

# Grace Notes

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

## Happy New Year

Out with the old and in with the New. 2016 is now in the history books. How historic and significant it was is yet to be determined. One thing is for sure some of the years events will impact us for many years to come. I pray this past year has been as much of a blessing to you as it has been challenging. I also pray that you are closer to Jesus than you have been in years gone by.

Each day, each moment can be spent in either drawing closer to God, or being deceive by the adversary into being part of his lost rebellion. Sadly, far too many have been seduced by his wiles. Having failed to perceive the wicked trap they are caught in, they become blind to the deception.

It has been said the definition of insanity is; repeating the same sequence of events over and over again and expecting different results. The sad thing about the devils deception is the victim is completely oblivious to the fact they are being deceived. This truth makes it impossible for the victim to even know what to do to break free. Our eyes must first be opened to the truth which transforms. A truth which once know, truly known, opens the eyes of the deceived and sets them free indeed.

In light of modernity, the mind set of post moderns and their relativistic approach to truth in general, how can they have the veil of deception lifted from their eyes? Who will God send to deliver this message of hope and freedom to those referred to by Ellen G. White as “born with the animal passions largely in the ascendancy while the moral faculties are but feebly developed”? (Mind, Character, Personality Vol.1 pg. 133) One could refer to these children as barely having a chance, but wait have we already abandoned such to oblivion?

Is there hope for such as those with barely a chance? Let’s recall with whom Jesus spent His ministry reaching; Prostitutes, Tax Collectors (IRS agents), bar owners (publicans). Have we forgotten the true power of God? The Bible says in the last days there would be those who would “holding to a form of godliness, although they have denied its power...” (2 Tim. 3:5 NASB). Do we do this when we underestimate His power as not enough to overcome in the lives of the lost?

If new-years tells us anything, as well as the hope of Christ, is that humanity, as well as their Creator loves a new beginning. God has given to all of us hope for a fresh start. This truth can never forgotten, nor should it be diminished by our human short sightedness in the lives of ourselves or others.

So this New Year reminds us, with God all things are possible, even the transformation of the sinner into a Saint. This is the greatest of all new beginnings. Let’s all pray for God to give us someone to share this blessed hope of renewal and transformation with this New Year.

Yours in Christ Service  
Pastor Joseph Perricellia

## *From the heart of our Elder*

### Thoughts on a New Beginning

At Christ's last Passover Supper with His disciples, the event mirrored the formation of the Jewish nation and represented the new beginning of the Christian church. Israel took its identity at their "first supper", and began their journey out of Egypt, toward the territory God had promised.

And at the Last Supper, the Christian church began its journey of faith, still yet to be completed. One could say it was the first Christian fellowship dinner.

Jesus said something amazing while He washed the disciples' feet: "You are clean..." John 13:10 (NIV)

Clean? Really? Obviously He made an exception for Judas (vs.11) but it seems a bit of a stretch to call the other eleven disciples clean. They were in the middle of an infighting session, trying to jockey into some special position in the new Jewish kingdom. Bickering, jealous, short-sighted; they stayed awake when Jesus desperately wanted their companionship and prayers. How could God's chosen leaders even pass a simple test?

But Jesus knew the future. He knew the Gospel seed had already taken root in their hearts, even though their speech and actions were clearly falling short.

How about us? Do we dare apply the pronouncement to ourselves? Are we not His disciples too? Do we fall short?

Most end of the year reflections include much to be forgotten... duties ignored, shortcomings – not enough in the "good" column.

Jesus "...rose from supper. He laid aside His outer garments, and taking a towel, tied it around His waist. Then He poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around Him." John 13:4 (NIV)

It was an astonishing act of service –the Master serving His servants! He took off His teacher's robe and did the job of a slave –something usually done by a non-Jew. He wrapped the towel around His waist –it became part of His uniform. And when He cleaned their feet, where did the dirt go? Onto Himself!

"Surely He hath born our griefs, and carried our sorrows..." Isaiah 53:4 (KJV)

During this time of new beginning, let us allow Jesus to clean us again, and to claim His pronouncement: "You are clean". We now have His identity; we are Christians, not slaves to spiritual Egypt. The "dust" we accumulate is gone. We are free to serve.

A great journey is ahead, and the best part is that He is indeed with us! –Doug D. (Almond)

## Sampson

I bought a rescue horse so that my horses wouldn't be so lonely...I found out when I picked her up, that she came pregnant with a filly...Just like that life changed at our house. Oh we loved them all, but anxiously awaited the day the foal would arrive. Finally, I went out to feed her in the morning, and behold, there were two! I was able to touch him and hold him for one brief second before he managed to flip us both over backwards. He started out strong, and grew quickly-hence the name.

Sampson grew quickly, and was great fun to work with. He loved to be touched, and was full of spunk and curiosity. Yep, he figured out when the fencer quit, and got out that night, the next, and on it went, until we were able to get a new fencer. That taste of freedom changed him forever. From then on, he was out more than in it seemed. On one of those adventures, he cut his front leg, and soon infection ensued. I found him down one morning, and put together my last 2 capsules of charcoal with a bit of honey and wrapped it up. When I returned from church, wondering what to do about him, he came prancing up and threw his leg over my shoulder. From then on, whenever I went to do dressing changes, he'd stand patiently, with his leg over my shoulder while he checked my pockets for treats.

I didn't get a lot of teaching done that first summer, and winter came on strong with lots of ice across the yard, so I was afraid to work with him. When he'd get out, I'd take his halter in my hand, intending to be the leader, but he'd get a look in his eye, and then take off like a rocket. I'd be flying alongside him, until I came to my senses and realized I was better off with my feet on the ground. He was easy to touch, easy to catch, but impossible to HOLD.

That next summer, I knew I had to do something! I couldn't trim his feet, couldn't lead him around, couldn't even get rid of him, as I couldn't keep a hold of him. I thought and thought about it, and then decided one day, that he must learn the lesson of submission. I gathered the lariat (for an extension of my arm-a visual tool) and the lunge line, and headed out into the pasture with a prayer on my lips. He came running to me, and let me put on his halter. That was a great beginning right? As soon as he heard the click of the lunge line attaching, he took off full speed across the pasture with me in hot pursuit, praying to stay upright as I skiied along. Soon the family gathered along the fence, asking what they could do to help me. "PRAY" I said.

Thankfully, I was able to miraculously stay on my feet, and before long, was able to get my footing, where I stayed still, and allowed him to run his circles around me.

The thought is, that the horse is allowed choices. They can run as long as they choose to, or even walk if the leader so chooses. The leader sets the pace and the direction. The horse can comply, and if they get tired of the merry-go-round, then they can come and submit to the leader. Sampson ran, with head held high, spirit in his step, he ran. I didn't urge him on, but rather just picked the direction, and periodically asked him to come in by me. He would look at me, whinny to his mare in the barn, and I'd have to send him back out again to run. I knew that he wouldn't be a safe horse if he thought his mare, or any other distraction took precedence over me. He must choose to trust, choose to allow me to give directions, and set the pace. I could never hope to out power him. He must be willing to obey and listen. Time and again, I asked him to submit, and again, he'd put his head high, and choose to run. My arms ached, my muscles burned. I started praying for God to MAKE him submit! As the burning intensified, and the daylight ebbed away, I began to get desperate. "Lord, really, could you please make him submit right now?" I pleaded. God spoke softly to me. "Emily, I will never force you to submit. I'm not a forceful God. You have the power of choice. How long will you choose to run?" It hit me--here I was, trying to make my horse do what I didn't want to do. I expected him to choose me, above anything else. I expected him to obey me, over the pull of friends and family. I expected him to surrender his will, his choice, his way, his strength-to allow me to direct him in all aspects of his life. Yet I wasn't willing to allow that chance with God to direct my life-above friends, family, distractions...When I thought there was no way I could hang on a second longer, I asked him to come in again. He walked right up to me, and I unhooked the lunge lines, and he followed me anywhere I went. If I walked, he walked, if I turned, he turned, and if I stopped, he stopped. He was like an extension of me, doing my wishes, my will, with complete trust. His ear was tuned to me, and he ignored the call of his mare. His attention was to me. Neither of us were ever the same again. There is nothing quite like the moment, when a horse chooses to come and allow you to be their leader. But more importantly, there is nothing quite like choosing God, and allowing him to be yours.

Emily Thurman, Wisconsin Rapids

## A Christmas story!

**Mark 1:1-3**

**1 The beginning of the gospel of Jesus Christ, the Son of God,**

**2 as it has been written in the Prophets, "Behold, I send my messenger before Your face, who will prepare Your way before You;**

**3 the voice of one crying in the wilderness. Prepare the way of the Lord, make His paths straight."**

Mark goes directly from this into John the Baptist and his function before his Lord. He does not peddle about; he approaches Jesus with a direct summons to view Him as the Righteous One.

In these three verses what he tells us is critical and, in comparing him to other writers of the gospel, what he does not say is equally important. For instance, he doesn't elaborate of the birth of Jesus; doesn't draw us a picture explaining the virgin birth; doesn't tell us anything about the three Kings who visited Him. He does not want to detract us from his one focus: the Righteous One.

I don't know about you but I am a person who cries at the drop of a hat. And a story, like the one about Jesus, is tailor made for me to cry about. But like you I do not judge the important facts before me as being based on emotion. I use reason to determine about things in the world and wisdom about those things which are beyond the human scale. The spiritual aspects of this life are crucial and how to bring it about is by an intense study of the Word. God's Word is forever and ever.

It is as if Mark is saying to us that we need to keep on focus, do not be led away by emotive tugs on our heart; keep our focus on Jesus Christ and let Him bring the Word of God into our hearts. In verse two he brings Malachi 3:1 and in verse three, Isaiah 40:3, and he wants us to see what he is stating as a modern Prophet and wants us to think about it. He desires that we spiritually determine the truth about what he is bringing.

Just the fact from Isaiah and Malachi that He, the Lord, wants us to make straight His paths is the most important point that He wishes for us. The Lord isn't asking much, just a clearing of His footsteps before He takes them. It is

*(Continued on page 5)*

### God's Greatest Gift

"There is an ancient tale about a young woman who was expelled from Heaven and told that she would be readmitted if she would bring back the one gift God valued the most.

The woman searched the earth and brought back some drops of blood from a dying patriot. She collected coins given by a destitute widow for the poor. She brought back a remnant of a Bible used by an eminent preacher. The woman even brought back the dust from the shoes of missionaries who served many years in a distant land. According to the legend, although she brought back these things and more, each time she was turned back.

One day as she watched a small boy playing by a fountain, she saw a man ride up on horseback and dismount to take a drink. When he saw the boy playing, he thought of his own childhood innocence. But he looked into the water of the fountain and saw a reflection of his own hardened face. He was overcome by the sin of his life, and in that moment, he wept tears of repentance. The young woman took one of those tears back to Heaven, where she was received with joy.

Tears are God's gift to man. On this earth, we need tears. Tears and sorrows purify and perfect us. Sorrow for sin drives us to our knees and to God. On this earth, we need the precious gift of tears.

However, the day is coming when the gift of tears will no longer be necessary. In the presence of God, tears will be banished. God Himself will wipe the tears from our eyes....Who dries the tears from your eyes? What do you do with the tears of repentance? When the Holy Spirit speaks to your heart about sin in your life, and you weep the tears of sorrow for sin, what happens to those tears? John says 'If we confess our sins, He is faithful and just to forgive us our sins and to purify us from all unrighteousness.'

And ultimately, when you are privileged to live in His presence in Heaven, God will take from you even the memory of your transgressions. God will wipe the tears of sorrow for sin from your eyes, and you will never sin again."

From *Meeting Jesus in the Book of Revelation* by Mike Tucker

As the year 2016 draws to a close and a new year begins, we continue to yearn for Jesus' coming. We need to remember that God's gift to us is our tears of repentance. We need those tears; as Mike Tucker states "tears and sorrows purify and perfect us". And our gift to Him is also those tears of repentance! Let us fervently pray that this New Year brings us continually closer to Him!!

Happy New Year!

- Submitted by Koreen Boettcher

### Ripples

As we were hiking today, we were passing a large pond, deep in color, from all the tannins. There was just a bit of moisture in the air-not enough to really notice on my face, but when I looked at the pond, there were 100's or 1000's, of small circles where the drops created a little ripple. It created a mosaic of beauty, as the black surface of the water shimmered in multiple circles. The circles were small-maybe 4-6 inches. I couldn't help but think about, how something so incredibly tiny that I didn't detect a drop on my face, could make that big of an impact on the surface of the water. As a whole, they were all swallowed up into the pond, and forever gone from view-yet for their brief passing, they made such a beautiful impact upon their surroundings. It made me think-even though I may seem small, or even insignificant, in the big picture of things-even if my influence is very limited, my prayer would be, to create some beauty in the world around me, for having passed this way. What if everyone created just a small circle of beauty where they are-and soon, there would be ripples filling the whole pond/church/world.

Emily Thurman, WR

# Are You In Need of ?

This section is intended as an outreach to help those with needs, also helping those with the need to free up space in their homes by donating those un-needed items to those who have a use for them. May God Bless you for your generosity. If you have items to donate to someone, please let us know.

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## ITEMS TO GIVE AWAY

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## BLESS SOMEONE IN NEED

There is a family in need of a gas stove for the kitchen. If you have one available, please contact Maria at 715-498-0305



*GOD IS STILL  
IN CONTROL!*

*(Continued from page 3)*

a warning to us as Christians to concentrate on the most telling points of His life: His righteousness. And righteousness meant in Mark's days as a mercy from God toward orphans, widows, cripples, etc.

I am not saying that there is no emotions when dealing with God and His Son. As far as Mathew and Luke, I think of them as important facets in the gospel production;

**To all there is an appointed time, even a time for every purpose under the heavens. (Ecclesiastes 3:1)**

All I am stating is for Mark the message of Christ's righteousness was too important to delay it with other stories. I am grateful to him for his enlightenment in matters of important theological issues.

Ken Wilson  
December 26, 2016

## All I have to offer

Broken into a thousand pieces is my heart made of glass.

Shattered, with no regard to the pain.  
Seared into the leftover fragments  
No one cares or even notices.

This is all I have to offer.

Can you repair the damage that's been done?  
Can you mend the pieces that are broken?  
Can you put my glass heart back together again?

Loveless for so long,  
Hopeless beyond recognition  
Mourning the losses of a lifetime  
Please take my humble offering.

You say it's damaged, but you can fix it  
You say it's broken, but you can make it whole again.  
You say it's not much, but it's enough  
Lord, this is all I have to offer.

The pieces of my broken glass heart,  
That's been broken, shattered, and trampled on;  
That's been without love, hope or gladness  
I give it all to You, Almighty, Powerful King.

So Lord, I'm trusting You again  
Only You can make me whole again.  
Only You can mend my brokenness  
Only You can fill me with love and joy!

*by Kenneth L. Wells, Jr.*

## A New Year, A New Opportunity

As we enter 2017 we can approach it as a new opportunity to live for Jesus!

2016 saw unprecedented happenings- and, we will be seeing even more. As things unfold let us draw near to Jesus, let us seek true revival, true reform.

The Bible and the Spirit of prophecy are clear that God's people are to have such an experience with Jesus that their characters will one day be perfected. Listen to the scene of the redeemed through the pen of inspiration:

"Now Christ again appears to the view of His enemies. Far above the city, upon a foundation of burnished gold, is a throne, high and lifted up. Upon this throne sits the Son of God, and around Him are the subjects of His kingdom. The power and majesty of Christ no language can describe, no pen portray. The glory of the Eternal Father is enshrouding His Son. The brightness of His presence fills the City of God, and flows out beyond the gates, flooding the whole earth with its radiance.

Nearest the throne are those who were once zealous in the cause of Satan, but who, plucked as brands from the burning, have followed their Saviour with deep, intense devotion. **Next are those who perfected Christian characters in the midst of falsehood and infidelity**, those who honored the law of God when the Christian world declared it void, and the millions, of all ages, who were martyred for their faith". (GC, pgs 665, 666).

Let 2017 be the year of full and total surrender to Jesus and His sweet Spirit that your life may be transformed and perfected in Him! Jesus can give us the power and the strength to overcome sin, that is why He came to save us from our sin. (Matthew 1:21)

This year I challenge you to seek Christ like never before. Seek true reform. First, seek God's help in the area of health reform. By God's grace and power let us allow Him to help us live out the precious health message the we have as a church. Listen to this observation "by departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. They did not reach God's ideal of character or fulfill His purpose. The Lord "gave them their request, but sent leanness into their soul." They valued the earthly above the spiritual, and the sacred preeminence which was His purpose for them they did not attain.—The Ministry of Healing, 311, 312, 1905 As we are living near the second coming let us seek that in whatever we eat or drink, to do it all to the glory of God! (1 Corinthians 10:31).

Secondly, let us seek to understand and apply the work of the medical missionary. We are told, "*The truth for this time, the third angel's message, is to be proclaimed with a loud voice as we approach the great final test. **This test must come to the churches in connection with true medical missionary work.***" We are told that in time of trouble "there will be sick ones, plenty of them, that will need help" so because of the need, but also "for their own sake, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention and cure, and those **who will do this will find a field of labor anywhere.**" (C. H. 506). I took God at His word and this year our ministry was able to help so many others recover from illnesses etc, and it opened doors to share God's precious messages of truth.

Thirdly, let us seek to truly abide in Christ. Abiding in Christ is what the Christian life is all about. Once we have learned to abide in Christ we will think like, act like and love like Jesus. Once again we are told "If Christ is indeed abiding in our hearts, we shall love God, we shall love to obey all His commandments, and this love will continually deepen and strengthen. If we represent Christ to the world, we shall be pure in heart, in life, in character; we shall be holy in conversation; there will be no guile in our hearts or upon our lips. Let us examine our past life and see if we have given evidence of our love for Jesus by seeking to be like Him, and by working, as He worked, to save those for whom He died." [LHU 325.2] May our experience be that of Paul where we too can exclaim: "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me." (Galatians 2:20)

Lastly, let us become more fervent in prayer and allow God's Spirit to come into our lives and effect the change that He desires. God declares that. "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." God desires to heal our lives, our families and our churches and in turn He will then heal our lives. It can only happen as we become people of prayer.

A health reform that is solidly built on God's word is what we need. A work of that is true to the medical missionary that God has designed for His church. Life that is abiding in Christ and a prayer life that reaches out in fervent earnest petition to God. As we seek to pursue this type of life 2017 will be a year of lasting impact and change.

Pastor David Guerrero,  
Family Life Leader, Stevens Point Church

### A Letter

You truly will never know what a letter can mean  
 Until you've been where I am or seen what I've seen.  
 I'm confined to a world behind four (4) walls,  
 Where no one can see me, and I receive no calls.  
 Often I sleep, awakened - alarmed!  
 Thinking my family, loved ones or friends may be harmed.  
 I quickly thank my God for giving me love and a sense of peace -  
 Thank God again! - It's just a dream - as I come to my  
 senses  
 I look out my "window" and still see the fences.

I make it, somehow, throughout the day;  
 Quiet prayer to be heard - awaiting mail call;  
 But "none for me" they say.

When nobody writes, times seem really hard;  
 Not a letter, a note, or even a card.  
 Looking for a little word or two to say  
 "Everything's Okay".  
 A few small words to ease my mind,  
 Kind words, well wishes - just knowing you're there -  
 Anything to show that you care!

Yet still I fall to my knees night and day,  
 Praying to God that you will remember me one day.

You will never know what a letter can mean  
 Until you've been where I've been;  
 Or seen what I've seen.

Kenneth Louis Wells, Jr.  
 November 12, 2012

### Family Sled-a-thon COMING SOON !!!

There will be singing around the campfire while enjoying some hot chocolate, maybe even some tall tales will be told from our youth experiences of sledding.

Bring your own sleds, saucers, tubes, cardboard or any other sledding device and make sure they are oiled up with silicone and ready to go fast.  
 Strategically placed trees will be provided as obstacles so bring your own first-aid kit including plaster for casts.  
 Splints will be provided as needed! (Just kidding)

This will be held on the black diamond hills, near the guest house of the historically famous Doug and Rosemary Bruder Estate in Westfield.

The exact date and time of this event, along with directions, will be announced later as it is weather dependant but we hope to give you a 2 week notice, so save that date, whenever it is.



**Hope to see you there for this great extravaganza!**

### Almond Church—Men's Ministries

*We meet the 2nd Sunday of the month @ 9AM*

Soon we will be offering our third men's breakfast/devotional at our church. I am so happy to see the men coming out to share their thoughts with each other and to fellowship over a great breakfast together. We have discussed what we could do as a men's ministry that would have an effect on others. I am suggesting for one, that we take some of our time and give it to others. There are many men, (and women) in jails or prisons that need our love. Even if they don't love the Lord at this time, we as Christians could draw them nearer to God by doing such a simple task. This simple task is to write a letter or drop a quick card with a note saying you are thinking of them and praying for them. Become their friend. Get to know them and allow them to know you. Share your life with them and you will enrich theirs. I can't tell you how important that is to someone who has no one else.

I think that Ken Wells, in his poem (to the left of this) titled, A LETTER, says it so eloquently. I can tell that this came from his heart, I can feel his pain and I know that he loves Jesus. Please take a few minutes of your time and drop him, or others a note. Not just once either. Do it often. Mail is their only contact to the outside world. This may be the only way that they can feel like they belong to something, that they are a part of something other than the ones around them that are in the same situation. Please let them know they are loved and that they are important, not alone and most importantly that God loves them and will forgive them for whatever they have done, if they only ask Him. We serve a loving and caring God who wants us all to be with him in heaven. We are told by Paul in Romans, *Rom 8:1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.*

*Rom 8:38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Rom 8:39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.*

Write to:  
 Kenneth L. Wells, Jr. #414034  
 Red Granite Correctional Institute  
 PO Box 925  
 Red Granite WI 54970-0925  
 (Submitted by Rick Felts)

## WISCONSIN RAPIDS CHURCH SCHEDULE OF EVENTS



### Calendar of Events

Jan 4	Bible Study & Prayer meeting, 6:30 p.m.
Jan 9	Board meeting, 6:30 p.m.
Jan 11	Bible Study & Prayer meeting, 6:30 p.m.
Jan 16	Women's Ministries meeting, 5:30 p.m.
Jan 18	Bible Study & Prayer meeting, 6:30 p.m.
Jan 19	Grace Notes Staff Meeting, 6:30 p.m. @ Stevens Point
Jan 22	Prayer Breakfast, 9:00 a.m.
Jan 25	Bible Study & Prayer meeting, 6:30 p.m.

**Sabbath School begins at 9:30**  
**Worship Service begins at 10:55**

### Save the Date

District Prayer Breakfast on January 22nd  
**(more details to follow)**

**Food Drive:** We are collecting non-perishable food items for our fall/winter food drive. Items can be placed in the fellowship hall next to The Giving Tree.

### Country Life Natural Foods order deadlines:

January 18  
February 15                      March 15



If you would like to place an order, please contact Dean Thomas (715.644.8183) or Pam Thomas (715.644.8399).

### ANNOUNCEMENTS

**Women's Ministry meeting** – January 16th at 6:30

**New Church Officers:** Please be praying for the guidance of the Holy Spirit for the new church officers as they begin their newly elected positions.

**MEN OF FAITH Winter Retreat** – On Friday, January 20th a light supper will be served at 6:00 p.m. followed by the first meeting at 7:00. The weekend will conclude after brunch at 9:30 Sunday morning. See brochure in foyer for more information.

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

### Why Prayer Ministries?

When it comes to prayer, many Christians ...know about prayer, they believe in its power, they frequently hear sermons on the subject, but it is not a vital part of their lives.

The Prayer Ministries Quick Start Guide has been compiled with the hope (and prayer) that the ideas and suggestions will encourage you to make prayer the top priority in your church. Some have asked, "Why does our church need a prayer ministry?" Here are a few reasons to encourage you:

- A prayer ministry makes it possible to develop and organize other prayer programs within the church.
- Christ said that in the last days – in the days of the harvest – we should be praying.
- More power is promised to the praying church...
- More prayer is needed in the church, intentional prayer for pastors, leaders, church leaders and every member.
- A separate prayer ministry doesn't get lost among the other programs of the church.
- A prayer ministry can be the undergirding of other ministries and programs.

Most importantly, an active prayer life will carry people into a deeper relationship with Christ and with one another.

*(Above taken from Prayer Ministries Coordinator – A Quick Start Guide)*

Please join us for a District Prayer Breakfast on January 22<sup>nd</sup> at the Wisconsin Rapids Church. Fellowship from 8:30 to 9:00; Breakfast at 9:00; Planning, discussion and prayer following breakfast. For more information, contact Pam Thomas at 715-644-8399.



The women's group that meets at Cheryl Anderson's every Thursday just finished the book "Pressing into His Presence" on prayer by Shelly Quinn. We were all very much blessed. For the grand finale we watched the movie "War Room". Very powerful. After watching the "War Room", each lady received a prayer journal, pen and women's devotional book. For the next study, the ladies decided they wanted to study end time events. After carefully reviewing and prayerfully considering three books, I decided on "The next great superpower" by Mark Finley. This will get into some depth on the subject and I solicit your prayers daily that the Holy Spirit will work on all of our hearts and that we will be receptive to Bible truth. I have included a couple photos. One shows our table set with homemade soup and bread which is our regular fare each week.



The Children's Sabbath School class at Wautoma are finishing up a study on "The Armor of God". Each week we crafted a piece of the armor and discussed what it meant and how we could "Win against sin" In the photos you can see the helmet of Salvation worn by Miriam and Gabriel Lopez.

In the future we will work through the "Fruits of the Spirit" Brent and Serena Trochinski continue to work on the book "Good News for Today" for children in preparation for baptism sometime next year.



Cheryl Anderson

### WAUTOMA CHURCH PLANT SCHEDULE

- Jan 1 Bible Study (Anderson's) 5:30 pm  
 Jan 4 Prayer Meeting. 7 pm  
 Jan 5 Women's Group (Anderson's) 10:00 am  
 Jan 7 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Jan 8 Bible Study (Anderson's) 5:30 pm  
 Jan 11 Prayer Meeting 7:00 pm  
 Jan 12 Women's Group (Anderson's) 10:00 am  
 Jan 14 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Jan 15 Bible Study (Anderson's) 5:30 pm  
 Jan 18 Prayer Meeting 7:00 pm  
 Jan 19 Grace Notes Staff Mtg. 6:30 in St. Point  
 Jan 19 Women's Group (Anderson's) 10:00 am  
 Jan 21 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Jan 22 Bible Study (Anderson's) 5:30 pm  
 Jan 25 Prayer Meeting 7 pm  
 Jan 26 Women's Group (Anderson's) 10:00 am  
 Jan 28 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Jan 29 Bible Study (Anderson's) 5:30 pm

Hello from Wautoma,

Praise God for his loving kindness. As our winter begins with a blanket of white snow, we feel blessed by the beauty of a white Christmas and the promise of an even more beautiful heavenly home.

We have been praying for the safety of Luke Anderson as he journeyed through the falling snow to join in a mission trip to Mexico. He will be gone for a couple weeks over Christmas and New Year.

As we look forward to 2017, we pray for the soon coming of the Lord Jesus. We are thankful that we have continued to see blessings in Wautoma as more people join in our worship and for the Bible studies and women's group that continue. We feel blessed but we still have challenges ahead of us re-establishing a church in Wautoma. We ask for your continued prayers so that this church can succeed and it can only succeed if we continually bring the request before the Lord. The early Kings of Judah so easily forgot the Lord and their efforts failed when trying to forge ahead on their own. Only as they humbled themselves before God and prayed fervently did they find success. Thus, your Wautoma Church can only succeed through prayers to our Maker, giving God all the glory and praise.

Gods blessing to you all throughout 2017

Alan Anderson

## ALMOND SDA CHURCH SCHEDULE OF EVENTS



### **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.

### **January Events**

*(Visit our website)*

[www.almondsda.org](http://www.almondsda.org)

- Jan 1 Bible Study (Anderson Home) 5:30
- Jan 4 Community Bible Study 7:00 (Great Controversy)
- Jan 6 Prayer Mtg. (Unity) 7:00
- Jan 7 Sabbath—Vegetarian Potluck after
- Jan 8 Men's Breakfast/Devotion 9 AM
- Jan 11 Community Bible Study 7:00 (Great Controversy)
- Jan 13 Prayer Mtg. (Unity) 7:00
- Jan 14 Jan 17 Sabbath—Vegetarian Potluck after
- Jan 15 Bible Study (Anderson Home) 5:30
- Jan 18 Community Bible Study 7:00 (Great Controversy)
- Jan 19 Grace Notes Staff Mtg. 6:30, Stevens Point
- Jan 20 Prayer Mtg. (Unity) 7:00
- Jan 21 Sabbath—Vegetarian Potluck after
- Jan 22 Bible Study (Anderson Home) 5:30
- Jan 25 Community Bible Study 7:00 (Great Controversy)
- Jan 27 Prayer Mtg. (Unity) 7:00
- Jan 28 Sabbath—Vegetarian Potluck after
- Jan 29 Bible Study (Anderson Home) 5:30

### **God is Faithful**

Just to clarify before I start, this is in NO way meant to shame or put down those who believe differently than I do!

I've shared before, how God has been faithful. It's been a journey growing with God. A lot of people ask me why I don't just go get another job since this one requires so much faith, and so much time called off of work. Maybe it's crazy, but then, problems are just an opportunity for a miracle...how many miracles I would've missed, had I continued on my path to save myself. For a few years, I did work full time, and made 2x as much as I do now—but I got no further ahead financially—just had way less time with my kids. I missed every important date with them—Christmas Eve, and Christmas day, New Years eve and Day, the 4th of July, etc. etc. but most of all, I missed Sabbath with them. I took the job, because it meant I could provide for my family—but in the end, it left a lot of sadness in their hearts. What really got to me though, was the Sabbath thing. I always had to work Friday night and Sabbath. I began praying for God to show me another answer—a job that I didn't have to work every Sabbath. One day, a nurse walked up to me and started chatting (I'd only met her once before) and she told me of a job opening that would come in July (this was in April) and encouraged me to sign up for it. Now I had interviewed for several openings, but had been told I was way too inflexible, and I should keep my happy little face right where it was...I began to pray for God's guidance, and do some research, as this new position offered no health insurance. The insurance company assured me that they would grandfather us in, and so, when I went for the interview, and was told that I didn't need to interview, that they accepted the previous interviews, all they needed to know was when I'd start, I signed the contract. At that time, the position involved being able/willing/expected to cover 2

*(Continued on page 14)*

### **Ten things your mother never told you!**

You made her cry a lot  
She wanted that last piece of pie  
It hurt  
She was always afraid  
She knows she's not perfect  
She watched as you slept  
She carried you a lot longer than 9 months  
It broke her heart every time you cried  
She put you first  
She would do it all again

*Author Unknown*

*Submitted by Nona Schmidt*

STEVENS POINT CHURCH  
SCHEDULE OF EVENTS



Upcoming Events for January in the year of our Lord 2017

Tuesday, January 03, 2017 – 7 pm	Prayer meeting and lesson study at church. Jasper St. Bernard is facilitating the lesson on Revelation.
Thursday, January 05, 2017 – 6:45 pm	Community Bible Study in the fellowship room. Maria is facilitating.
Sabbath, January 07, 2017 – 9:20 am	Sabbath services. Sabbath school at 9:20 a.m. Lesson Study is at 10:00 am, Worship service at 10:50 am. Elder is Lem Lowry, Beth Ruehl is leading the lesson and Pastor Perricellia will present the message.
Saturday, January 07, 2017 – 5 pm	Church board meeting
Tuesday, January 10, 2017 – 7 pm	Prayer meeting and lesson study at church. Jasper St. Bernard is facilitating the lesson on Revelation.
Wednesday, January 11, 2017 – 4:30 pm	Quilting in the fellowship room
Thursday, January 12, 2017 – 6:45 pm	Community Bible Study in the fellowship room. Maria is facilitating.
Sabbath, January 14, 2017 – 9:20 am	Sabbath services. Sabbath school at 9:20 a.m. Lesson Study is at 10:00 am, Worship service at 10:50 am.
Tuesday, January 17, 2017 – 7 pm	Preview Night, Dave Ramsey Financial Peace University 9-week Seminar
Thursday, January 19, 2017 – 6:30 pm	Newsletter Staff Meeting, Stevens Point
Thursday, January 19, 2017 – 6:45 pm	Community Bible Study in the fellowship room. Maria is facilitating.
Sabbath, January 21, 2017 – 9:20 am	Sabbath services. Sabbath school at 9:20 a.m. Lesson Study is at 10:00 am, Worship service at 10:50 am.
Tuesday, January 24, 2017 – 7 pm	Dave Ramsey Seminar
Thursday, January 26, 2017 – 6:45 pm	Community Bible Study in the fellowship room. Maria is facilitating.
Sabbath, January 28, 2017 – 9:20 am	Sabbath services. Sabbath school at 9:20 a.m. Lesson Study is at 10:00 am, Worship service at 10:50 am.
Tuesday, January 31, 2017 – 7 pm	Dave Ramsey Seminar
UW Stevens Point Ministry	Joshua Guerrero is leading the UW Bible study Wednesday evenings at 5 pm at Pray-Sims Hall.

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

# MONTHLY HEALTH NUGGET

BY FREDDIE RAMIREZ, RN

## Intestinal Conditions

The digestive system can be upset easily. An unhealthy diet, stress, antibiotics and travel are some of the causes. An upset digestive system can make you feel bloated and sluggish. Many people suffer from digestive related problems at one time or another. One third of the population regularly suffers from digestive illnesses such as irritable bowel syndrome, constipation, diarrhea, stomach-ache and nausea.

Last month we learned about the function of healthy intestines. This month I would like to identify a list of the more common intestinal conditions. Many times we hear the names of these problems, but never really know what it is. Below is a list of the more common intestinal ailments with a brief definition and symptoms.

**Stomach flu:**(enteritis): Inflammation of the small intestine. Infections (from viruses, bacteria, or parasites) are the common cause.

**Celiac Disease:** An "allergy" to gluten (a protein in most breads) causes the small intestine not to absorb nutrients properly. Abdominal pain and weight loss are usual symptoms.

**Intestinal obstruction:** A section of either the small or large bowel can become blocked or twisted or just stop working. Belly distension, pain, constipation, and vomiting are symptoms.

**Colitis:** Inflammation of the colon. Inflammatory bowel disease or infections are the most common causes.

**Diverticulosis:** Small weak areas in the colon's muscular wall allow the colon's lining to protrude through, forming tiny pouches called diverticuli. Diverticuli usually cause no problems, but can bleed or become inflamed.

**Diverticulitis:** When diverticuli become inflamed or infected, diverticulitis results. Abdominal pain and constipation are common symptoms.

**Inflammatory bowel disease:** A name for either Crohn's disease or ulcerative colitis. Both conditions can cause colon inflammation (colitis).

**Crohn's disease:** An inflammatory condition that usually affects the colon and intestines. Abdominal pain and diarrhea (which may be bloody) are symptoms.

**Ulcerative colitis:** An inflammatory condition that usually affects the colon and rectum. Like Crohn's disease, bloody diarrhea is a common symptom of ulcerative colitis.

**Diarrhea:** Stools that are frequent, loose, or watery are commonly called diarrhea. Most diarrhea is due to self-limited, mild infections of the colon or small intestine.

**Colon Polyps:** Polyps are growths inside the colon. Colon cancer can often develop in these tumors after many years.

**Colon Cancer:** Cancer of the colon affects more than 100,000 Americans each year. Most colon cancer is preventable through regular screening.

**Constipation:** is a common problem. It means either bowel movements that are infrequent or hard to pass.

**Irritable bowel syndrome:**(IBS): Irritable bowel syndrome, also known as IBS, is an intestinal disorder that causes irritable abdominal pain or discomfort, cramping or bloating, and diarrhea or constipation.

There are things that you can do to ease or avoid bowel problems such as;

- Eat a healthy balanced diet
- Drink a lot of fluids
- Include a generous amount bulk forming fiber foods
- Chew your food well
- Keep a regular meal schedule. Don't eat between meals.
- Get regular exercise

The bacteria within your intestines are key to a good digestive health. It may help some people to maintain a favorable balance by taking a probiotic product each day (try a two week trial to see if they help). This tops off the 'good' bacteria you should already have in your large intestine.

Trying to maintain your optimum weight can affect health in general and is especially the case with regards to our digestive system.

Following the above tips can go far in assuring and maintaining a healthy intestinal function.

God's Greatest Gift

"There is an ancient tale about a young woman who was expelled from Heaven and told that she would be readmitted if she would bring back the one gift God valued the most.

The woman searched the earth and brought back some drops of blood from a dying patriot. She collected coins given by a destitute widow for the poor. She brought back a remnant of a Bible used by an eminent preacher. The woman even brought back the dust from the shoes of missionaries who served many years in a distant land. According to the legend, although she brought back these things and more, each time she was turned back.

One day as she watched a small boy playing by a fountain, she saw a man ride up on horseback and dismount to take a drink. When he saw the boy playing, he thought of his own childhood innocence. But he looked into the water of the fountain and saw a reflection of his own hardened face. He was overcome by the sin of his life, and in that moment, he wept tears of repentance. The young woman took one of those tears back to Heaven, where she was received with joy.

Tears are God's gift to man. On this earth, we need tears. Tears and sorrows purify and perfect us. Sorrow for sin drives us to our knees and to God. On this earth, we need the precious gift of tears.

However, the day is coming when the gift of tears will no longer be necessary. In the presence of God, tears will be banished. God Himself will wipe the tears from our eyes...Who dries the tears from your eyes? What do you do with the tears of repentance? When the Holy Spirit speaks to your heart about sin in your life, and you weep the tears of sorrow for sin, what happens to those tears? John says 'If we confess our sins, He is faithful and just to forgive us our sins and to purify us from all unrighteousness.'

And ultimately, when you are privileged to live in His presence in Heaven, God will take from you even the memory of your transgressions. God will wipe the tears of sorrow for sin from your eyes, and you will never sin again."

From *Meeting Jesus in the Book of Revelation* by Mike Tucker

As the year 2016 draws to a close and a new year begins, we continue to yearn for Jesus' coming. We need to remember that God's gift to us is our tears of repentance. We need those tears; as Mike Tucker states "tears and sorrows purify and perfect us". And our gift to Him is also those tears of repentance! Let us fervently pray that this New Year brings us continually closer to Him!!

Happy New Year!

- Submitted by Koreen Boettcher

Sheltered In Jesus

*Jesus says, "Let not your hearts be troubled,  
Believe in God and believe also in Me."  
We know the storm is coming, as you say,  
We'll take refuge in the shelter  
Under your wings every day.  
Away from the worldly kingdom, keep us;  
Jesus, in Your holy WORD steep us.  
During all our troubles we completely trust You.  
To us You are always faithful and true,  
Our burdens at Your feet we lay,  
And we will no longer delay.  
Father God, You gave us Commandments to keep,  
So in You we could stay so deep.  
Your Sabbath is Your special Sign,  
With all our love, with You we align.  
We treasure Your WORD in our hearts,  
Deeply grounded in You,  
This WORD to others impart.  
Sheltered in You, Jesus,  
No evil will fall upon our dwelling.  
Keep us focused on Your calling.  
You have anointed us with fresh oil,  
So that in Your vineyard we continue to toil,  
Precious Jesus, thank You for Your security;  
We will worship You for all Eternity!*

*Written and Submitted by: Delores Shudarek*

God is like

God is like Coke...He's the real thing  
 God is like Pan Am...He makes the going great  
 God is like General Electric...He lights your path  
 God is like Bayer Aspirin...He works WONDERS  
 God is like Hallmark Cards...He cares enough to send the very best  
 God is like Tide...He gets the stain out that others leave behind  
 God is like Dial soap...Aren't you glad you know him, Don't you wish everybody did?  
 God is like VO hair spray...He holds through all kinds of weather  
 God is like Sears...He has everything  
 God is like Alka-Seltzer...TRY HIM...YOU'LL LIKE HIM!

Author Unknown

Submitted by Nona Schmidt

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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 with your contributions...

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*(God is Faithful, Continued from page 10)*

different hospitals, never knowing where I'd land, and being able to be moved 3x in one 12 hour shift. I didn't particularly want to do both, but was told I had a year to change my mind.

At the end of that year, I was chatting with God on my way home from work, and told him I was DONE working both hospitals, and was going to resign at one. God spoke to my heart "You are to bloom where you are planted." And so I stayed. That year, there was very few hours to be had, and the hospital I had intended to work solely for, had almost no hours. Had I gotten my way, I'd have had no pay! As it was, I got the hours I needed from that 2nd hospital. I only had to offer them 2 days/month, but that I must do. It usually wasn't a problem, as there were usually plenty of hours to fill. One August though, there were no open hours. So I waited, and waited. They called me to see if I could pick up Saturday, but I declined, as I had chosen to honor God and the Sabbath. Another week passed, and a repeat question was presented, with the same results. The 3rd week was a repeat performance. By now, I was getting kind of worried, so I began to pray harder. It came down to the 4th, and final Sabbath. They called me on a Thursday asking again, if I'd be willing to work Saturday. By this time, the month had elapsed, and there were only 2 days past that Saturday, and I was scheduled at my primary  
*(Continued below)*

Jesus our Savior, Father above  
Lord of all Mercy, Author of love;  
God of Compassion, forgiving and fair,  
Free us from sorrow, grief and despair.

Dark is the water, deep are the waves;  
Prayers of the sailor, Oh God our lives save.  
Sin and destruction, men fear they are lost,  
Only by Jesus, Salvation, the Cross.

Are you like Jonah, what will you do,  
Will you go running, and hide from His view,  
Jesus will find you, there's no place to hide;  
Seek Him in prayer in Him you'll abide.

Serving the Lord puts joy in His heart;  
Reach Out to others, that is my part;  
Pray for a neighbor; lend help to a friend;  
Seeking the lost, God's message to men.

Chorus:

Over the ocean, over the sea  
Jesus is watching, caring for me;  
Calming the storm when billows do roll;  
Keeping me safe and joy in my soul.

*(Can be sung to melody; "This is my story".  
Author Unknown*

*Submitted by Nona Schmidt*

*(God is Faithful, Continued from above)*

hospital, so there was no way I could offer there even if there WAS work available. For just a brief moment, I was so tempted to go ahead and offer that Saturday—it would give me 12 hours, and maybe they'd forgive the other 4...after all, I needed that job! I needed those hours. God would understand my needs—I wasn't getting any other work...but then I remembered my covenant with God, and told them no, I'm really sorry, but I'm not able to pick that time up. At that point, I didn't know just where things would go from there. I know God is faithful, but that doesn't mean things turn out always the way we'd like. Saturday passed, and Sunday followed. Monday morning, I called in to find out my work assignment, and was delighted to find out I had been cycled to the 2nd hospital! At least I'd get one day of credit! If only I'd offered Saturday, I'd be free and clear...but I'd made a covenant, and so I'd made my choice to be faithful, no matter the cost. To add to the stress, I only got 3 days total of work for the entire month! I could've really used the \$ from working that Saturday! Tuesday morning dawned, and once again, I was cycled up to the 2nd hospital! So, I got my 2 days in, literally at the last minute! I kept my job, and amazingly, we were able to keep going financially. I don't know how God does the math—sometimes it just doesn't add up. The tax man asked me at the end of the year how we survived, and there were a myriad of things—ways that God had worked things out and blessed—stretched the money, or hay, or whatever needed stretching—mostly my faith. God is ever faithful.

*Emily Thurman*