade.

The Japanese eat seaweed 3 times a day. They get at least 13.8 mg. of iodine a day and they have the lowest rate of heart disease and cancer in the world. With 12.5 mg., you have 80% protection against radiation. The body can hold 1500 mg. of iodine. The thyroid needs 50 mg. of iodine a day. When you get enough natural iodine, fibroids will shrink. With 50 mg. you have 99% protection against a nuclear radiation disaster. Prostate cancer shrinks when you have enough iodine as well.

2

Dr. Saint Georgie researched iodine. He used 60 mg. a day. It is soluble so it can't build up and cause harm. The kidneys will get rid of the excess. Thirty-two percent of the iodine is in the muscles. Iodine helps you perspire. The whole body male and female needs iodine. You would have to take 6000 mg. of iodine a day to be toxic. You can look up info on the internet on Dr. Saint Georgie and iodine. Iodine stops PMS because it has a calming effect on the body. Selenium helps make the thyroid hormone. Iodine helps control heart arrhythmia. Finland had the highest rate of heart disease at one time. They put iodine in salt and grew foods with it in the soil and in 5 years, there was a 50% reduction in heart disease. Remember the heart also needs lots of magnesium because it is a muscle.

This Report is for educational purposes only. Do your own research on iodine.

You may contact Joyce Trout, Certified Herbalist, with any health issues you may have at 931-498-2844.

Submitted by: Dorothy Tess, Almond Church

WISCONSIN RAPIDS CHURCH SCHEDULE OF EVENTS



Calendar of Events

- Oct 1 Fellowship dinner after the service
- Oct 2 Community Service Day, Noon-4 p.m.
- Oct 8 Fellowship dinner after the service
- Oct 8 Pathfinder & Adventurers, 2:00 p.m.
- Oct 7-9 Women's Retreat, Camp Wakonda
- Oct 10 Board Meeting, 6:30
- Oct 15 Fellowship dinner after the service
- Oct 17 Finance Committee meeting, 6:30 p.m.
- Oct 22 Pathfinder & Adventurers, 2:00 p.m.
- Oct 22 Fellowship dinner after the service
- Oct 26 Country Life food orders due
- Oct 29 Service Cancelled-District Wide Service to be held at the Almond SDA Church!

[Sabbath School begins at 9:30](#)

[Worship Service begins at 10:55](#)

The Giving Tree – new items have been added. Check it out and see how you can help with community outreach!

We are in need of donations of clothing in preparation for the community service day. Please go through your closets to see if there may be items you could donate to help someone in need. Bring your **clean** donations to church no later than September 30th. If questions, contact Joe Ann Cephas or Pam Thomas.

Country Life Natural Food orders are due by noon on October 26th. If you would like to place an order, please contact Dean Thomas (715.644.8183) or Pam Thomas (715.644.8399).

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

ANNOUNCEMENTS

91.7 WRAO

Visit us on the web at:

www.WRAOChristianRadio.org

Radio Station Cooling/Heating Unit: We are seeking donations to cover the repairs on the cooling and heating unit at the tower site. If you feel led by the spirit to help fund this project, please place your monetary donation in a tithe envelope and mark it "WRAO HVAC UNIT"

Love Journey

As the old man's shadow gets closer to the ground,
From years of work he is bending down.
From tall and straight and a head full of hair,
Eyes bright and shining, nothing he couldn't bare.
Now years of sand and sun, wrinkles he does show
unlike of many years ago.
But no matter of his crippled state;
He's not lost the love of his life time mate.

Submitted by Doug Bruder, Almond.
He says this is to pay tribute to lovers longevity and expresses how much this short poem reminds him of his folks.

Article from Wautoma Church Plant

By Cheryl Anderson for October Grace Notes.

The women's group that Cheryl Anderson has been planning has finally come to fruition. It has been a dream for several years but due to my working full time was not possible. But now with retirement on May 1st, The Lord once more brought it to the forefront of my mind. I asked the Lord to put several ladies on my mind that I should invite. I wrote 7 ladies a personal letter and sent out the invitations. Next I asked the Lord, "What shall we study? I kept coming back to the book "Pressing into His Presence" by Shelly Quinn I had been blessed with reading and studying a few years ago. There are currently between five and seven eager women meeting every Thursday morning. We are eager to learn to talk with our Lord and Savior more fully as well as listen to what He is telling us. Our hearts are open to the Holy Spirits leading and guiding. I am excited to see where He leads us to next.

Keep this group of ladies in your prayers please. Anyone can lead a group like this. At first I was nervous, the devil kept throwing doubts about my qualifications and "what if's" but I kept hearing in my head, "this is My work (Jesus') let Me do the leading, just listen and follow My lead." Let the Lord go before you and claim the promise, "I can do all things through Christ who strengthens me."

WAUTOMA CHURCH PLANT SCHEDULE

- Oct 1 Sabbath—Vegetarian Potluck after
- Oct 2 Bible Study (Anderson's) 5:30
- Oct 5 Prayer Mtg. 7:00
- Oct 8 Sabbath—Vegetarian Potluck after
- Oct 9 Bible Study (Anderson's) 5:30
- Oct 12 Prayer Mtg. 7:00
- Oct 15 Sabbath—Vegetarian Potluck after
- Oct 16 Bible Study (Anderson's) 5:30
- Oct 19 Prayer Mtg. 7:00
- Oct 22 Sabbath—Vegetarian Potluck after
- Oct 23 Bible Study (Anderson's) 5:30
- Oct 26 Prayer Mtg. 7:00
- Oct 29 Sabbath—Vegetarian Potluck after (or)
District wide service to be held at the
Almond SDA Church.
- Oct 30 Bible Study (Anderson's) 5:30

Hello from Wautoma,

This past Sabbath School Quarterly came at the best time as our new church is trying to reach out to the Community of Wautoma and the surrounding area. That outreach has included follow up contacts from the fair booth and with some door to door contacts. Our growth is slow but we feel blessed seeing some new faces that continue to join us.

We continue to meet at the Capsell Building at 205 Main Street, Wautoma and both the Spanish and English groups start Sabbath Services at 10:00 am and church at 11:00.

Our services are usually blessed with musical accompaniment by a variety of stringed instruments and more instrumentalists are always welcomed. Our pot luck lunches that follow the service are always delicious. And usually there are 2 different salsas to accompany the meal, the milder one that makes the Norwegians sweat and the second salsa that makes everyone sweat.

Please continue to pray that God's light will be rekindled in Wautoma and that the Seventh Day Adventist Church will once again help fulfill God's Commission from Matthew 28: 19 & 20, that the work will be finished and that we can finally go to our real home.

Submitted by Alan Anderson

ALMOND SDA CHURCH SCHEDULE OF EVENTS



October Events

(Visit our website)
www.almondsda.org

- Oct 1 Sabbath—Vegetarian Potluck after (Msg. by Doug Bruder)
- Oct 2 Bible Study (Anderson Home) 5:30
- Oct 5 Community Bible Study 7:00 (Great Controversy)
- Oct 7 Prayer Mtg. (Unity) 7:00
- Oct 8 Sabbath—Vegetarian Potluck after (Msg. by Rick Felts)
- Oct 9 Planning Mtg. for District Wide Service 10:00
- Oct 9 Bible Study (Anderson Home) 5:30
- Oct 12 Community Bible Study 7:00 (Great Controversy)
- Oct 14 Prayer Mtg. (Unity) 7:00
- Oct 15 Sabbath—Vegetarian Potluck after (Msg. by Pastor Joseph)
- Oct 15 Social Event @ Andersons (Western Theme) 5:00
- Oct 16 Work Opportunity Church Basement prep for Dist. Wide Service
- Oct 16 Bible Study (Anderson Home) 5:30
- Oct 19 Community Bible Study 7:00 (Great Controversy)
- Oct 21 Prayer Mtg. (Unity) 7:00
- Oct 22 Sabbath—Vegetarian Potluck after (Msg. by Alan Anderson)
- Oct 23 Bible Study (Anderson Home) 5:30
- Oct 26 Community Bible Study 7:00 (Great Controversy)
- Oct 28 Prayer Mtg. (Unity) 7:00
- Oct 29 Sabbath—Vegetarian Potluck after (**District Wide Service**)
- Oct 30 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 Acts for an in depth study.

AN ORDINARY TREE

I am one of many trees
Bending in the forest breeze;
Just an ordinary tree
Awaiting God's plan for me.

Here comes two men to choose
Several of the best trees to use
For shelter, tools and heat,
Or a stool to support their feet.

As I was being hauled away
"A King is coming," I heard them say.
Perhaps his table I will be
or an artifact for him to see.

What a surprise, I thought it insane
When a cattle feeder I became,
Not realizing that I could be
Cradling the King of Eternity.

*Written by: Lance Bergherm, grade 10
Broadview Academy, LaFox IL*

Submitted by Nona Schmidt

Ships

There are good ships,

There are wood ships,

The ships that sail the sea;

But the best ships are the Friend ships

And may they always be. (anon.)

Submitted by Nona Schmidt

**STEVENS POINT CHURCH
SCHEDULE OF EVENTS****Stevens Point SDA Church, Upcoming Events in October, 2016**

Sabbath, October 1 – 9:20 a.m. – Sabbath day services. Sabbath school at 10:00 a.m.- Worship service at 10:50 a.m.

Tuesday, October 3 – 7:00 p.m. – Prayer meeting and lesson study at church.

Thursday, October 6 – 6:45 p.m. – Community Bible Study in the fellowship room. Maria is facilitating the lesson.

Sabbath, October 8 – 9:20 a.m. – Sabbath day services. Sabbath school at 10:00 a.m.- Worship service at 10:50 a.m.

Thursday, October 13 – 6:45 p.m. – Community Bible Study in the fellowship room. Maria is facilitating the lesson.

Sabbath, October 15 – 9:20 a.m. – Sabbath day services. Sabbath school at 10:00 a.m.- Worship service at 10:50 a.m.

Tuesday, October 18 – 7:00 p.m. – Prayer meeting and lesson study at church.

Thursday, October 20 – 6:45 p.m. – Community Bible Study in the fellowship room. Maria is facilitating the lesson.

Sabbath, October 22 – 9:20 a.m. – Sabbath day services. Sabbath school at 10:00 a.m.- Worship service at 10:50 a.m.

Tuesday, October 25 – 7:00 p.m. – Prayer meeting and lesson study at church.

Thursday, October 27 – 6:45 p.m. – Community Bible Study in the fellowship room. Maria is facilitating the lesson.

Sabbath, October 29 – 9:20 a.m. – Sabbath day services CANCELLED. District Wide Service to be held at Almond SDA Church

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

MONTHLY HEALTH NUGGET

What Does Our Spleen Do?

The spleen is the largest organ in the lymphatic system. It is an important organ for keeping bodily fluids balanced.

The spleen is located under the ribcage and above the stomach in the left upper quadrant of the abdomen. Adult spleens are usually about 5 inches wide and weigh about 6 ounces. Spleens are soft and purple, possessing many blood vessels.

Function

The spleen acts as a blood filter. It controls the amount of red blood cells and blood storage in the body, and helps to fight infection. If the spleen detects potentially dangerous bacteria, viruses, or other microorganisms in the blood, it — along with the lymph nodes — creates white blood cells called lymphocytes, which act as defenders against invaders. The lymphocytes produce antibodies to kill the foreign microorganisms and stop infections from spreading. When blood flows into the spleen, red blood cells must pass through narrow passages within the organ. Healthy blood cells can easily pass, but old or damaged red blood cells are broken down by large white blood cells. The spleen will save any useful components from the old blood cells, including iron, so they can be reused in new cells. The spleen can increase in size in order to store blood. The organ can widen or narrow, depending on the body's needs. At its largest, the spleen can hold up to a cup of reserve blood.

Some problems associated with the spleen are:

Lacerated spleen or ruptured spleen

This can occur from trauma (like a car accident or contact sports).” These emergency situations cause a break in the spleen's surface and can lead to “severe internal bleeding and signs of shock, (fast heart rate, dizziness, pale skin,

Enlarged spleen

An enlarged spleen, also called a splenomegaly, is a serious but typically treatable condition. An enlarged spleen puts one at risk for rupture. This can typically be caused by infection, liver diseases, cancer, and blood diseases. In many cases, there are no symptoms associated with an enlarged spleen. Doctors typically discover the condition during routine physicals because they can feel enlarged spleens. Typically, enlarged spleens are treated by addressing the underlying problem.

Spleen cancer

Cancers that originate in the spleen are relatively rare. When they do occur, they are almost always lymphomas, blood cancers that occur in the lymphatic system. Usually lymphomas start in other areas and invade the spleen. Treatment could include a splenectomy.

You can live without a spleen because other organs, such as the liver and lymph nodes, can take over the duties of the spleen. Nevertheless, removing the spleen can have serious consequences. You will be more at risk to develop infections. Often, doctors recommend getting vaccines, including a pneumococcus vaccine, Haemophilus B vaccine, Meningococcal vaccine, and yearly flu vaccine after a splenectomy.

The spleen truly is another organ that gives us evidence that we were created by intelligent design.

(Submitted by Freddie Ramirez RN, WR Church)

**Grace Centering Technique:
Unity**

The need for an understanding of unity is more pressing in today's world than it has ever been. I personally feel that unity is the most serious problem in the 21st century. It is far more insidious than conventional warfare: it is completely hidden. Couched in terms resembling Ephesians, the epistle to the Church at Ephesus, many words have been used to propagate this war for souls. There are two basic and separate ideas of what unity means. One is a construct of man's, its carnal interpretation: then there is the other, the things which are not seen, the spiritual.

"for the things seen are not lasting, but the things not seen are everlasting." 2Cor 4:18

There exist in the world many Churches that do not believe in unity as a gift from God. The Churches make error upon error by disguising their carnal need for dominance and calling it in the name of unity. Look at the insistence of Sunday as the day of worship; just following tradition they claim with pride. Its insistence on a uniformity that permeates to the very core: that is a product of its traditions. Following the traditions of the Churches or the leaders, such as the pope, present these entities as the most powerful forces in the world of today.

"Why do you also transgress the commands of God on account of your tradition?" Mat15:3

God blesses anyone in truth who attempts to understand His word. This is why we must learn to separate unity gained by and for man from unity that comes as a gift from God. Many Churches believe in the papal authority that comes from one misunderstood text in the Bible.

"And I also say to you that you are Peter, and on this rock I will build My church," Mat16:18

Unity or the method of walking with God is brought to man by His Word. Unity is a result of the out-pouring of grace to the individual. Unity comes from the Word of God which is learned by His grace. As we learn about our God, we tend to see Him as an Almighty, Merciful One. He chastises those who try to do it without His Spirit, living only in the self, in the ego: but His grace is far more abundant throughout His worlds. The unity of the spirit is gained by grace and the becoming One with God.

"the fullness of Him filling all things in all." Eph1:23

Jonah tells us that God is so filled by His mercy that:

3:10 God saw their works, that had turned away from their evil way. And God was compassionate over the evil that He had declared to do to them, and He did not do it.

(Continued on page 14)

It's Time

*Precious people of God, it's time for us to arise!
Into JESUS` gaze let us focus our eyes!
No longer will be sleepers,
The alarm has sounded for us to be His seekers.
Jesus will keep us as the apple of His Eye,
He is our Keeper.
The coming days will be filled
With unprecedented action,
But we know GOD in control of every operation.
He will have us cover ground
Where no one would wish to tread.
Jesus tells us to trust and obey;
We know He is in the Head.*

*We need to hold His strong Hand,
Because everywhere is His land.
We will abide in the shadow of His wings,
As our song of praise and worship rings.
JESUS is coming sooner than we think,
And it will happen in an eye's blink.
With the Holy Sabbath are we sealed,
Otherwise we would be reeled.
It is time, hour by hour,
To be filled with JESUS` Resurrection power.*

*(Contributed by Delores Shudarek)
Stevens Point Church*

*From her book titled,
An Escape to His Arms*

Cashew Spread

Sauce:
1/2 C. raw cashews
3 Tbsp. nutritional yeast flakes
1 tsp. garlic powder
1 1/2 tsp. onion powder
3/4 tsp. salt
1/4 cup pimentos or diced red pepper
1 tsp. lemon juice
Blend until smooth.

Remainder:
2 C. whole wheat or gluten free bread crumbs or cereal flakes
1 C. finely diced walnuts
1/4 C. tomato paste
1/2 C. diced Lindsay green olives
1/3 C. freshly diced green onions
1/4 C. diced red or yellow sweet peppers
1/4 C. diced celery (optional)
1 Tbsp. finely chopped onions
1 tsp. fresh garlic (minced)

Blend first 5 ingredients until creamy. Mix remaining ingredients together to combine. Add creamy cashew sauce to create a spread. Cover and refrigerate to marinate for a couple of hours. Serve with crackers, bread or celery sticks. This is soooo delicious. Surprise your family next Sabbath with this delightful treat.

(Submitted by Dorothy Tess, Almond Church)

Editor: Rick Felts

Editorial Coordinators:

Pastor Joseph Perricellia,
Wisconsin Rapids-Pam & Dean Thomas
Stevens Point- Koreen Boettcher
& Kevin Ruehl
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.

**God answers
knee mail...**

**Get on your knees and talk to him
every day!**

(Grace-Continued from page 13)

4:1 **But it was a great calamity to Jonah’s eye, and it kindled anger in him.**

2 **And he prayed to the Lord, and said, Please, O Lord, was this not my word while I was on my own land? For this reason I fled to Tarshish before, for I knew that You art a gracious God, and merciful, slow to anger, and of great kindness, and One who repents over calamity.”** Jonah 3:19-4:2

This is why we must learn to separate unity gained by and for man, from unity that comes as a gift from God. The common interpretation of unity may be likening to the family decision making process. The simple truth is that unity may be about the feeling of belonging to a greater whole. The feeling is from the grace which enlivens you to be better as an individual within Church. And God loves and blesses the woman or man that attempts to honor unity through prayer. If I can interpret Ellen White’s meaning correctly: and if I pray truthfully and honestly.

“All things, whatever you ask praying, believe that you will receive, and it will be to you.” Mar 11:24

Ken Wilson September 25, 2016



November 19th is coming up fast! That’s the day we will push the wheel barrow down the center aisle of church collecting our loose change and other offerings that will help children to attend summer camp at Camp Wakonda. It is well documented that many Christians make their commitment to the Lord at camp or an evangelistic event of some sort. Many of these kids that we help send to camp may never have gotten the chance to attend camp and might never have had the chance to get to know their Lord and Saviour, Jesus Christ. Don’t you want to be part of this life changing event?

Anyone can contribute, from any church and it doesn’t have to be pennies. We will happily accept all denominations of currency or checks. Thank you and may God bless you 10 fold for the blessings that you are bestowing upon today’s youth, and tomorrows leaders!