

GRACE NOTES

VOLUME 4, ISSUE 5

JUNE 2018

"What is Your Spiritual News Source? "

"I solemnly urge you in the presence of God and Christ Jesus, who will someday judge the living and the dead when He comes to set up His kingdom: preach the word of God. Be prepared, whether the time is favorable or not. Patiently correct, rebuke, and encourage your people with good teaching. For a time is coming when people will no longer listen to sound and wholesome teaching. They will follow their own desires and will look for teachers who will tell them whatever their itching ears want to hear." (2 Timothy 4:1-3, NLT)

The above quote that Paul wrote to his younger colleague and mentee Timothy two thousand years ago still rings true today. With the rise of the internet and this inundation of information, we tend to listen to and believe only those few sources we know will say exactly what we want to hear. Everyone is calling the other side "fake news," until everything is "fake news" and we have nothing left to trust! But then how can we tell what is empirical truth? By checking the source. A meme on Facebook with no references is a much worse source of truth than a recorded interview from the primary source.

So, too, Paul told Timothy that, when it comes to knowing the God of Heaven, the best source is the word of God Himself. Flee from any spiritual teacher who is more interested in entertaining you than in getting you to open up your Bible. Drink from the fountain of eternal life and eat your daily bread that you may be full.

Sadly, Paul warned Timothy most people will want to listen to only what they want to hear; and what they want to hear is that nothing is wrong with them. "All have sinned and fall short of the glory of God." (Romans 3:23) We all need grace, we all need a Savior who will change our desires and habits. Sometimes being told we are doing wrong offends us, makes us defensive; but we need to hear that – and a good spiritual teacher will correct, rebuke, and encourage us to look to Jesus.

Pastor Justin Spady

EPHRAIM

So far, we have investigated the characters and lives of all 12 sons of Jacob. But, you will note that Ephraim and Manassah, the sons of Joseph were also tribes with the Children of Israel. Last month we looked at Manassah, now we will take a look at Ephraim, Joseph's youngest son;

Ephraim and Manassah grew up in a wealthy and powerful family. Their father was prime minister of Egypt and their mother was hand-picked by Pharaoh from the sacerdotal nobility of the land. Born during Egypt's seven years of plenty, the boy had received his name "Ephraim" meaning "doubly fruitful." For Joseph said, "God has made me fruitful in the land of my affliction (Gen. 41:52).

As you will remember, when Jacob gave his last blessings to his children, he took Joseph's 2 boys and blessed them. Joseph put Manassah on his right and Ephraim, the younger on his left, but Jacob must have crossed his arms, or something, because he put his right hand on Ephraim and his left on Manassah. Joseph tried to correct him; he felt this was a mistake. He was setting Ephraim above Manassah (Gen. 48:20)...but Jacob said he knew what he was doing. Centuries later Moses would also emphasize Ephraim's preeminence, referring to the "ten thousands of Ephraim and the thousands of Manassah" (Deut.33:17). Before dismissing Joseph and his sons, Jacob promised one more thing. "I have given to you rather than to your brothers, one mountain slope which I took with my sword and bow out of the hand of the Amorite. Gen 48:22. It was full of olives, vines, figs, and grain. Perennial springs and streams enriched it. Jacob's first land purchase. Here he dug the well that bears his name to this day (John 4:5,6. When drought and barrenness parched the rest of the land, Jacob's sons had always been able to pasture the flocks there. Ironically, Joseph received as his land inheritance the very spot from which his brothers had sold him into slavery.

When the land of Canaan was being distributed among the 12 tribes, Ephraim was given the inheritance that Jacob promised to Joseph. "Mount Ephraim" denotes all the hill country of central Palestine, and it was much more fruitful than Judea. This place was to be the burial place of Joseph in the tribal grounds at Shechem (Josh 24:32). But when the inheritances were assigned, Ephraim petulantly queried, "Why hast thou given me but one lot and one portion to inherit, seeing I am a great people?" "The hill is not enough for us: and all the Canaanites that dwell in the land of the valley have chariots of iron" Josh. 17:14-16). So, let some other tribe face the enemy, not Ephraim!

To this Joshua, who was himself an Ephraimite, as well as a leader of the 12 tribes, responded, "If thou be a great people, then get thee up to the wood country, and cut down for thyself there in the

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From Ken Wells,

Ken has been transferred from the Redgranite Correctional Facility to the Correctional Facility in Waupun and he now has this new mailing address:

Ken Wells, Jr. #414034,

John Burke Correctional Center,

P.O. Box 925, Waupun, WI 53963-900

Health Tip: First Aid for Small Wounds

Your grandma may have told you to put hydrogen peroxide or alcohol on a wound, but that is actually not a good idea. The instinct to kill germs with a strong antiseptic is understandable (how many times have we used alcohol-based, hand sanitizers -like Purell- as an alternative to hand washing?) However, broken skin that is bleeding or otherwise scratched, cut, or burned is very vulnerable to damage caused by these caustic liquids. You may kill the bacteria, but in the process, you also kill your healthy cells that are needed to heal the wound. It's kind of like using a sledge hammer to kill a bug - it's going to do more harm than good.

The best thing for simple cuts and scrapes is clean water and gentle soap. Wash your hands first and then rinse the injury for at least 5 minutes to get all the potential particles and debris out of it. After the wound is clean (in the ER we use copious amounts of sterile saline to rinse wounds) it's important to judge whether or not stitches will be required to help it close. Assuming it's a small cut or abrasion, the next step is to apply pressure to reduce bleeding, and then keep it moist, and covered with a clean bandage. Moisture allows repair cells to migrate across the broken skin and lay down new collagen. Without moisture, the wound bed dries out and crusts, creating a scab and a higher chance of scarring.

How do you keep a clean wound moist? Ideally with "occlusive dressings." Maybe you've seen the new kind of Band-Aids that are rubbery or gel-like in appearance? Those are designed to contain the wound in a moist environment and block air from getting in. Some studies suggest that wounds heal up to 10 days faster if they are kept moist, and scar reduction is significantly improved. These dressings (if undisturbed) can be left on for 1-3 days at a time, but should be changed right away if they're broken, soiled, or contaminated (such as dipped in dirty water).

While the wound is healing, there will be a small inflammatory reaction as the repair cells do their job. Sometimes wounds are itchy or have slightly red or pink border. They may also leak a little bit of clear, sticky fluid. Those are all part of the normal healing process. However, if the wound is becoming more (rather than less) painful with time, if it has redness that is expanding, or if there is a foul odor or pus coming from it, it could be becoming infected which may require medical attention.

Antibiotic ointment (such as Neosporin or Bacitracin) reduces infection risk in minor contaminated wounds. Once a wound is fully washed and decontaminated, good old Vaseline (petroleum jelly) is just as effective in helping it heal. If you are injured far away from access to clean water and gentle soap, an antibiotic ointment may reduce your risk of infection (so long as the wound is not too large or dirty). Butter is not a good substitute for ointment because it is not sterile, by the way.

The bottom line is that minor cuts, scrapes, and burns should be washed thoroughly and then kept moist with petroleum jelly and/or occlusive dressings. Antibiotic ointments are a precaution that isn't needed for otherwise clean wounds and carry a small risk of allergic reaction. The stinging pain of hydrogen peroxide or alcohol in a wound is not the feeling of germs dying, it's the body crying out as you add a new chemical burn to an already painful situation.

Dr. Val Jones MD - Health Tip Content Editor
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Submitted by: Freddie Ramirez

MONTHLY HEALTH NUGGET

Health Tip: What does your stool tell you about your health?

Stool analysis can be helpful in diagnosing gastrointestinal disorders, but without laboratory testing, I would be hesitant to go too far with self-diagnosis. However, there are a few things that you may notice as a casual (adult) onlooker that could be medically important.

1. **Blood in the stool.** Bright red blood in your stool is most commonly caused by hemorrhoids or a small anal fissure. However, it is occasionally associated with colon cancer, so bloody stool should not be ignored. The color of the blood gives an idea of where it came from. If the blood is bright red (i.e. "fresh") it is more likely to have come from the end of the intestinal tract (such as the colon, rectum, or anus. If the blood is very dark, or even black or tar-like in appearance, it is more likely to have come from "higher up" such as the stomach or small intestine. When there is a lot of blood, the stool has a distinct odor, but that is hard to describe to a person without having encountered it frequently, so maybe we'll just leave that one to the imagination.
2. **Foul-smelling stool.** This is a non-specific finding, because scent is rather subjective, and you know the old expression about everyone's poop being stinky. However, there are some colon infections that have a particular odor. *Clostridium difficile* (known as *C. diff*) is a soil organism that can overgrow in the colon after a person has recently been treated with antibiotics. *C-diff* causes watery diarrhea (many episodes per day, sometimes frothy or greenish) and has a uniquely pungent smell. A piercingly smelly bout of diarrhea should be discussed with your doctor, especially if you've had antibiotics recently, or a family member with a *C. Diff* infection. If you suspect *C. diff*, see your doctor right away as it can be harmful if left untreated. There are other causes of foul smelling stool (such as malabsorption syndromes or overgrowth of certain bacteria) but *C. diff* is the one you don't want to miss.
3. **Hard stool.** Constipation is very common, and can be worsened by dehydration, medications (especially opioid pain killers), a low fiber diet, lack of exercise, and intestinal disorders such as irritable bowel syndrome. If drinking more water, exercising, and eating raw veggies and bran/prunes doesn't relieve the problem, then there are many over-the-counter solutions for constipation. Hard stool may be treated first with Colace (docusate sodium) and then with laxative solutions.
4. **Dark stool.** Although dark stool may be caused by blood, remember that stool often reflects the color of the food you eat. Beets are notorious for causing bloody-looking stool, and iron tablets and Pepto Bismol (bismuth) turn stool dark as well.
5. **Bright green stool.** Bile is produced by the liver and stored in the gallbladder. It is a kind of neon yellow color, and is used like soap to break down food in the top part of the small intestine. If your stool is bright green or yellow, you may just be seeing bile. Bile is more noticeable when you have diarrhea (so there isn't as much food to soak up the yellow bile pigment to create brownish stool), or when you have a stomach bug (viral or bacterial illness) that is making your food move through your intestines very quickly. Dark green stool is usually a sign that you recently ate chlorophyll-rich dark green veggies.

Oily or greasy stool. If you see oil floating on the toilet water (and you're not taking Colace as a stool softener), it's possible that you are having absorption difficulties due to an intestinal or pancreas issue. Greasy stool that is also very smelly is associated with malabsorption such as Celiac disease.

The bottom line is that stool infections are not possible to diagnose with a casual eye. Samples need to be cultured and examined under a microscope to determine if there is a parasitic or bacterial issue. Everyone's bowel habits are a bit different (some people normally pass stool every day and others may go 5 days at a time before they have a bowel movement), and the food we eat (and the fluids we drink) can vary our stool color and consistency quite a bit.

Bloody stool or severe diarrhea are important to discuss with your doctor because delaying treatment could cause you harm. Otherwise, you'll have to rely on more than the look and smell of your poop to determine if you have a disease or medical condition of concern.

Motor Oil Syrup

Emily Thurman-Thursday, May 10, 2018

Our church has been planning a women's prayer breakfast for months now, and I'd been looking forward to attending. The day finally dawned, and my mom picked me up to go together. We arrived, and were greeted with a beautiful display of flowers etc. on the tables set up just for us women. We sat down, and eagerly awaited whatever was being made behind the dividing wall. The men had set up a dividing wall to hide the food tables, as well as hung curtains over the serving window to the kitchen. Off to the side, a bag hung that said "Danger, men cooking". We enjoyed some conversation, and then it was time to begin the program. After a short worship and game, we filed through line. There was a great variety of foods all prepared tastefully for us. As I rolled through line, I was asked if I wanted spicy or regular tofu eggs, regular eggs, spicy or regular hash browns, oatmeal, fruit salad, sausage links or patties, gluten free or regular pancakes, and then there were a variety of pastries and drinks to choose from. My favorite part, that I had been looking forward to, was the homemade syrup brought by some friends. In anticipation, I finally got to that part of the line, and poured it all over my pancake. It looked so good, I even added a bit extra. I was saddened that it flowed out into the savory food, but then, I LOVE homemade maple syrup, so it really didn't

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COUNTRY LIFE NATURAL FOODS



The next order is due June 13th

Contact Dean or Pam Thomas at the Wisconsin Rapids Church if you would like to place an order.

715-644-8183

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God's Radio Station

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Almond's June Events

June 1 Prayer Meeting 7:00
 June 2 Sabbath – Vegetarian Potluck
 June 6 Community Bible Study 7:00 (Desire of Ages) *
 June 8 Prayer Mtg. 7:00
 June 9 Sabbath – Vegetarian Potluck
 June 10 Prayer Breakfast 9:00
 June 18-23 Camp Meeting
 June 27 Community Bible Study 7:00 (Desire of Ages) *
 June 29 Prayer Mtg. 7:00
 June 30 Sabbath – Vegetarian Potluck

* The Desire of Ages Study will be held at the home of
 John & Dorothy Tess 715-366-4691.

Important Dates

Prayer Breakfast

June 10 9 AM

CAMP MEETING

Camp Meeting 2018 will be
 held June 15-23 at
 Camp Wakonda

Portage June Events

Portage SDA Church email address is:

portagesdachurch@gmail.com

Portage SDA Church Facebook:

Type Portage Seventh Day Adventist

Radio station:

WPSA LP 93.5 FM

Bible study:

Every Tuesday at 6:30 pm at fellowship hall. Topical study from Mark Finley's "Studying Together"

Children's Story Schedule for June

2	Deidra Roat
9	Carolyn Carter
16	Camp Meeting
23	Camp Meeting
30	Eddie Santiago

(Ephraim-Continued from page 2)

land of the Perrizites and the giants, if Mt. Ephraim be too narrow for thee.” The whining reply of Ephraim is typical.

For over three centuries the picture remained the same. The men of Ephraim refused to help Gideon (Jud.8:1-3) and were hostile to Jephthah (Jud.12:1-6), and bristled at king Saul (PP611,12). In the end, the Lord rejected them as members of his people (Hos. 7:1-14), saying, Ephraim is joined to idols: let him alone” (Hos. 4:17).

“Of the tribe of Ephraim, a leader in apostasy among the 10 tribes, the Lord said, “Strangers have devoured his strength, and he knoweth it not. . . Israel has cast off the thing that is good” (Hos7:1-14). Unable to discern the sure results of their continued apostasy, the 10 tribes led by Ephraim, were soon to be “wanderers among the nations” (RH 29 Jan 1914).

The tribe was given plenty of opportunity to gain the blessings of God and to be a blessing to all of Israel. The tribe of Ephraim hosted Israel’s religious life at Shiloh for 300 years. But, the record takes a downward turn.

Prophetic imagery associated with Ephraim has tragic implications. “Ephraim is oppressed, crushed in judgment, because he was determined to go after vanity” (Hosea 5:11). Like that simple, easily deceived bird, Ephraim is “without heart,” stupid and unaware of the snare (Prov. 7:23). Perhaps the most vivid metaphor of the northern kingdom’s apostasy “Ephraim is a cake not turned. Aliens devour his strength, and he knows it not” (Hosea 7:8,9). Bread baked on hot stones needed to be turned quickly; otherwise the heat would ruin it. It would burn without cooking through. (Ephraim was half baked) Ephraim grew up in the lap of luxury. He could have whatever he wanted with servants to do his bidding. He was self-centered.

The Christian church still harbors multitudes of Ephraimites and will continue to do so till the end of time. They have, through birth and favorable circumstances, received abundant blessings, both temporal and spiritual. Unfortunately, they are rich and in need of nothing, lulled into unreality. Ephraim had great advantages. Having so ample an outpouring of knowledge and mercy, made their falling away all the more inexcusable.

The name of Ephraim is **absent** from the roster of the sealed remnant before the second coming of Jesus (Rev7:3-8). His name is missing from the pearly gates. **No one who retains the Ephraimite character will enter the city of God.** In his place we find the name of his father Joseph. Moses had long before hinted at the switch by including the name of Joseph in his farewell benediction (Deut 33:13). Another stepped into the position which Ephraim might have filled. Pride, arrogance, self-sufficiency, and independence from man and God, when cherished in the heart, bars the way to the gate of the Golden City.

Joseph’s name would be inscribed in Ephraim’s place on the gate of the New Jerusalem. Joseph’s counterpart in the foundation of the city is Andrew, the solicitous seeker of souls, always interested in the salvation of his brethren.

The Ephraimites are in many ways like Laodicea. We have many advantages that seem to foster self-centeredness in us. But, if we stay Laodicean no gate to the Holy city will be open to us.

By God’s grace, and our co-operation with Jesus Christ, our characters will be transformed, and we will be fitted to enter into one of the gates of the City of God.

Submitted by Freddie Ramirez

Are You In Need of ?

Upright Piano to give away

Looking for a good home for a well behaved and completely housebroken upright piano. "The older the piano, the sweeter the music" or something like that!

Contact Cindy Barten 715-921-9485

I have quite a bit of **photo paper** that I cannot use. It is Canon glossy and sizes 4x6" and 5x7". If anyone is interested, they can contact me by email: jmwitt@rucls.net



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 someone who may have a use for them. May God Bless you for your generosity. If you have items to donate to someone, please let us know.

715-572-0650

or gracenotesnewsletter@yahoo.com

Wisconsin Rapids Calendar of Events

May 30 Revelation Speaks Peace, 6:00 p.m.

Jun 15-23 CAMP MEETING

Jun 30 District Sabbath Rally – Marshfield



DENTAL CLINIC: October 25-27, 2019 Men's Prayer Breakfast

August 19th

9:00 a.m.

Betty and Darwin would love to hear from their church family while Darwin is recuperating. Here is their address:

Darwin & Betty
Dittburner

4322 Vida Grande
Weslaco, TX 78596

This space
was reserved
for you.

Did your sub-
mission get
lost in the
mail?

Happy Birthday!



June Birthdays

- 2 Silvia Castaneda
- 6 F Dale Rabine
- 9 David Rabine
- 11 Arlan Ferguson
- 12 Brandon Lowry
- 13 Diana M Krikston
- 15 Manuel Castaneda
- 16 Jayly Shelley
- 17 Jacqueline Guerrero
- 19 Nona Schmidt
- Ruth Cummings
- 20 Imelda Gilszczinski
- Emma Dettmann
- Hannah Bergeon
- 24 Tom Graham
- 27 Jeanna Buettner
- 28 Jason K Kufner
- 29 Janlece Buettner
- 30 Joyce Miller



If we missed your birthday and you would like to be recognized, please let us know so that we can update our records.

Oxford SDA Church

Sabbath Worship Times

Bible Study @ 11:00 a.m.

Worship @ 9:15 a.m.

LOCATION322 E Chauncey St
Oxford, WI 53952-9064

608-586-5770

Portage Seventh-day Adventist Church2100 E State Road 33
Portage, WI 53901-1468
608-742-4695Pastor: Justin Dane Spady
Phone: 260-413-3066
Email:**Service Times:**Sabbath School: 9:30 a.m.
Worship Service: 11:00 a.m.**Reedsburg SDA Church**115 S. Oak St.
Reedsburg WI 53959Pastor Justin Spady
Reedsburg SDA ChurchJoin Us This Saturday
Sabbath School: 9:30 a.m.
Worship Service: 10:30 a.m.Friendship Supper June 7 at 5:30 PM at
the church. We invite our friends and
neighbors. We have Bible study every
Wednesday evening at the church at 6:30
PM**The Shepherd's House**

Previously: Wausau SDA Church

Address: 6300 Bittersweet Rd

Wausau WI 54401-9465

Mail: 6300 Bittersweet Rd

Wausau WI 54401-9465

Phone: 715-241-7722

Fax: 715-241-7723

Pastor: Tom (Thomas) J Michalski

Sabbath School begins at 10:00 a.m.

Church Service begins at 11:20 a.m.

Antigo SDA Church

1515 3rd Ave.

Antigo WI 54409-1481

Bible Study @ 10:15 a.m.

Worship @ 9:00 a.m.

Contact

715-623-4168

Pastor Tom Michalski

tommichalski@gmail.com**Wisconsin Rapids SDA**

611 24th St. N

Wisconsin Rapids, WI 54494

Service Times:Sabbath School: 9:30 a.m.
Worship Service: 11:00 a.m.Wednesday evening Bible
Study @ 6 p.m.

"Revelation Speaks Peace"

Pastor: Joseph Perricellia

Cell Phone: (641) 680-2944

Email: [sdapastorjo-
seph@gmail.com](mailto:sdapastorjo-seph@gmail.com)**Stevens Point Church**

Sabbath School 9:30 a.m.

Worship Service 10:50 a.m.

1510 Sherman Ave

Stevens Point WI 54481

715-344-4337

Pastor Tom Michalski

715-623-4168

tommichalski@gmail.com**Almond SDA Church**

Sabbath School: 9:30 a.m.

Worship Service: 11:00

Potluck follows each week!

1340 Elm St.

Almond WI 54909

715-570-2179


www.almondsda.org

Pastor Justin Spady

260-413-3066

Prophecy Highlights June 2018

by Tim Schmidt of the Wautoma SDA Company

	DANIEL 2	DANIEL 7	DANIEL 8	DANIEL 11, 12
GOLD		BABYLON	NONE	NONE
SILVER		MEDOPERSIA	BEAST WITH FOUR HEADS	RAM WITH TWO HORNS
BRASS		GREECE	LEOPARD	THE GOAT
IRON		ROME	BEAST WITH FOUR HEADS	LITTLE HORN FROM FOUR HORNS
IRON AND CLAY		DIVIDED KINGDOMS 1260 YEARS	BEAST WITH FOUR HEADS	LITTLE HORN WAXED GREAT
STONE CUT WITHOUT MAN'S HANDS		INVESTIGATIVE JUDGMENT	JUDGMENT SCENE	CLEANSING HEAVENLY SANCTUARY
STONE FILLS WHOLE EARTH	CHRIST'S KINGDOM	KINGDOM GIVEN TO SAINTS	EXECUTIVE JUDGMENT	MICHAEL STANDS UP (Chapter 12:7-12)

(Adventism's Visitation Series)

The Time of Adventism's Visitation

“More and more, as the days go by, it is apparent that God’s judgments are falling upon the world. In fire and flood and earthquake He is warning the inhabitants of the earth of His near approach. The time is nearing when the great crisis in the history of the world will have come, when every movement in the government of God will be watched with intense interest and inexpressible apprehension. In quick succession the judgment of God will follow one another—fire and flood and earthquake, with war and bloodshed.

“Oh, that the people would know the time of their visitation, there are many who have not heard the testing truth for this time. There are many with whom the spirit of God is striving. The time of God’s destructive judgments is a time of mercy for those who have had no opportunity to learn what is truth. Tenderly will the Lord look upon them, His heart of mercy is touched. His hand is still stretched out to save, while the door is closed to those who would not enter.

“The mercy of God is shown in His long forbearance. He is holding back His judgments, waiting for the message of warning to be sounded unto all people. Oh, if our people would feel as they should the responsibility resting upon them to give the last message of mercy to the world, what a wonderful work would be done.” (Testimonies for the Church, vol. 9, p. 97)

“As God’s people approach the final crisis, they must with increasing power proclaim the message He has given them. The warning must be given to the churches. God’s requirements must be laid before those who are transgressing His law. They must be made to understand that this is a life and death question. God’s remnant people are to fill the earth with the cry of the third angel. ‘And the third angel followed them, saying with a loud voice, if any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up forever and ever: and they have no rest day or night, and whoever receives the mark of his name. Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.’” (Review and Herald, July 16, 1901)

“And he called to the man clothed with linen, which had the writer’s inkhorn by his side; and the Lord said unto him, Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men that sigh and cry for all the abominations that be done in the midst thereof. And to the others he said in mine hearing, Go ye after him through the city, and smite: let not your eye spare, neither have ye pity: slay utterly old and young, both maids, and little children, and women: but come not near any man upon whom is the mark; and begin at My sanctuary. Then they began at the ancient men which were before the house.’

“Jesus is about to leave the mercy seat of the heavenly sanctuary to put on the garments of vengeance and pour out His wrath in judgments upon those who have not responded to the light God has given them. ‘Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil.’ Instead of being softened by the patience and long forbearance that the Lord has exercised toward them, those who fear not God and love not the truth strengthen their hearts toward an evil course. But there are limits even to the forbearance of God, and many are exceeding these boundaries. They have overrun the limits of grace, and therefore God must interfere and vindicate His own honor. [Revelation 22:11-He that is unjust, let him be unjust still: and he who is filthy, let him be filthy

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Camp Meeting 2018

Faithful to His Mission

Wisconsin camp meeting is a 9-day religious convention of the Seventh-day Adventist Church. Religious training is provided for people of all ages from infants to senior citizens. Attendees camp in cabins, motor homes, trailers, tents, or commute from their homes. When camp meeting is in session, attendance swells to nearly 5,000, making it the largest "town" in the county. it the largest "town" in the county.

Camp meeting is held on the grounds of Camp Wakonda near Westfield, Wisconsin and is open to the general public. Registration is only required for on-site accommodations. Camp Meeting 2018 will be held June 15-23, 2018.

(Prophecy—Continued from page 10)

still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.]

"Of the Amorites the Lord said: 'In the fourth generation they shall come here again: for the iniquity of the Amorites is not yet full.' Although this nation was conspicuous because of its idolatry and corruption, it had not yet filled up the cup of its iniquity, and God would not give command for its utter destruction. The people were to see the divine power manifested in a marked manner that they might be left without excuse. The compassionate Creator was willing to bear with their iniquity until the fourth generation. Then, if no change was seen for the better, His judgments were to fall upon them.

"With unerring accuracy the Infinite One still keeps an account with all nations. While His mercy is tendered with calls to repentance, this account will remain open; but when the figures reach a certain amount God has fixed, the ministry of His wrath commences. The account is closed. Divine patience ceases. There is no more pleading for mercy in their behalf.

"The prophet, looking down the ages, had this time presented before his vision. The nations of this age have been the recipients of unprecedented mercies. The choicest of heaven's blessings have been given them, but increased pride, covetousness, idolatry, contempt of God, and base ingratitude are written against them. They are fast closing their account with God.

"But that which causes me to tremble is the fact that those who have had the greatest light and privileges have become contaminated by the prevailing iniquity. Influenced by the unrighteous around them, many, even of those who profess the truth, have grown cold and are borne down by the strong current of evil. The universal scorn thrown upon true piety and holiness leads those who do not connect closely with God to lose their reverence for His law. If they were following the light and obeying the truth from the heart, this holy law would seem even more precious to them when thus despised and set aside. As the disrespect for God's law becomes more manifest, the line of demarcation between its observers and the world becomes more distinct. Love for the divine precepts increases with one class according as contempt for them increases with another class.

"The crisis is fast approaching. The rapidly swelling figures show that the time for God's visitation has about to come. Although loath to punish, nevertheless He will punish, and that speedily. Those who walk in the light will see signs of the approaching peril; but they are not to sit in quiet, unconcerned expectancy of the ruin, comforting themselves with the belief that God will shelter His people in the day of visitation. Far from it, they should realize that it is their duty to labor diligently to save others, looking with strong faith to God for help. 'The effectual and fervent prayer of a righteous man avails much.'

"The leaven of godliness has not entirely lost its power. At the time when the danger and depression of the church are greatest, the little company who are standing in the light will be sighing and crying for the abominations that are done in the land. But more especially will their prayers arise in behalf of the church because their members are doing after the manner of the world.

"The earnest prayers of this faithful few will not be in vain. When the Lord comes forth as an avenger, He will also come as a protector of all those who have preserved the faith in its purity and kept themselves unspotted from the world. It is at this time that God has promised

(Continued on page 13)

Here are a few pics from our cooking school held in Portage



Instructor Helen Summerton



Instructor Sherry Maggiancalda



Instructor Illona Minett assisted by Instructor Jennifer Spady



Looks good and enjoyed by all!!!

Signs of a Toxic Person

1. Nothing you can say or do is good enough.
2. They comment on the smallest flaw or perceived imperfection
3. They drag up your past and won't allow you to be different.
4. They leave you feeling guilty and ashamed of who you are
5. They're critical, controlling and don't think about your needs
6. They leave you feeling beaten, wounded, battered, bruised and torn
7. They violate your boundaries, and they never respect "no"
8. They don't care about your feelings and like to see you suffer
9. It's always about them, and what they think, and want, and feel.

Submitted by: Pastor Joseph Perricellia

SUCCESSFUL PEOPLE	UNSUCCESSFUL PEOPLE
Read every day	Watch TV every day
Compliment	Criticize
Embrace Change	Fear change
Forgive others	Hold a grudge
Talk about ideas	Talk about people
Continuously learn	Think they know it all
Accept responsibility for their failures	Blame others for their failures
Have a sense of gratitude	Have a sense of entitlement
Set goals and develop life plans	Never set goals

(Prophecy—Continued from page 11)

to avenge His own elect which cry day and night unto Him, though He bear long with them.

“The command is: ‘Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men that sigh and that cry for all the abominations that be done in the midst thereof.’ These sighing, crying ones had been holding forth the words of life; they had reproved, counseled, and entreated. Some who had been dishonoring God repented and humbled their hearts before Him. But the glory of the Lord had departed from Israel; although many still continued the forms of religion, His power and presence were lacking.

“What are you doing, brethren, in the great work of preparation? Those who are uniting with the world are receiving the worldly mold and preparing for the mark of the beast. Those who are distrustful of self, who are humbling themselves before God and purifying their souls by obeying the truth—these are receiving the heavenly mold and preparing for the seal of God in their foreheads. When the decree goes forth and the stamp is impressed, their character will remain pure and spotless for eternity.” (Testimonies for the Church, Vol. 5, p. 207-216; The Seal of God)

(Motor Oil-Continued from page 5)

matter much. I walked back to the table, and sat down to eat. I decided to save the best for last, and took a small bite of the white hash browns. OH! That was NOT the expected taste. Hmm, must be they used some really weird spray to grease the pan. Wow, it tastes like some sort of motor oil, or solvent, or something even worse. I wanted to spit it out, but that isn't socially acceptable, so I bravely chewed and swallowed the horrific taste, looking forward to another taste to ease the bitterness. I decided, since I'm not a great fan of hash browns in the first place, I was really at no loss, for I still had other great options on my plate. As I put a bite of tofu into my mouth, there was a quick announcement from the front. "Ladies, if you put syrup on your pancake, you will need to throw it away, and come back for another." This very quickly was followed up with "If the syrup ran out into your food, you'll need to throw the whole plate away, and get another. We have fake syrup for you to use." Who wants fake syrup when the real thing is available??? We followed orders, and went back through line, to get a whole new plate of food. We enjoyed the rest of the meal, and conversation, as we listened to the presentation. As I drove my son up to Michigan to school that afternoon, I was pondering the syrup scandal, and what I could learn from it. As I asked God what he had for me to learn from it, he brought the verse to mind Proverbs 18:21 "The tongue has power to give life or bring death, and those who use it must live with the consequences." I thought about words in my past, said a lifetime ago, and the power they had in my life, leading me to bulimia in high school and college. I thought about how the 'syrup' flowed out all over my plate, infecting the entire thing, and how once ingested, I was still belching up that awful taste, 6 hours later. It reminded me how we often allow the negative words, to influence our whole lives and when we internalize them, they just keep coming back up, the taste no less bitter, than when first uttered. Just because it was said, doesn't mean it's true. EGW says in 7BC 1159 & 1160, "Harsh words rankle in the mind, it may be for years, and never lose their sting. As professed Christians, we should consider the influence our words have upon those with whom we come into association, whether they are believers or unbelievers. Our words are watched, and mischief is done by thoughtless utterances. No after association with believers or unbelievers will wholly counteract the unfavorable influence of thoughtless, foolish words." on pg. 1159 "The voice and tongue are gifts from God, and if rightly used, they are a power for God. Words mean very much. They may express love, devotion, praise, melody to God, or hatred and revenge. Words reveal the sentiments of the heart. They may be a savor of life unto life, or of death unto death. The tongue is a world of blessing, or a world of iniquity. MS 40, 1898..." "Our own words have an effect upon our character, but they act still more powerfully upon the characters of others. The infinite God alone can measure the mischief that is done by careless words." In BC7 pg. 938, she states, "...it is not right to indulge in foolish jesting and joking, in lightness and trifling, in words of criticism and condemnation of others." I wonder how many words I've uttered, that have been like the syrup, permeating all of another's life, leaving a bitterness in their heart. Oh God, help me to bridle my tongue, and allow it to be used for you.

GRACE NOTES

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Contribution deadline is the 23rd
of the month

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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.

Ministry From Home

Have you ever thought of having a prison ministry? You don't have to leave your home to have this. A letter changes the life of an inmate every time they receive it. Pray that God will lead you to write an inmate. Give an inmate a blessing!

Ken Wells, Jr. #414034,
John Burke Correctional Center,
P.O. Box 925, Waupun, WI 53963-900

Letters to the editor...

If you have ideas, thoughts, complaints or opinions, write to us. This column will appear each month.

Send emails to
"gracenotesnewsletter@yahoo.com"

Thanks,
Grace Notes Editor

Grace Notes needs your help!

We have all been blessed in many different ways and I would like to ask that you share some of your talents with us. I've seen first hand the results of this newsletter and it's effect on the people that became friends and family rather than strangers.

Since we have this new arrangement of districts, it's even more important for us to stay connected, to get to know one another. How can we do this? It's simple. Even if you think you don't have good writing skills, write up something and send it to us anyway. I promise that no one will laugh. Write up your testimony to share. Something that God has placed on your heart or just something that is important to you. How about a good recipe that you want to share? Are you in need of something? Write us and we'll put it into the newsletter and God will provide those needs.

I look forward to putting out the newsletter, with God's help and with yours too!

And, of course, in all that we do...

To God be the Glory!

Rick Felts, Grace Notes Editor

Church Mice

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