

Grace Notes

Mission Statement:

Fostering Unity

Vision Statement:

To be a resource which encourages and inspires unity in our church district; through inspirational thoughts, informative articles and testimonials; preparing for the soon coming of Christ.

Pastor's Corner

Regrettably, there is no letter from our Pastor this month. His family and a team of others have travelled to the Philippines on a mission trip. Let's pray that they have a safe and illness free journey, but more importantly that they have a successful mission trip that will end in many saved souls for the kingdom of God! Our thoughts and prayers are with you all and we anxiously await your safe return.

THE 12 TRIBES OF ISRAEL

In Gen. 49 we have the event of Jacob on his deathbed blessing each of his sons. He gave them snapshots into their futures. He spoke to each one, revealing things about their characters which is somewhat relevant to us

We are told in Rev. 21:12 that the names of the 12 sons of Jacob are written on the 12 Gates of the New Jerusalem. In Rev. 7:5-8 says that the 12 tribes symbolize the sealed remnant just prior to the Second Advent of Jesus.

The breastplate that the priests wore contained 12 precious stones, each engraved with a name of one of the 12 tribes of Israel. The 12 foundations of the New Jerusalem are also made up of 12 gemstones. Each has the name of

one of the 12 apostles engraved on it. The stones, which are similar in both breastplate and foundations form a link between the tribes and the apostles. These appear to have corresponding traits in character.

"The merged 24 men represent **every natural disposition** sublimated into born-again characters possible to all humanity. They are a microcosm of society..... They suggest that there are **no hereditary flaws** of character which need exclude a person from the presence of God permanently. They prove that the plan of salvation can transform **every kind** of personality to fit it for heaven. They are daily carried on the heart of our heavenly High Priest." Leslie Hardinge, *With Jesus in His Sanctuary*, p. 312,313.

You might have noticed that the lists of the sons of Jacob change somewhat throughout the Bible. Some names are removed and some are added. You will see that

these list variances carry a lot of meaning.

You will find rosters in Num. 1:20-43, 1 Chron2:1-2, Rev. 7:5-8.

It is thought that all who enter the Holy City will go through the gate with the name of the son of Jacob that corresponds most closely with their particular character type.

What were these men like? It would be interesting to take a close look at the character/personality of each of Jacob's sons.

We will take a condensed glimpse into the life and character of each son in the months that follow.

As we examine them, see if you might recognize yourself in one of them.

*Submitted each month by:
Freddie Ramirez, WR Church*

From the heart of our Elder

Sharing the Word

In October 2016 a change to the preaching schedule in our district began. Many of you may have noticed different speakers coming to each church, different speakers from different churches. I have been one of these speakers traveling around the district and I personally have enjoyed the opportunity to share with each congregation. I believe that by sharing the elders and other gifted speakers in each church that the unity and growth of our district can be strengthened and edified through the messages that God gives to each speaker. Each individual has a different style of preaching and sharing the word. Each has personal stories and experiences that can add to the message, making it personal for them that others can grow from. God gives different gifts and abilities to each individual. Each member is very important for the growth of God's church and it is God's desire for all who claim Him as Lord and Savior to be used in the spreading of the Good News of Salvation.

As Ephesians 4:11-13 tells us: So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

Despite the fact that I have enjoyed traveling to the other churches and sharing what God has given me, I still experience some anxiety and worry. I believe that everyone who is sharing experiences similar feelings. After all we are all human and it is natural for us to wonder if the message that we are presenting will be understood and is worthwhile. Sometimes I feel inadequate and unsure of what to say and how to say it. But over the years I have learned time after time that God works in amazing ways to guide the planning, preparation and delivery of His message, the message that He wants His people to hear. This comes under learning to trust and recognize that He is leading and will guide in the process of sharing His message.

The promise found in **Philippians 4:19** – **My God will supply all my need, according to His riches in glory in Christ Jesus** has spoken to me and given me comfort with this struggle.

This is only one of many promises where we are told that God will supply what we need. Whether it is presenting a sermon, a message or some other physical need, we are assured of God's hand upon us and will guide us and sustain us. Praise the Lord for all that He has done and has promised to do. Praise the Lord!

(Written and submitted by: Michael Tess, Almond)

Men's Conference—Story #2

Here is another story I heard as best as can be remembered.

A town was once raided by a group of men. They went into one of the homes and beat everyone. Then the mother was brutally raped in front of her kids. When the husband came home after being away for a while, he was angry to find out what had happened. To make things worse his wife found out she was pregnant. She knew she was not pregnant before he had left. The husband told her that when the baby was born he would kill it because it was not his. The mother did everything she could to save the baby. As the boy grew old enough to talk, the dad's hatred grew. He told the boy he was not his dad and that he would kill him. Out of desperation the mother

told him he would have to run away. Go she said, maybe one of our relatives will take care of you. You must leave or dad will kill you. So out on the streets he went. One day a missionary found him. Would you like to go to school? The boy replied yes but I can't afford to. I have no money. The missionary told him he would pay for the schooling for him. He studied very hard. When time came for him to graduate from high school, he decided he really wanted to see his mom. He really missed her. So he saved up some money and started home. Word had caught up to his dad that he was coming. The young man found his dad sitting on the porch with a knife. When he tried to walk up the side walk his dad raised the knife as if to say I dare you to. The young man stopped, then turned around and left with his head hung low. Next he attended college. After he graduated he once again wanted to see his mom. This time he was older, and wiser. A group of guys went with him. In their culture they could communicate with raising there eyebrows. Once again the dad heard he was coming and

was on the porch with his knife. A car stopped at the house. The young men got out. As the son started to walk up the side walk the dad held up the knife. At that moment the young man turned around and raised his eyebrows and one by one the guys started singing. I wish I knew what song it was, as the dad heard it he slowly dropped the knife and the son and his dad hugged each other for the first time. Years later his mom passed away. He asked his missionary friend to go to one of their schools. As they were driving along, he asked the missionary do you know who the president of the school is? He took several guesses, but was wrong.

The young man told the missionary his dad's name. Never give up on what you think is impossible.

With God all things are possible. All He asks that we simply believe.

Arnold Thurman
Wisconsin Rapids
Church

LESSONS FROM THE "BEE"-ATTITUDES

Be blessed when.....

You're at the end of your rope...God will hang on to you!
You're mourning a loss...God will be there to fill the void!
You're happy with who you are...God will give you His love for others!
When you yearn for more time with God...He'll fill you up!
You care for others...someone will care for you!
Your heart and mind are clean...you will radiate God's love and light!
You help keep the peace...You will be a blessing to God and to others!
You're put down for loving God...It shows the strength of your faith!
Others insult you...God will reward you!

Matthew 5 Paraphrased

Sponsored by the Wisconsin Seventh-day Adventist Churches

FREE DENTAL CLINIC & HEALTH EXPO

Marshfield High School Gymnasium

Saturday, May 13 (1:30 am-6 pm) & Sunday May 14 (8 am-5 pm)
1401 East Becker Road, Marshfield, WI



Nutrition–Dental–Health Screening

MAY
13 & 14

Saturday, May 13 from 1:30 pm - 6:00 pm, & Sunday, May 14 from 9 am-5 pm, Wisconsin licensed professionals will offer free, mobile clinic services including dental care (cleanings, fillings, & extractions) and adult health screenings. There will also be a free children's health expo where children have fun while learning about their wellness.

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.

Let's think of it in this way, a way that could help everyone involved. Let's just imagine that you have an area of your home, basement, yard or garage that could really use some cleanup. Let's also suppose that someone would be willing to come over and lend a hand. This could be a ministry of the heart. You both get to spend time with a fellow Christian, helping each other, maybe giving thanks over a small meal and ideally you would find some things that are just no longer needed. We could then assist you by finding someone that needs those items that are just taking up space. It's not charity, it's people helping people.

Give us a call and we'll help you put together a team of Angels to work with you, for you or side by side together. 715-572-0650

Spring Cleaning is coming fast!
Let's beat the rush!

ITEMS TO GIVE AWAY

Flat Screen Computer Monitor
715-572-0650

=====

We have (3) Weiser brand exterior door locks and 2 dead bolt locks that we replaced in our house. They have a brushed nickel finish. Two of the locks are round door knob type and one is a lever type. All are keyed alike and we have at least 6 or 7 keys for them.

715-347-3309 or 715-347-3308

BLESS SOMEONE IN NEED

Plywood, lumber or any other building materials.
715-498-1126

=====

One of our students needs a treadmill and a sofa.
715-498-0305

=====

A person is in need of a car for transportation
715-498-1126

Become a blessing to someone else in a special but simple way.

There are many people confined in the prison system that could be uplifted by you taking the time to write them a letter and let them know someone cares. There are two people that would appreciate hearing from you in the near future. Take a few moments to write them. Get to know them and let them know that God loves them.

Red Granite Correctional Institute
Kenneth L. Wells, Jr. #414034
PO Box 925
Red Granite WI 54970-0925

Drug Abuse Correctional Center
Joshua Travers #448643
4280 North Sherman Rd.
Winnebago WI 54985-0036

The Last Word

Jesus, we went through clamor and crowds,
Hugging hard times.
We were wrestling and playing our sin chimes.
We had worthless endeavors and our own prideful way.
Naturally, we would not listen, Jesus, to what you would say.
But during our struggles and falls, and bumpy ride,
Jesus, dear, You always kept at our side.
So finally, we decided to surrender
By raising our white flags so high,
Because we knew we could no longer live a lie.
Finally we said yes to You, Jesus,
Because You are so merciful and true.
Now we know You have the last WORD—
And now we will go with You.
No longer to the world will we be lured.
We will establish our footsteps in Your WORD.
Your Will is Your WORD by us will always be heard.
Jesus, You want us to really know You.
We give you our whole self, our life to be true to You.
Your call to follow You will not be easy, we're sure,
But with Your grace we will have victory here.
Thank You, dear Jesus, for having the last WORD.
Your promise to us for eternal life is assured.

(Written by Dolores Shudarek)

IF YOU COULD GET ME A LOAF OF BREAD

We asked Ruby if there was anything we could get for her or do for her. She said there is one thing you could get me that would make my day the most blessed day I've had in a long time. We asked what that would be, what can we get you? She said you could get me a loaf of bread.

NO ONE HAS EVER COME BACK FOR ME

We spent two months with Gloria doing Bible study, talking and just becoming friends. She was in deep depression; a short time earlier her son had committed suicide and she blamed herself. She was doing fine so we left for about a month. We felt we should go back to Gloria's so we did. We knocked on her door and when she answered, we said we came back to see how you are doing. She said no one has ever come back for me. A little later she told us she had a confession to tell us. She said you know the day you came back and knocked on my door, I was going to go in the garage, start my car, and end my pain. But now I have hope.

THE LITTLE USED PINK BIBLE

We met this little girl about seven years old named Emma. Her mother had left when she was 6 months old. Her Dad, Grandma and Grandpa were raising her. We asked her one day if she had a Bible. She said no but I would really like to have one, because she knew Jesus. We asked her Grandma if we could give her one. She said yes of course. We had a beautiful, pink, children's Bible with the name, Lisa, in the front cover. We explained to Emma that a little girl named, Lisa, had it before, but would like to give it to her. Emma went running to her grandma to show her the new Bible she had. She said a little girl named, Lisa had it before and wanted to share it with me. She said I'm going in to start reading it right away.

There is more to each of these stories but sharing is what it is all about. If someone would give you something that would make it the most blessed day you've had in a long time, what would it be?

God Bless

Doug and Rosemary Bruder

Much More

I was reading my Bible a while ago in Romans 5. I got to verse 8 and all was well. As I continued on I had the impression that God had a message for me. Verse 9 OK, verse 10...Wait stop! Read that again. 9.) **Much More** having been justified by His blood we shall be saved from wrath of God through Him. 10.) for while we were enemies we were reconciled to God through the death of His son, **Much More** having been reconciled, we shall be saved by His life. What's with the **Much More**? I never knew there was a **Much More**. Have I been missing something? Have our Pastors been keeping something from us? No, Pastors I think feel that we all understand those big words. Well sometimes we don't, or should I say "I don't" so let's go to the dictionary. The first word is justify. That means to declare guiltless or not guilty. Next is reconciled. That means to be made right. If two people have a disagreement, through some means they are brought into agreement they

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~MILK~

By Aileen Ludington, M.D.

Hans Diehl, DRHSC, M.P.H.,
and Neil Nedley, M.D.

Milk is the perfect food—for babies. And by milk we mean mother's milk.

There are about 4,300 species of mammals on earth, and each mammal's milk is precisely designed and balanced for its own young.

Am I saying that cow's milk shouldn't be given to human babies? It appears that way. The American College of Pediatrics no longer recommends animal milk for children under one year of age. Reasons? Iron absorption problems, allergies, colic, eczema and nasal and bronchial congestion.

The late Dr. Frank Oski, head of the Johns Hopkins Children's Medical and Surgery Center for 10 years, was also one of the most vocal advocates of the dangers of cow's milk. Dr. Oski wrote a well-documented and very readable book titled *Don't Drink Your Milk*. Perhaps one of the greatest contributions of his book is its demonstration of the broad extent of health problems linked with milk drinking. From his book and other sources we find the following additional concerns with how cow's milk affects childhood health: early atherosclerosis, juvenile diabetes, acne, rheumatoid arthritis, dental decay and infectious diseases.

What About Adults?

For years we've been led to believe that milk is indispensable for sound health. However, the aver-

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Prayer Line number:

[641-715-3580](tel:641-715-3580)

AccessCode: 152984#

Time: 5:30 a.m. to 6
a.m.

Do join us -- you'll be
glad you did . . .



MARANATHA MISSION TRIPS

There are two different mission trips being planned for our area. If you have any interest, here is the information.

Kenya – June 28-July 10, 2017

- Building medical/dental clinics
- Visit Masai Mara game park afterwards
- Approximate cost: \$2,000-\$2,400
- Deadline for applying: Feb. 28

Peru – Dec. 28, 2017 – Jan 10, 2018

- Build or repair existing churches
- Possibly repaint some churches
- Medical/dental clinics
- Approximate cost: \$2,000-\$2,200
- Deadline for applying: July 31

If interested, contact Dr. Paul Conner at:

Dk2doc@aol.com

Or

920-986-3410 (evenings)

Hello from Wautoma

We (the Wautoma English Church) are now meeting for worship at the Oakridge facility where the Spanish Church joins us every other Sabbath. The Spanish group is still meeting at the Capsell Building every other Sabbath until the middle of April when tax time is over then they will resume meeting weekly again. We remain very thankful for these facilities.

We are making progress toward establishing a place of worship here in Wautoma. We started in earnest on 3/19/2017, preparing our future place of worship, the Wautoma Community Services Center at 525 Cambridge Street, Wautoma, WI. A mission oriented group of wonderful young people came to Wautoma to help us. They were led by Rob and Jackie Moshier, the Conference Public Campus Ministries Coordinators. The mission teams consisted of 8 energetic young people and were joined by a number of members of both the Wautoma English and Spanish groups. Our first task was removing the used clothing and household items that were distributed by the Community Services Center. Jim Parish and his wife may not have realized what they were getting into when they arrived in Wautoma Sunday morning with the truck and trailer from the conferences Light House. By the end of the day, both Truck and Trailer were filled to capacity and they are looking forward to many hours of unloading, and sorting through the items that were loaded into both truck and trailer. Good Luck!

We have also removed the old carpeting and worked on cleaning the building and grounds. Two dump trucks were used to haul unwanted items to the dump. Our Building Committee, Chaired by Tim Schmidt, is moving forward with determining what modifications will be needed and undertaken so that we may be able to start worshipping there in the near future. Samuel Lopez, Jr. is providing great counsel on renovations. Although this is not a large building, we are envisioning a worship and Sabbath school facility that will accommodate both the English and Spanish groups.

Alan and Cheryl Anderson



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(Wautoma-Continued from page 8)



Paying the price

A couple of weeks ago, I spent the day in MI with my kids. It was all good, until the trip home. Then I went back to get my son with high fever, and it went downhill from there...Driving in freezing rain/on ice-I hit a deer, then apparently didn't stop well enough-so the flashing red lights added blue...learned about their jailable/arrestable laws for deer...and that I had 10 days to pay up. I mailed the ticket out last Fri the 13th-maybe that was the problem...lol- anyway, got the ticket back. Not paying it on time, is also a jailable/arrestable offense. They can suspend your license as well for some time...Thurs night (now 13 days...) so yesterday, I left a little early to find the courthouse and take care of it-before they took care of me...I have to say, it was sort of eerie driving up to the jail they wanted to stick me in-knowing that however much I didn't want to be guilty, the verdict was in that I indeed was. Once I found the ticket counter, and handed the lady my ticket-postmarked 2/13 in Green Bay. She made a face, opened it up, and proceeded to print me the coveted slip-paid in full. Wow-who'd have thought paying \$140 for that little piece of paper could be a relief!

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(Much More-Continued from page 6)

are made right again. I didn't like that explanation so I looked further. #2 to bring into harmony. Much better. So after all that here is my explanation of verses 9 & 10.

Sin has separated us from God the Father but through Jesus' blood we can come to Him and He will declare us not guilty, but there is **Much More**. While we were guilty of sin we were reconciled to God or put in harmony with God the Father which is **Much More** than just being made right or come to an agreement. I hope I got it right because that is a beautiful easy statement that I can understand.

There are 50 verses in the Bible that have the words **Much More** in them and I am going to be looking for them and see if they help me to understand the Bible, **Much More!**

Written by Virgil Erickson, Wisconsin Rapids Church

**WISCONSIN RAPIDS CHURCH
SCHEDULE OF EVENTS**



Calendar of Events

- Apr 5 Bible Study & Prayer meeting, 6:30 p.m.
- Apr 8 Pathfinder meeting, 2:00 p.m.
- Apr 10 Church Board meeting, 6:30 p.m.
- Apr 12 Bible Study & Prayer meeting, 6:30 p.m.
- Apr 19 Bible Study & Prayer meeting, 6:30 p.m.
- Apr 22 Pathfinder meeting, 2:00 p.m.
- Apr 29 **District Sabbath, Wis. Rapids Church**

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

Visit us on the web at “www.wrsdachurch.org”



Country Life Natural Foods is working on a way to let customers know the GMO status of all their products, since so many people are becoming more concerned about this issue. In the near future, they will be changing the format of their paper catalog to include more information."

Here are order deadline dates for 2017:

- | | | |
|-------------|----------|-------------|
| | April 12 | |
| May 10 | | June 7 |
| July 12 | | August 9 |
| September 6 | | October 4 |
| November 1 | | November 29 |
| December 27 | | |

Contact Pam (715344.8399) or Dean (715.644.8183) Thomas to order.

NUTRITION – DENTAL – HEALTH SCREENING

You are invited to participate in a free dental/health event coming to Marshfield on Saturday May 13 and Sunday May 14. The event is being sponsored by the Wisconsin Seventh-day Adventist Churches.

We need many volunteers to make this event successful. In addition to the free dental care, the health expo will feature the NEW START health message and a health age screening. Here are just a few of the many volunteer opportunities available:

- Setting up tables & chairs
- Greeter
- Handing out water bottles
- Taking blood pressures
- Using a stop watch
- Counting steps
- Handing out clip boards, refilling clip boards
- Using a computer & printer
- Setting up literature stands
- Setting up banners
- Registration table
- Making food for the volunteers
- Chair massages

As you can see, there is a job for everyone. Please prayerfully consider how you can help. Contact Pam Thomas @ 715-644-8399 or by email at pam.eccL4.12@gmail.com

91.7 WRAO

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

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Made me think how really guilty I am-we all are, and how beautiful that Jesus paid it all for us--so we don't have to be jailed-now or ever. We don't have to live in fear, or apprehension-or worry about the future.

Even though the crime is punishable by death-He has paid in full. That is something worth smiling about!

(Submitted by Emily Thurman)

(Milk—Continued from page 7)

age westerner eats too much fat, cholesterol, protein, and not enough fiber. Milk, when calculated in percent of calories, is 50 percent fat (much of it saturated) and 20 percent protein. It contains cholesterol and has no dietary fiber. Drinking milk puts added burdens on an already overloaded metabolic system.

Is low-fat milk the answer? While it is certainly an improvement over whole milk, it is not as good as it seems. The 2 percent fat in low-fat milk is calculated from the weight of the milk, not from its calories. By weight, this milk is 87 percent water and 2 percent fat. By calories, low-fat milk is a 30-percent-fat food.

Non-fat milk (skim milk) is the best choice for those who wish to drink milk. It has no fat and only a trace of cholesterol, yet retains its other nutrients.

Problems With Milk

There are many health risks and concerns associated with milk consumption. Here are a few of those problems:

The incidence of coronary heart disease in North America is much higher than in non-milk-drinking cultures. Whole milk, with its saturated fat and cholesterol, contributes to heart disease. A 1990 study

WAUTOMA CHURCH PLANT SCHEDULE

- Apr 1 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Apr 2 Bible Study (Anderson's) 5:30 pm
- Apr 6 Women's Group (Anderson's) 10:00 am
- Apr 8 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Apr 9 Bible Study (Anderson's) 5:30 pm
- Apr 13 Women's Group (Anderson's) 10:00 am
- Apr 15 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Apr 16 Bible Study (Anderson's) 5:30 pm
- Apr 20 Women's Group (Anderson's) 10:00 am
- Apr 22 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Apr 23 Bible Study (Anderson's) 5:30 pm
- Apr 27 Women's Group (Anderson's) 10:00 am
- Apr 29 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet
- Apr 30 Bible Study (Anderson's) 5:30 pm

(Milk, continued)

found that the very best results in treating heart disease with lifestyle changes essentially removed milk from the diet. Cultures with the highest milk consumption have the highest rate of osteoporosis, a disease rarely found in non-milk-drinking countries. Instead of protecting against osteoporosis, high dairy consumption may actually contribute to the bone-thinning process. This happens because cow's milk contains, on average, three times the amount of protein than human milk. This creates metabolic disturbances in humans, resulting in detrimental bone health consequences. [What this is saying, is high protein causes an acidic quality in the blood, and the bones give up calcium to correct the problem.--dt]. Each animal's milk is designed to fit the growth rate of its young. Human babies develop very slowly, and the composition of human milk reflects that difference. Unlike humans, a calf weighs around 100 pounds at birth, and typically gains approximately eight times its weight by the time it is weaned, which may contribute to the

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ALMOND SDA CHURCH SCHEDULE OF EVENTS



Community Bible Study - Wednesday 7PM

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

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.

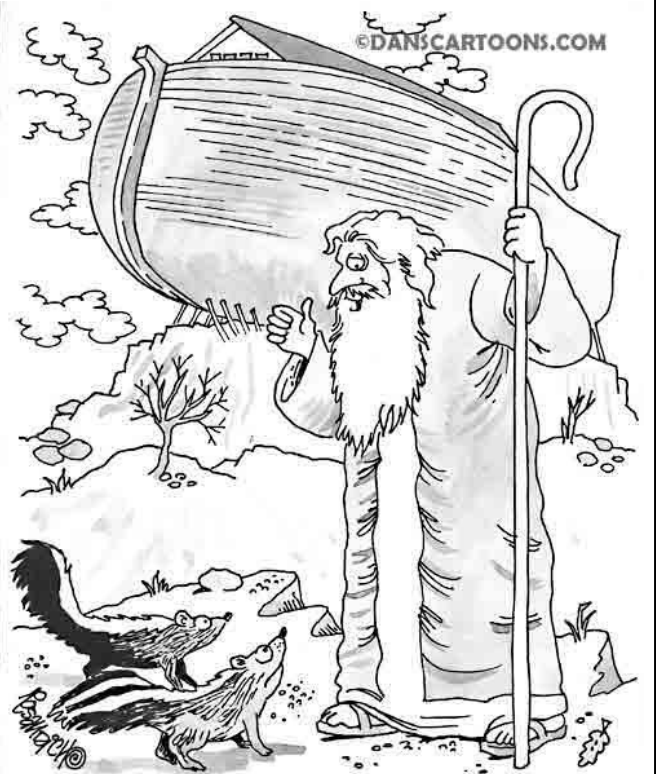
April Events

(Visit our website)
www.almondsda.org

- Apr 1 Sabbath - Vegetarian Potluck
- Apr 2 Bible Study (Anderson Home) 5:30
- Apr 5 Community Bible Study 7:00 (Great Controversy)
- Apr 7 Prayer Mtg. 7:00
- Apr 8 Sabbath - Vegetarian Potluck
- Apr 9 Men's Breakfast/Devotion 9 AM
- Apr 9 Bible Study (Anderson Home) 5:30
- Apr 12 Community Bible Study 7:00 (Great Controversy)
- Apr 14 Prayer Mtg. 7:00
- Apr 15 Sabbath - Vegetarian Potluck
- Apr 16 Bible Study (Anderson Home) 5:30
- Apr 19 Business Meeting 6:00
- Apr 19 Community Bible Study 7:00 (Great Controversy)
- Apr 21 Prayer Mtg. 7:00
- Apr 22 Sabbath - Vegetarian Potluck
- Apr 23 Bible Study (Anderson Home) 5:30
- Apr 26 Community Bible Study 7:00 (Great Controversy)
- Apr 28 Prayer Mtg. 7:00
- Apr 29 Sabbath - District Rally being held at Wisconsin Rapids
- Apr 30 Bible Study (Anderson Home) 5:30

When you come to God's Son,
Jesus is His name
Come just the way you are,
You'll never be the same.
You won't want to do
The things you used to do,
Because the Holy Spirit
Will put Himself in you...

Written and submitted by: Nona Schmidt



"You'll like it on TOP the ark...nice view!"

STEVENS POINT CHURCH
SCHEDULE OF EVENTS



Upcoming Events for April in the year of our Lord 2017

Sabbath, April 01, 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. Jasper St. Bernard will present the message.
Tuesday, April 04, 2017 – 7 pm	Prayer meeting and lesson study at church. Jasper St. Bernard is facilitating the lesson on Revelation.
Thursday, April 06, 2017 – 6:45 pm	Community Bible Study in the fellowship room. Maria is facilitating.
Sabbath, April 08, 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. Beth Ruehl will facilitate the lesson. The presenter of the message is yet to be determined.
Tuesday, April 11, 2017 – 7 pm	Prayer meeting and lesson study at church. Jasper St. Bernard is facilitating the lesson on Revelation.
Thursday, April 13, 2017 – 6 pm	Board Meeting
Sabbath, April 15, 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, April 18, 2017 – 7 pm	Prayer meeting and lesson study at church. Jasper St. Bernard is facilitating the lesson on Revelation.
Wednesday, April 19, 2017 – 9 – 11:30 am	Quilting group meeting in the fellowship room Please note the change from the 2nd Wednesday to the 3rd Wednesday and from afternoon to morning.
Sabbath, April 22, 2017 – 9:20 am	Sabbath services. Sabbath school at 9:20 a.m. Lesson Study is at 10:00 a.m., Worship service at 10:50 a.m. Harvey will facilitate the lesson. Pastor Perricellia will present the message.
Tuesday, April 25, 2017 – 7 pm	Prayer meeting and lesson study at church. Jasper St. Bernard is facilitating the lesson on Revelation.
Sabbath, April 29, 2017 – 9:20 am	District Rally. Sabbath services to be held in Wisconsin Rapids.

Bulletin Information: Please contact Kevin, 715-347-3309, or Beth, 715-347-3308, or Email kbruehlfamily@gmail.com with bulletin info by **8pm on Wednesdays.**

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

MONTHLY HEALTH NUGGET

BY FREDDIE RAMIREZ, RN

The Muscular System

The Muscular system and the nervous system work together. They give us the ability to move and to carry on our daily needs. These systems are very complex. Our Health Tip on this subject, as with many others, is merely an overview of the amazing miracle that we take for granted every day.

There three types of muscles in the human body: **skeletal muscle, smooth muscle and cardiac muscle.** **Skeletal muscles** are attached to the skeleton bones, and provide movement of the body. **Smooth muscle** is found in our internal organs such as the digestive system, respiratory system, blood vessels, and bladder. **Cardiac muscle** is found only in the heart, and is responsible for the heart beating or pumping action.

There are about 650 skeletal muscles in the human body. They provide strength, balance, posture, and movement for the body. They also provide heat to keep the body warm. Skeletal muscles are attached to bone by tendons. When muscle's contract, they pull on tendons, that in turn pull on the bone.

Without muscles and joints we wouldn't be able to do much, if anything. Face muscles help us eat, smile and laugh. Hand muscles, arm muscles and shoulder muscles, along with the elbow joint, help use throw a ball. Hip muscles, leg muscles and foot muscles, along with the knee joint and ankle joint, help us to walk. Our thoracic muscles help us breathe. Our back muscles, abdominal muscles and vertebral muscles help us maintain good posture and stand upright.

Muscles are controlled by our brain and central nervous system through the **peripheral nervous system.** We aren't born with the ability to walk or run, we must learn muscle control through motor development. To maintain proper muscle function requires proper and regular muscle exercise.

Muscles are made of muscle fiber. Contraction of the muscle fiber causes contraction of the muscle.

Muscles and the Nervous System that Controls the Muscles

Although the peripheral nervous system controls muscle activation, each muscle type is control by a different mechanism. Skeletal muscle is controlled by the somatic nervous system (SNS). It is considered voluntary muscle since it is under our conscious control. Contraction of cardiac muscle is primarily controlled by an internal pacemaker, and the autonomic nervous system (ANS). It is considered an involuntary muscle control, since it is not under our conscious control. Smooth muscle, such as in the digestive system, is also controlled by the autonomic nervous system. Like heart muscle, it is not under our conscious control.

The SNS is responsible for controlling voluntary body movements, such as movement of the arms and legs. It is also responsible for receiving sensory information such as touch, hearing, and sight. The SNS contains neurons that connected with the skeletal muscles, skin, and sense organs. Neurons that control skeletal muscle and organs are called motor neurons. The SNS carries nerve impulses from the brain to the muscle to be moved. Neurons used to receive sensory information are called sensory neurons. A stimulus, such as touch or sound, is converted to an electrical signal by a sensory receptor and transmitted to a sensory neuron. The sensory neuron carries electrical impulses back to the CNS and the brain.

Controlling body movement often involves a complex interaction between sensory neurons, the brain, and motor neurons. For example, what is involved in catching a ball? You see the ball coming towards you. You also see and feel the position of your arms and hands. As your brain sends signals to move the arms and hands, it also receives sensory information feedback. As the ball gets closer, the brain uses visual information about the ball and sensory information about your body position, to move your arms and hands to the correct position. As the ball hits your hands, your brain signals your hands and fingers to close around the ball. You are not born with this ability. It must be learned through stages of motor development as you grow from baby to child and adult.

Most of the above information is found at kidport.com

(Milk—Continued from page 11)

earlier maturation noted in many of today's children.

After weaning, humans have a high percentage of lactose intolerance (inability to properly digest milk sugar) evidenced by excessive gas, cramps and diarrhea. Roughly 75 percent of the world's population show some degree of this problem.

Milk is the most common cause of food allergies. More than 100 antigens (perpetrators of allergies) may be released by the normal digestion of cow's milk. Many people with diseases such as asthma, rheumatoid arthritis and hay fever, do much better when they stop drinking milk.

Most westerners eat too much protein, and milk is a high protein food.

Milk is a common cause of constipation.

Milk can also transmit disease, unless it is sterilized (as opposed to pasteurized). Government agricultural standards say that, "Milk, after pasteurization, should contain no more than 20,000 bacteria per milliliter of milk and no more than 10 coliform bacteria in each milliliter." This basically means that a glass of milk can have nearly *five million bacteria* in it and *still be acceptable*.

National averages show at least 322 million cell counts of pus per glass! This is well above the human limit for pus-intake, and has been directly linked to paratuberculosis bacteria, as well as Crohn's disease. The USDA also allows up to 1.5 million white blood cells per milliliter of commonly-sold milk.

Besides bacteria and viruses, milk also frequently contains residues of antibiotics, hormones, pesticides and other drugs that were added to the cow's feed. A man-made or synthetic hormone to artificially increase milk production, rBGH, also increases blood levels of the insulin-growth factor 1 (IGF-1) in those who drink it, which is linked to breast, colon, and prostate cancers. Many diseases like pneumonia, gonorrhea or salmonella that were formerly treated with certain antibiotics have now become resistant to those drugs. Some blame this problem of growing resistance on the indiscriminate use of antibiotics in both the human population as well as in livestock.

The American Health Foundation found that the more milk and meat were eaten in a country, the higher the risk of breast cancer. Prostate and ovarian cancer risks were also associated with milk use.

Don't We Need Milk For Its Calcium Content?

It's true that milk is high in calcium, but before choosing to drink milk, people need to balance its calcium advantage against its problems. Due to these concerns, many people are choosing other sources of calcium such as grains, legumes, vegetable greens and, if needed, supplements.

As stated earlier, what people don't realize is that the real culprit in osteoporosis is not *too little calcium* but *too much protein*. Increasing the protein in the diet of someone who consumes liberal amounts of calcium can actually result in a loss of calcium in their body on a daily basis.

Calcium can be found in oatmeal, quinoa, rutabagas, dandelion greens, mustard greens, baked beans, sesame seeds, turnip greens, amaranth grain, green soybeans and many other much more healthful foods that do not carry the risks and problems associated with milk consumption.

Many people live their whole lives in good health without drinking milk or using other dairy products. If used, milk should be consumed in small quantities such as in cooking or on breakfast cereal.

Far from being a health food, cow's milk contains bacteria and viruses, [that pasteurization doesn't kill] as well as residues of antibiotics and hormones used to keep milk production artificially high.

Consider this: Outside of zoos, no mammal consumes the milk of another species, and once weaned, no mammal consumes milk. Humans are the exception. Every creature's milk is a health food only for its own offspring.

(Submitted by: Dorothy Tess, Temperance Leader)

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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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Happy Birthday!

May God bless you on your special day and every day!

2 Tracy B.
5 Doug B.
7 Jody L.
9 Kay W.
9 Emy R.
12 Doreen L.
14 Joel G.
19 Marilyn B.
21 Dorothy T
27 Robert (Bob) P.

If your birthday is in March and it's not listed above, please let us know so that we can correct our records and celebrate this special day with you.

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TIPS FOR PUBLIC SPEAKERS AND SERMONIZERS

When I was going to Monterey Bay Academy (of which part of the campus includes the beach), we had a school pastor who held an informal class early Sabbath morning as to what to do and not to do in the pulpit.

He said things like: Don't lay all over the pulpit; don't rock back and forth and make your audience sea-sick; don't clear your throat a lot—other people will start doing it too; don't say and-uh or some other expression while you are thinking of the next thing to say; don't white-knuckle the pulpit like it's going to get away; don't read with your head down—people will study the top of your head; when you say you are going to close, CLOSE. Don't give 3 more closes.

And I would add, whatever you do, please don't whisper in the pulpit. It's very distressing to miss the punch line or the main point of the paragraph. Keep your volume steady and uniform. Briefly summarize the key points at the end so everyone knows your message had a planned purpose.

An important speaker should not impose an extra-long sermon. Keep it concise and to the point. A sermon should be trimmed to fit the allotted time, unless your group is eager for more.

Use the Bible as your main resource. Don't talk about your trips to Walmart, vacation trips or a rehash of the weekly news thinking this will do for object lessons. Christ's Object Lessons are far superior for sermon material.

Speak with fervor and enthusiasm—you are **excited** about the message God has given you!

Try not to talk down to your listeners. Some of them have college degrees and are not as dumb as they may look. Also, talking down to listeners will probably cause them to question your depth of perception as to their intelligence. This could be perceived as insulting and annoying. (didjagetit?)

—Dorothy Tess