

# GRACE NOTES

VOLUME 4, ISSUE 10

OCTOBER 2018

**BRINGING UNITY, EVENTS & NEWS TO THE CHURCHES OF ALMOND, OXFORD,  
PORTAGE, REEDSBURG & THE WAUTOMA COMPANY**

## "Friendship and Criticism"

We have all been there: someone you care about is in the wrong, and maybe that frustrates you, but is it fine to correct them? Is it better to preserve the relationship and leave them in their folly, or is there a tactful way to let them know their mistake?

Each situation is subjective, but here is some ancient wisdom from Proverbs 27:5,6 that can help put things in perspective: "Open rebuke is better than love carefully concealed. Faithful are the wounds of a friend, but the kisses of an enemy are deceitful." We often avoid confrontation because we do not want to hurt them – or perhaps we are lying to ourselves because we do not wish to see ourselves hurt when they get mad at us – but the reality is, sometimes it is more helpful to speak up than to stay silent.

Be thoughtful before you speak. Is this something that is harmful to themselves and/or to others, and would correcting them be potentially beneficial? The holidays are coming up, and chances are you will visit with family and friends you have not seen in a while. What if you find out your cousin believes the world is flat? Is that crazy belief really harming them? Pick your battles. What if they believe one political party will save this country? What can you correct and what will they continue to be dogmatic about no matter what you say?

Of course, some things are truly harmful like dangerous habits and addictions, continuing to live in sin, or other general bad choices. Maybe your co-worker is being rude to the rest of you. Maybe your child is hanging out with the wrong crowd. Proverbs 27:5,6 encourages us to confront them for their own good, to tell them things they may not want to hear. Whatever is said needs to be done out of love. You should never use harsh or demeaning language. Pray that the Holy Spirit will bathe you in peace and patience, and give you ears to hear them and the right words to say in response. Constructive criticism can be a medicine in time of need – give it a try!

And if someone criticizes you, consider that maybe they are doing it out of love, and be willing to hear them out.

*-Pastor Justin Spady*

### Weimar NEWSTART Program and the Eight Laws of Health #3

The Weimar NEWSTART Program uses the acronym NEWSTART to address the eight laws of health; N=Nutrition, E=Exercise, W=Water, S=Sunshine, T=Temperance, A=Air, R=Rest, and T=Trust in God. This article will focus on the internal use of water. The information is taken from seminar notes.

"In health and sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps supply the

*(Continued on page 3)*

## New Feature of Grace Notes!

At our last district rally, we held a question and answer period. Anyone with any questions relating to the Bible or God or anything along that line, could submit it and the panel would answer it, best that they could. With that in mind, we are starting a similar feature here. Send your question to [gracenotesnewsletter.com](http://gracenotesnewsletter.com) or through the regular mail and I will forward them, anonymously, to Pastor Justin who will answer them. Try and get them to me as soon as possible so that Pastor has time to research the answer for us. Someone gave me a question to start out with and here it comes. Thank you Pastor Justin for doing this for us and may God bless you in your efforts.

**Question:** "We all know that sin is bad and that we are all sinners. The question is all sin comes with consequences. But please explain what that may entail. In other words, if a person were to rob money from a bank and was caught, there would be consequences here on earth. What happens when we repent? We know that God forgives, but assuming that we go to heaven, will there be further consequences there? Are there different rewards and punishments for individual persons or will we all be treated the same?"

Anonymous

**Response:** Great question! The base-line is that sin always has consequences, and that those consequences are sorrow in this life (Proverbs 22:8) and ultimately eternal death (Romans 6:23). Jesus' grace guarantees that if we repent of our sins He is faithful to ALWAYS forgive us for our sins (1 John 1:9). That gift of grace counteracts the ultimate consequence of sin, eternal death, and instead gives us eternal life through Jesus Christ our Lord (Jude 21). Jesus also promises in Revelation 21:4 that after He makes a new heaven and earth, He will wipe away every tear from our eyes, and that there will be no more death, sorrow, crying, or pain. There *will* be eternal consequences for sin, like the holes in Jesus' hands, feet, and side, and that some of our loved ones may not be in Heaven with us; but God promises that no matter what eternal consequences for sin may exist, we will not sorrow or feel pain for any of them. There will be no different degree of rewards for the saved in Heaven; Jesus' parable in Matthew 20:1-16 illustrates this point. What a beautiful promise!

*However*, while God's grace removes the consequence of eternal death because of sin, nowhere in the Bible does God guarantee no consequences in this life even after repentance and forgiveness. The opposite is true: there are many examples in scripture of consequences from sin still falling on the repentant. Jesus left the thief on the cross even after promising him the gift of eternal life (Luke 23:39-43). David and Bathsheba's son still died despite David's contrition (2 Samuel 12:13-23). Adam and Eve were still kicked out of the garden despite longing for the promise of the Savior. We all still "go to sleep" in the grave despite being saved. Your sins still put Jesus on the cross and they still hurt those around you. Yes, your sins may be cleansed and eternal life rewarded, but not sinning in the first place is still always the best option. Praise the Lord He promises not only to forgive our sins we have committed but also to cleanse us from all the wickedness inside us (1 John 1:9). Cling to Jesus! -Pastor Justin

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Justin Spady, Pastor  
Portage District

Wisconsin Conference of Seventh-day Adventists  
(260) 413-3066

[pastorspady@gmail.com](mailto:pastorspady@gmail.com)

*(Water-Continued from page 1)*

necessities of the system and assists nature and resists disease.” *Ministry of Healing*, p. 237

Man can live six weeks without food, but only a few days without water. We are about 2/3 water or 65-70%. Every cell in our body needs water. When we are thirsty we are already dehydrated. We require 1/3 more water than our thirst signals indicate.

Our body prefers slightly warm to cool water or at room temperature. Very cold water shuts down the digestion and diminishes the body’s thirst signals. Cold water must be warmed in your stomach, or cooled down if it’s hot, before it can be absorbed. Drinking with meals dilutes the digestive system and slows down digestion. Drink water up to 15-30 minutes before a meal and not again for two hours after. Only pure water is absorbed in our bodies. Any water that has something in it like teas, coffees, juices, etc. has to be digested.

Water is essential for efficient circulation of the blood, which is nearly 90% water. It carries oxygen and nutrients to cells and removes waste products so the lungs, kidneys and skin can remove them.

Adequate water intake reduces the risk of heart attacks. Water thins and dilutes the blood. Drinking other beverages does not provide the same health benefits as pure water. Drinking a glass of water before bed cuts the risk of a heart attack or stroke during the night by 50%. Studies also found adequate water intake reduces the risk of certain cancers.

Our brains are approximately 80-85% water. Water relieves both physical and mental fatigue. When the body is dehydrated nerve transmission in the brain is compromised and brain function is diminished. Headaches can often be relieved by drinking extra water – one glass every ten minutes for one hour.

Water contributes to the fluid that moistens the eyes. Water is needed to lubricate and cushion the bones and joints. It is necessary for the production of saliva and digestive juices and for proper lung function as the lungs are almost 90% water. Water thins and dilutes the blood sugar in the body and since it contains no calories or sugar it does not raise the blood glucose level. Water helps keep the body temperature within a specific range.

How much water do we need? We need to drink until our urine is pale to clear. It is suggested we drink 12-15 8 oz. glasses of water per day between meals. Begin the day by drinking several glasses of pure water before breakfast. If we must drink something during the day besides water, drink it ½ hour before the next meal. This way our stomach is starting the digestive process right before the meal. If we drink lots of water between meals we will not feel the need to drink anything at our meals.

Jesus said, “If anyone thirsts, let him come to Me and drink.” John 7:37. “And Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger, and he who comes to Me shall never thirst.” John 6:35. Enjoy drinking pure water and may we also have that Living Water that comes from Jesus!

*Submitted by: Jane Gerndt, Reedsburg Church*

## HOW I LEARNED TO PLAY THE ACCORDIAN WITHOUT A TEACHER (by ear)

When I was about 5 years old, my dad showed me on a little harmonica that the tones go up one direction, and come back down going the opposite direction. He explained that if you pick out the tones in the proper sequence, you make a tune. I caught on to that right away. Soon I was making tunes.

We lived on 2 ½ acres in the country and the back part of that had cotton growing on it that particular year. One day, I happened to be in the house, and a Mexican tune was playing on the radio. I memorized it and picked it out on the little harmonica. I practiced and practiced it without my parents knowledge, planning to spring it on them after I had it perfected.

By then I was 5 ½. Finally, the day came. I walked out back where they were picking cotton and played my little tune. Mother was picking cotton and she quickly stood up and said, "We've got to get her to some lessons."

It was decided I would take accordion lessons, since mother had played accordion when she was young. So one day, off we went to Bakersfield, California—about a 21-mile trip one-way—to accordion lessons.

It was exciting and I loved every minute of it. The accordion was rented and the design had black scrolly acorns, etc. on the front. Every thing went fine until about lesson 5 or 6 when the teacher said, "I'll play it through for you once and then we'll play it together. We were sitting side by side on folding

chairs—she with the music stand with those little black spots on paper, which I didn't understand—and then there was me and this black accordion listening to what we were going to play together. Yes, we did, we played it together. When she discovered I was watching my fingers where they should go to play it together instead of watching those little black spots on the music sheet, she became very unhappy and told my mother I couldn't come back for any more lessons! I was devastated! This was major rejection! I think my mother felt bad for me too. In the days that followed, she took a flat piece of cardboard, drew accordion keys on it and used kite string or something similar for straps so I could practice on that. It worked. After all, it's all about relationship between one key to the next and where you have to stretch your fingers to get the next tone in the sequence to make a tune.

After a few months, my 6<sup>th</sup> birthday came, and what a surprise I got! My mother had purchased a new, red pearl accordion for me, the same size as the one we had rented—with 12 bass ("base") buttons. Just the size for youngsters learning to play. Now I had my own real accordion to practice on, and practice I did—by ear.

It was a natural thing to match up the bass buttons on the left, with the keys on the right hand. Soon I was doing special music at church, played with singing bands at nursing homes, played for at least one wedding, etc.

All I can say is, "To God be the glory! This is definitely a gift from above. God gives me the harmony in my head how it should sound and I simply plunk it out. Praise His holy name!!"

*Written and submitted by: Dorothy Tess*

## Help Wanted

by: Kenneth Wells Jr.

If you're seeking work that's a pleasure to do, just grab yourself a Bible and spread the good news. You won't have to worry what you ought to say, The Lord Jesus said it all, back in the day. There are great job benefits and a good life to live. Just go and tell the others what the Lord said and did.

By taking the first step on the path of light, YOUR TITLE IS LABORER FOR THE LORD JESUS CHRIST.

Oh, there will be some whose hearts won't be won, but Christian don't worry, your job is done. Just thank the good Lord for His mercy and grace, When you see the change on a sinner's face. These jobs are opening from coast to coast, The Holy Spirit is hiring for the Lord of Hosts.

## Hello from Wautoma,

From 9/5/2018 through 9/15/2018, we held a health seminar, Lifestart DVD series by Dr. DeRose. Tim Schmidt lead out every evening and Judy Schmidt was our faithful greeter. We had as many as 13 present and there were some guests that didn't miss a single presentation. Thank you Tim and Judy for your fervent work on this seminar. Our main advertisement had been invitations sent to contacts made at the Waushara County Fair.

Work activity at the new-old Wautoma SDA church continues. Our hearts desire is to see the momentum carry on quickly. Some people have asked if we have held worship services there yet. No, we are still some time from that yet. Maybe we will be ready by the end of the year. Asbestos has been professionally removed from the basement. We appear to be in need of a new furnace. IF you are interested in helping out, contact Alan Anderson or Eric Anderson so we can coordinate all our efforts.

By the time you are reading this, we will have had a special weekend, planned for 9/28/2018 and 9/29/2018 with Pastor Swamidass on the family, starting Friday evening and running through both Saturday morning and afternoon.

Alan Anderson

## WAUTOMA COMPANY OCTOBER SCHEDULE

10/1/2018	Women's Group at the Anderson's @ 10:00 a.m.
10/3/2018	Prayer Meeting/Prophecy @ church @ 6:30 p.m.
10/6/2018	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
10/7/2018	Bible study at the Anderson's @ 5:30 p.m.
10/8/2018	Women's Group at the Anderson's @ 10:00 a.m.
10/10/2018	Prayer Meeting/Prophecy @ church @ 6:30 p.m.
10/11/2018	The Appearing with Shawn Boonstra at 7:00 p.m.
10/12/2018	The Appearing with Shawn Boonstra at 7:00 p.m.
10/13/2018	The Appearing with Shawn Boonstra at 11:00 a.m. & 7:00 pm
10/13/2018	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
10/13/2018	Adventures @ 5:00 p.m.
10/14/2018	Adventures @ 10:00 a.m.
10/14/2018	Bible study at the Anderson's @ 5:30 p.m.
10/15/2018	Women's Group at the Anderson's @ 10:00 a.m.
10/17/2018	Prayer Meeting/Prophecy @ church @ 6:30 p.m.
10/20/2018	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
10/21/2018	Bible study at the Anderson's @ 5:30 p.m.
10/22/2018	Women's Group at the Anderson's @ 10:00 a.m.
10/24/2018	Prayer Meeting/Prophecy @ church @ 6:30 p.m.
10/27/2018	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
10/28/2018	Bible study at the Anderson's @ 5:30 p.m.
10/29/2018	Women's Group at the Anderson's @ 10:00 a.m.
10/31/2018	Bible study at the Anderson's @ 5:30 p.m.

We welcome our newest member to the Anderson family. Ember Trillium was born to Eric and Carrie Anderson on 9/7/18 at 7:45AM. She weighed 5 lbs. 10oz and 18.5 inches long.



## Almond's October Events

- Oct 3 Patriarchs and Prophets Study 7:00 (J+D Tess home)
- Oct 5 Prayer Mtg. 7:00
- Oct 6 Sabbath – Vegetarian Potluck
- Oct 7 Bible Study (Anderson Home) 5:30
- Oct 10 Patriarchs and Prophets Study 7:00 (J+D Tess home)
- Oct 11 The Appearing 7:00pm
- Oct 12 The Appearing 7:00pm
- Oct 13 Sabbath (The Appearing at 11)- Vegetarian Potluck
- Oct 13 The Appearing 7:00pm
- Oct 14 The Appearing 7:00pm
- Oct 17 Quarterly Business Meeting 6:00pm @ the church
- Oct 21 Prayer Breakfast 9 AM
- Oct 21 Bible Study (Anderson Home) 5:30
- Oct 24 Patriarchs and Prophets Study 7:00 (J+D Tess home)
- Oct 26 Prayer Mtg. 7:00
- Oct 27 Sabbath – Vegetarian Potluck
- Oct 28 Bible Study (Anderson Home) 5:30
- Oct 31 Patriarchs and Prophets Study 7:00 (J+D Tess home)

Important Dates	
Thursday the 11 <sup>th</sup> - The Appearing	7:00pm
Friday the 12 <sup>th</sup> - The Appearing	7:00pm
Sabbath the 13 <sup>th</sup> - The Appearing	11:00am, 7:00pm
Wednesday the 17 <sup>th</sup> - Business Mtg.	6:00pm
Sunday the 21 <sup>st</sup> - Church Breakfast	9:00am

The Patriarchs and Prophets Study will be held at the home of  
  
John & Dorothy Tess  
  
Wed. 7 p.m. - Call first.  
  
715-366-4691

### Portage October Events

**Portage SDA Church email address is:**

[portagesdachurch@gmail.com](mailto: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"

### Happy Birthday!

#### October Birthdays

- 1 JoAnn Tess
- 3 Mike Minier
- 3 Jane Hahn
- 4 Rick Nelson
- 5 Alan Hahn
- 9 Art Ferguson
- 10 Kathy Anderson
- 18 Don Stoltz
- 25 Rodney Hahn
- 27 Lawrence Hahn
- 28 Jeremiah Lewis



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

## Bible Word Search Game

### Books of the New Testament

Here's a great puzzle for anyone who's trying to learn the books of the New Testament. Find the capitalized words from the word list in the Bible word search grid. Words may appear in any direction. Here's a twist: Can you also find the name of the man who wrote much of the New Testament?

MATTHEW

MARK

LUKE

JOHN

ACTS

ROMANS

(I and II) CORINTHIANS

GALATIANS

EPHESIANS

PHILIPPIANS

COLOSSIANS

(I and II) THESSALONIANS

(I and II) TIMOTHY

TITUS

PHILEMON

HEBREWS

JAMES

(I AND II) PETER

(I, II AND III) LETTER OF JOHN

JUDE

Q	S	P	R	B	H	S	U	G	P	U	E	Z	N
T	C	N	L	E	U	K	A	S	T	C	A	N	H
D	H	U	A	T	V	L	R	E	T	E	P	O	O
P	A	E	I	I	A	E	S	A	D	C	S	M	J
P	H	T	S	T	S	N	L	U	M	N	O	E	F
Y	M	I	I	S	A	S	J	A	A	R	P	L	O
K	M	A	L	M	A	T	O	I	T	H	R	I	R
L	N	A	O	I	I	L	H	L	E	I	H	H	E
S	S	R	T	M	P	T	O	S	O	E	O	P	T
U	G	E	O	T	N	P	I	N	B	C	L	N	T
Q	N	T	M	I	H	A	I	R	I	U	S	G	E
Q	H	H	R	A	N	E	E	A	K	A	V	T	L
Y	J	O	O	S	J	W	W	E	N	E	N	C	F
H	C	F	C	J	S	W	H	J	W	S	Q	S	K

REVELATION

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# Are You In Need of ?

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](mailto:jmwitt@rucls.net)

**Dishwasher**—in good condition—to give away.

**24" Molded bathroom sink with faucet.** Cream white in color

Contact Doug Bruder @ 715-498-1126

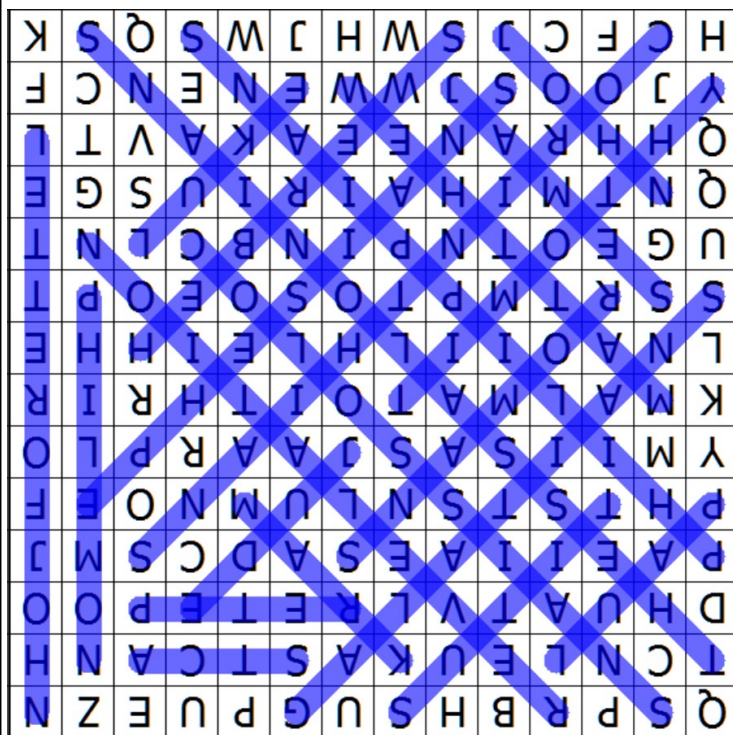
**Upright piano** (Can be seen in basement of Almond SDA Church)

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](mailto:gracenotesnewsletter@yahoo.com)

### WORD SEARCH KEY



### Victorious is our Lord

You don't have to be downcast,  
 You don't have to be blue;  
 Because Jesus, the Savior  
 Has done everything for you.

He has promised to be with you  
 Everywhere you go;  
 Your sins have all been pardoned,  
 You shall be as white as snow.

There is nothing you can do,  
 To make Him love you more  
 For He's ALREADY DONE IT ALL,  
 Victorious is our Lord!

*Written and submitted by Nona Schmidt*



**Oxford SDA Church**

Sabbath Worship Times

Sabbath School @ 9:15 a.m.

Worship @ 10:40 a.m.

322 E Chauncey St  
Oxford, WI 53952-9064  
608-586-5770

PASTOR: JUSTIN DANE SPADY  
PHONE: 260-413-3066

EMAIL: PASTORSPADY@GMAIL.COM

**Portage Seventh-day Adventist Church**

2100 E State Road 33  
Portage, WI 53901-1468  
608-742-4695

Pastor: Justin Dane Spady  
Phone: 260-413-3066  
Email: PastorSpady@gmail.com

**Service Times:**

Sabbath School: 9:30 a.m.  
Worship Service: 11:00 a.m.

**Reedsburg SDA Church**

115 S. Oak St.  
Reedsburg WI 53959

Pastor Justin Spady  
Phone: 260-413-3066  
Email: PastorSpady@gmail.com

Join Us This Saturday  
Sabbath School: 9:30 a.m.  
Worship Service: 10:30 a.m.

**Almond SDA Church**

Sabbath School: 9:30 a.m.

Worship Service: 11:00

Potluck follows service each week!

1340 Elm St.

Almond WI 54909

715-570-2179

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

Pastor Justin Spady

260-413-3066

**Wautoma SDA Company**

Sabbath School: 9:30 a.m.

Worship Service: 11:00 a.m.

Potluck follows service each week!

535 S. Cambridge

Wautoma WI 54982

920-765-0961

[wautomwi.adventistchurch.org](http://wautomwi.adventistchurch.org)

Website under construction!

Pastor Justin Spady

260-413-3066

voice of prophecy

the  
**APPEARING**

Are you ready?

**OCTOBER 11-14, 2018**  
**Appearing.org/Almond**

# GRACE NOTES

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Contribution deadline is the 23rd  
of the month

## Disclaimer:

The stories, views and opinions expressed in this newsletter are those of the original authors and other contributors and do not necessarily reflect the official policy or position of the Seventh-day Adventist Church, Grace Notes or any of its staff. Thank you...



## 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 900, 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](mailto:gracenotesnewsletter@yahoo.com)"

Thanks,  
Grace Notes Editor

## Grace Notes needs your help!

If you haven't heard, beginning with this issue, Grace Notes will only primarily focus on the Portage District. This is not to say that we will desert our friends and family from the other churches but we are going to focus on our immediate district. Now, if anyone from the other churches wants to submit articles, they will still be taken into consideration. Along with that, if any church wants to keep us informed of upcoming special events, we will be happy to carry those announcements for you and help to get the word out, in fact I pray that you will do just that. After all, we are all children of God and we must help each other whenever possible.

Some ideas of possible things to write about or share with us are, who has expertise in some field in our district, either professionally or as a hobby? I wonder if someone may want to write a few thoughts giving some details on their jobs or hobby that they enjoy? Maybe some life lessons that you have learned?

Or how about the church organist or any other musician or worship leader for that matter? I'm sure that they could likely say a few things about music and worship, or the history of a certain music style we use, or maybe some interesting facts about a special instrument they play or have heard, or maybe a funny experience they had during a service or wedding.

Another thought is maybe someone who has been on mission trips could share some stories and experiences they had; the blessings received and given to others while on the mission field.

Let's all work together and see what we can come up with to make this "our" newsletter and to allow it to do its job, which is to bring us all together as one family. We are new to each other, let's get to know each other and as always, "To God Be The Glory"

As always, the deadline to get me articles is the 23<sup>rd</sup> of the month. I can't wait to see what God does with Grace Notes in the Portage District.

Thanks and God Bless  
Rick, Grace Notes Editor