

# GRACE NOTES

VOLUME 5, ISSUE 12

DECEMBER 2019

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

## A GOD OF MIRACLES, EVEN TODAY!

Lord, I need a Miracle. I uttered those words in desperation at about 8 am on a cold Friday morning a couple of weeks ago in Milwaukee. I had spent the last 4 days doing a week of prayer at MSDA schools preaching on the miracles of Jesus. I was looking forward to wrapping everything up that morning as soon as I finished checking out of my Air B&B. But when I turned on my car that morning, my plans changed drastically.

As soon as I fired up the engine, my car began to loudly let me know that something was wrong. The car was making a noise that sounded like a jackhammer being destroyed by other, louder, jackhammers. My dashboard was a Christmas tree of lights all directing me to IMMEDIATELY shut the car off. I obliged, and the moment the engine was off, my instrument panel flashed a message that caused my heart to sink: SERVICE SUSPENSION IMMEDIATELY. I quickly got on the phone with the nearest car dealership to see if they could see me. "Monday at the earliest but you can leave your car here till then." I was told. I then got on the phone with the tow truck company and arranged for transport to said dealer. I had a bit of a wait ahead of me so I began to do some research. And what I found didn't fill me with hope regarding my situation. As I scanned the feedback from people who had experienced similar symptoms, everything pointed to my suspension system failing. That meant major repairs would be needed - somewhere in the neighborhood of \$3,500 to \$4,000. I definitely did not have that kind of cash sitting in the cookie jar back home. And I knew my car was necessary to do my job. I didn't have the money. I didn't have any hope of finding a new car. I was desperate. So I prayed. I had been talking to the kids all week about God's power and love, and how He was a God of miracles. And not just in the stories we find in the bible, but a God who still did miracles today. And now here I was, presented with the opportunity to see if I truly believed what I had been preaching. So, I cried out and asked for one. And did God respond. But not how I pictured it.

See, even though I was asking for a miracle, I still held on to the conventional idea of what should happen. The miracle I expected was financial in nature. I was hoping (if not expecting) God to send me the money needed to complete the repairs. Perhaps through an anonymous donor, perhaps by having ravens bring me checks a la Elijah. I was even willing to concede the Lord might just drop a sack of money straight out the sky - but in my mind all the scenarios I could envision involved God responding in a way that made sense to me. I, in my foolishness sought to dictate terms to the God of all Creation regarding what I thought I needed, and how I thought He should answer me.

Boy was I in for a surprise.

I thought and prayed about all of these things over the next 2 hours it took the tow truck to

*(Continued on page 3)*

## Almond's December Events

Dec 1 Bible Study (Anderson Home) 5:30

Dec 4 Bible Study 7:00 (J+D Tess home)

Dec 5 Bible Study (Randall's apt)

Dec 6 Prayer Mtg. 7:00

Dec 7 Sabbath – Vegetarian Potluck

**Dec 8 Prayer breakfast 9:00**

Dec 8 Bible Study (Anderson Home) 5:30

Dec 11 Bible Study 7:00 (J+D Tess home)

Dec 12 Bible Study (Randall's apt)

Dec 13 Prayer Mtg. 7:00

Dec 14 Sabbath – Vegetarian Potluck

Dec 15 Bible Study (Anderson Home) 5:30

Dec 18 Bible Study 7:00 (J+D Tess home)

Dec 19 Bible Study (Randall's apt)

Dec 20 Prayer Mtg. 7:00

Dec 21 Sabbath – Vegetarian Potluck

Dec 22 Bible Study (Anderson Home) 5:30

Dec 25 Bible Study 7:00 (J+D Tess home)

Dec 26 Bible Study (Randall's apt) 6:30

Dec 27 Prayer mtg @7:00

Dec 28 Sabbath – Vegetarian Potluck

Dec 29 Bible Study (Anderson Home) 5:30

Dec 30 Bible Study 7:00 (J+D Tess home)

Dec 31 Bible Study (Randall's apt) 6:30

### Important Dates

Sunday the 8<sup>th</sup> –

Church Breakfast      9:00am

## *15 Reasons to Drink Lemon Water*



***If you are looking for an easy trick to improve your life and overall health, then look no further. Drinking lemon water first thing in the morning is a pretty simple routine to get into and will have tremendous effects on your overall health.***

When you start this simple and surprisingly healthy habit, you will definitely notice the difference. Not only does the refreshing taste wake you up in the morning, it helps to kick-start digestion and finalizes your body's natural detoxification processes. And lemons are packed with vitamin C, B, calcium, iron, magnesium, potassium, enzymes, antioxidants, and fibers.

According to the Ayurvedic philosophy, choices you make regarding your daily routine either build up resistance to disease or tear it down.

So what are you waiting for to jump-start your day with this incredible easy morning routine. Its benefits are endless, so let's consider the 15 most important ones.

***Improves Digestion*** - Lemon juice has a similar structure to your stomach's juices

*(Continued on page 6)*

*(Miracles-Continued from page 1)*

get there. When it finally arrived, the driver couldn't get his rig back into the parking lot where my Jeep sat like a cold, dead stone. So the driver asked if I could turn it on for a moment and put it in neutral. I was reluctant to do so, because over those 2 hours I had tried turning the car on about 4 or 5 times to get various bits of info for my research. And each time I was greeted with the terrible noises and blinking lights from before. But I need it to get to the dealer if I was to have any hope of it getting fixed so; I climbed in to the drivers seat and, with much trepidation hit the starter button. The car sputtered to life but, instead of the cacophony of light and sound that had assaulted my senses each time I had turned it on that morning, I was greeted with the smooth sound of the engine turning over... and nothing more. My dash was a calm sea of normalcy. No grinding, crashing noises. No blinking messages of impending doom.

I was dumbfounded. I sputtered my disbelief to the driver, assuring him that this was not the case when I made the call. I asked him if I Should still have it towed, not really believing what I was witnessing was really happening. But he examined it thoroughly and declared that it was in perfect working order, and I should just drive it home. Not waiting to see if the car would disagree with his assessment, I complied. And as I buckled up and drove away I couldn't get over how God had responded to my pleas. I was thinking the only way He would answer would be to provide the financial means to fix my car – but God doesn't need a middleman. He didn't heal the symptoms – he healed the problem. My car went from a broken brick sitting dead in the snow to the rough and tumble Jeep I had been accustomed to. And all the way home I rejoiced. My God had not only heard my prayer for a miracle, He had delivered in a spectacular way! And taught me a lesson that I will never forget – My God is a God of miracles, and He will answer prayer in spectacular ways that glorify His name – and on His terms. And for all of that, I praise Him!

Pastor Stephen Hall

### Hello from Wautoma.

The first week of December, the Wall paper will be applied to our new church at 429 W River Street and we will hold our first service there on 12-14-2019. This will be our Christmas program. The work on the church building will be continuing as we still have more finishing work to do but it is our thought that it is complete enough to hold worship services there now. The Hispanic group will then have the blessing of utilizing the current church all on their own. Our joint pot luck meals have been getting crowded recently and the new church will give both our groups more space for worship and study. As we have been studying Ezra and Nehemiah this quarter in Sabbath School, in our minds, we see the return to the original Wautoma SDA church as that type of rebuilding activity as in the rebuilding of the wall and temple in Jerusalem. Praise the Lord for the opportunity to do God's work in Wautoma.

The children's class in Sabbath school is studying in Daniel and has been learning a great deal about prophecy.

We are planning for the next Shawn Boonstra event in January. There will be follow up studies for those that attend.

Alan Anderson



## Landmarks of the "the Daily" (Conclusion)

### The Testimony of J.V. Himes

Concerning, then, the closing of the prophetic period of 1260 years, in the year 1792, when the judgment began to sit upon the papacy, and will continue to do so till it be utterly consumed, and "the kingdom, and dominion, and the greatness of the kingdom under the whole heaven, be given to the people of the saints of the Most High," (Dan. vii. 26, 27,) nothing can be more conclusive. And as no less than thirty-seven years have elapsed since that period, we must not only have passed the 1290 days of Daniel, but be advanced some way in the 1335 days or years, (Dan. xii. 11, 12,) called emphatically "the last days," (2 Tim. iii. 1; 2 Pet. iii. 3,) which, for the elect's sake, are to be shortened. Dan. xii. 1; Matt. xxiv. 21, 22. Near at hand, therefore, must be the day when the Son of man shall be revealed. \* \* Forty-three years have now elapsed since the termination of the 1260 years. The 1290 years commenced with the taking away of Paganism, A. D. 508, and ended in 1798. The 1335 days commenced A. D. 508, and will end in 1843. We are therefore on the threshold of eternity. – ED.

### **THE SIGNS OF THE TIMES, AND EXPOSITOR OF PROPHECY, JULY 13, 1842**

(Queries, by R. D. Easterbrook's).

**BROTHER HIMES:** - There is much interest felt by many in these regions, relative to the solemn subject of the personal coming of Christ in 1843. Yet, after we have carefully studied the question, we find it difficult to arrive at any very definite conviction that *that* event will come in '43. Will you do us the favor to answer, in the *Signs of the Times*, the following questions?

1<sup>st</sup>. What evidence have you that the 2300 days commenced at the same time the seventy weeks commenced; seeing these numbers are used in connection with subjects so dissimilar in their nature. (1)

2<sup>d</sup>. Is there not a great discrepancy between *our Lord* and *Mr. Miller*, in the application of Daniel's prophecy. Dan. viii. 13. See our Lord's application of this prophecy in Matt. xxiv. 15; Luke xxi. 21, 22. (2)

Now it seems to us, dear brother that the Savior applies this prophecy to the events of the destruction of Jerusalem; and Mr. Miller applies it to an event very different in its *nature*; and *distant* in point of time.

(REMARKS ON THE ABOVE).

(1.) Our brother will see that if the *seventy weeks* are not a key to the vision of the eighth chapter, then we can know nothing of the appointed time. Besides, we think he will see that the angel referred to *that vision*, when the instruction of the seventy weeks was imputed. "Therefore understand the matter and consider THE VISION." (Dan. ix. 23. Then he says, "Seventy weeks are *cut off*." – Of what? We answer, of the 2300 days. Dan. viii. 13, 14).

(2.) Not at all. But a perfect harmony. The abomination spoken of by Daniel, was the "daily," or Pagan Rome; the same that destroyed Jerusalem. The transgression of desolation was papacy that arose afterwards, A. D. 538. Our brother will see, by a re-examination of the subject, that all is right. There are *two* "abominations." First, the Pagan, to which Christ referred, Matt. xxiv. 15. The second is Papacy, which takes

*(Continued on page 6)*



***By God's Grace, (E.G. White)***

Being justified freely by his grace through the redemption that is in Christ Jesus. Romans 3:24. {AG 23.1}

In many of His parables, Christ uses the expression, "the kingdom of heaven," to designate the work of divine grace upon the hearts of men.... The kingdom of grace was instituted immediately after the fall of man, when a plan was devised for the redemption of the guilty race. It then existed in the purpose and by the promise of God; and through faith, men could become its subjects.<sup>22</sup> {AG 23.2}

The exercise of force is contrary to the principles of God's government; He desires only the service of love.... To know God is to love Him; His character must be manifested in contrast to the character of Satan. This work only one Being in all the universe could do. Only He who knew the height and depth of the love of God could make it known.... {AG 23.3}

The plan for our redemption was not an afterthought, a plan formulated after the fall of Adam. It was a revelation of "the mystery which hath been kept in silence through times eternal" (Romans 16:25, R.V.). It was an unfolding of the principles that from eternal ages have been the foundation of God's throne.... God did not ordain that sin should exist, but He foresaw its existence, and made provision to meet the terrible emergency. So great was His love for the world, that He covenanted to give His only-begotten Son, "that whosoever believeth in him should not perish, but have everlasting life." <sup>23</sup> {AG 23.4}

As soon as there was sin, there was a Saviour. Christ knew that He would have to suffer, yet He became man's substitute. As soon as Adam sinned, the Son of God presented Himself as surety for the human race, with just as much power to avert the doom pronounced upon the guilty as when He died upon the cross of Calvary.<sup>24</sup> {AG 23.5}

What love! What amazing condescension! The King of glory proposes to humble Himself to fallen humanity! He would place His feet in Adam's steps. He would take man's fallen nature, and engage to cope with the strong foe who triumphed over Adam. He would overcome Satan, and in thus doing He would open the way for the redemption from the disgrace of Adam's failure and fall, of all those who would believe on Him.<sup>25</sup> {AG 23.6}

## The Power of Curcumin to Kill Cancer Stem Cells

Research finds that the ancient Indian spice turmeric extract selectively and safely kills cancer stem cells in a way that chemo and radiation can not.

A groundbreaking new study published in the journal *Anticancer Research* reveals that one of the world's most extensively researched and promising natural compounds for cancer treatment: the primary polyphenol in the [ancient spice turmeric](#) known as [curcumin](#), has the ability to selectively target cancer stem cells, which are at [the root of cancer malignancy](#), while having little to no toxicity on normal stem cells, which are essential for tissue regeneration and longevity.

Titled, "[Curcumin and Cancer Stem Cells: Curcumin Has Asymmetrical Effects on Cancer and Normal Stem Cells](#)," the study describes the wide range of molecular mechanisms presently identified by which curcumin attacks [cancer stem cells \(CSCs\)](#), which are the minority subpopulation of self-renewing cells within a tumor colony, and which alone are capable of producing all the other cells within a tumor, making them the most lethal, tumorigenic of all cells within most if not all cancers.

Because CSCs are resistant to chemotherapy, radiation, and may even be provoked towards increased invasiveness through surgical intervention, they are widely believed to be [responsible for tumor recurrence and the failure of conventional treatment](#).

Curcumin exhibits a rather profound level of complexity, modulating numerous molecular pathways simultaneously.

Conventional cytotoxic chemotherapy is incapable of such delicate and "intelligent" behavior, as it preferentially targets fast-replicating cells by damaging their DNA in the vulnerable mitosis stage of cell division, regardless of whether they are benign, healthy or cancerous cells.

Curcumin's selective cytotoxicity, on the other hand, targets the most dangerous cells – the cancer stem cells – which leaving unharmed the normal cells, as we will now learn more about below.

### Curcumin And Normal Stem Cells

Normal stem cells (NSCs) are essential for health because they are responsible for differentiating into normal cells that are needed to replace damaged or sick ones. If curcumin were to kill normal cells, like radiation and chemotherapy, it would not provide a compelling alternative to these treatments. The study addressed this point:

*"The safety of curcumin has been long established, as it has been used for centuries as a dietary spice. The question arises as to why curcumin does not seem to have the same deleterious effects on*

(Continued on page 8)

*(Prophecy—Continued from page 4)*

the place of Paganism.

### The Testimony of Josiah Litch.

*(AN ADDRESS TO THE PUBLIC, AND ESPECIALLY THE CLERGY, ON THE NEAR APPROACH OF THE GLORIOUS, EVERLASTING KINGDOM OF GOD ON EARTH, AS INDICATED BY THE WORD OF GOD, THE HISTORY OF THE WORLD, AND SIGNS OF THE PRESENT TIMES. – BY JOSIAH LITCH – 1842, Pages 81 – 83, 93 & 94, 108 & 109).*

*“By him the daily sacrifice was taken away and the place of his sanctuary was cast down.”*

*“By him the daily” {this word sacrifice not being in the original}.*

This term is of frequent occurrence in the book of Daniel, and it will be necessary to ascertain its true meaning. What then did the anti-Christian or Papal abomination remove to make way for itself? What

*(Continued on page 9)*

*(Lemon-Continued from page 2)*

and helps to loosen and flush out toxins from the digestive tract. Lemon juice can help ease indigestion, heartburn, and bloating. It also helps to move your bowels in the morning, hydrates your colon, stimulates bile production, and infuses water in the stool.

***Boosts the Immune System*** – Lemon juice is rich in vitamin C, which helps strengthen the immune system and fights cold and flu. But not only vitamin C is important for a good working immune system. Iron is another important nutrient, and lemons improve the ability to absorb more iron from the food you eat.

***Hydrates Your Body*** – It is important to stay hydrated. Especially during the summer months. Plain water is best, but many people find this boring and are not drinking enough of it. That’s where lemon comes into play to make things more interesting. So feel free to not only start your day with lemon water, but drink as many glasses as you wish during the day to stay hydrated.

***Boosts Energy*** – Lemon water gives you an instant boost of energy and improves your mood right at the start of your day.

***Promotes Healthy And Rejuvenated Skin*** – Lemons are a rich source of antioxidants that prevent free radical damage. These free radicals are responsible for premature aging of your skin. Vitamin C helps to maintain your skin’s elasticity to prevent the formation of wrinkles and decrease blemishes.

***Reduces Inflammation*** – Lemons have the ability to remove uric acid from your joints. Uric acid build-up is one of the major causes of inflammation.

***Weight Loss Aid*** – Although lemon water on its own is no weight loss miracle, it can definitely help you to achieve faster and long term results. Lemons assist in fighting hunger cravings, boost metabolism, and give you a stuffed feeling, making it less likely to snack in

*(Continued on page 11)*



These are called "Bay leaves"

Many people add bay leaves to foods, but do you know why bay leaves are added to food?

When asked why, some reply: to add flavor to the food

Do you know that If you boil some bay leaves in a glass of water and taste it, it will have no flavor?

Now why do you put bay leaves in the food?

The addition of bay leaves to meat converts triglycerides to monounsaturated fats, and for experimentation and confirmation:

Cut the chicken in half and cook each half in a pan and place on one bay leaf, and the other without bay leaf and observe the amount of fat in both pans.

If you have bay leaves, there is no need for a pharmacy. Recent scientific studies have shown that bay leaves have many benefits & helps to get rid of many serious health problems and illnesses.

The benefits of bay leaf are: -

\*Bay leaf treats digestive disorders and helps eliminate lumps, Heartburn, Acidity & Constipation.

\*It helps regulate bowel movement by drinking hot bay tea.

\*It lowers blood sugar and bay leaf is also an antioxidant

\*It allows the body to produce insulin by eating it or drinking bay tea for a month.

\*It eliminates bad cholesterol and relieves the body of triglycerides.

\*It's very useful in treating colds, flu and severe cough as it is a rich source of vitamin "C", you can boil the leaves and inhale steam to get rid of phlegm and reduce the severity of cough.

\*Bay leaf protects the heart from seizures and strokes as it contains cardiovascular protective compounds.

\*It's rich in acids such as caffeic acid, quercetin, eigonol and bartolinide, substances that prevent the formation of cancer cells in the body.

\*It eliminates insomnia and anxiety, if taken before bed, helps you relax and sleep peacefully.

Drinking a cup of boiled bay leaves twice a day breaks kidney stones and cures infections ...

Just like garlic and ginger are a must find amongst my collection of spices, Bay leaves are a must see in my collection of spices too!

*Contributed by Jody Lucas*

**Millions in the Cities Must Soon Decide**—The spiritual darkness that covers the whole earth today, is intensified in the crowded centers of population. It is in the cities of the nations that the gospel worker finds the greatest impenitence and the greatest need.... {Ev 25.1}

The record of crime and iniquity in the large cities of the land is appalling. The wickedness of the wicked is almost beyond comprehension. Many cities are becoming a very Sodom in the sight of heaven. The increasing wickedness is such that multitudes are rapidly approaching a point in their personal experience beyond which it will be exceedingly difficult to reach them with a saving knowledge of the third angel's message. The enemy of souls is working in a masterful manner to gain full control of the human mind; and what God's servants do to warn and prepare men for the day of judgment, must be done quickly. {Ev 25.2}

*(Continued on page 10)*

### “A Father’s Love”

Some of us don’t know what it’s like to experience a Father’s love; to be hugged in his big strong arms when we’re feeling sad and lonely. But Your Word says You will never leave us or forsake us. You will never turn away anyone who come to You.

So today, I want to thank You for your continuing good work in me, to improve my character defects. Thank You for your special blessings each day also, for experiencing whatsoever is lovely;

I ask that more of Your joy be put in us, so it can break out on our faces.

By: Nona Schmidt

*(Curcumin -Continued from page 5)*

***normal stem cells (NSCs) as it does on CSCs. There are several possible reasons that curcumin has toxic effects on CSCs, while sparing NSCs.”***

The study offered three potential explanations for curcumin’s differential or selective cytotoxicity:

- Malignant cells take in much more curcumin than normal cells.
- Curcumin alters the microenvironment of cells in such a way that is adverse to CSCs and beneficial to NSCs.

Curcumin may not only directly attack CSCs, but may encourage them to differentiate into non-lethal, more benign cells.

## Concluding Remarks

This study adds growing support to the idea that safe, time-tested, natural substances are superior to synthetic ones. Given the evidence that a safe and effective alternative may already exist, chemotherapy, radiation and **even surgery may no longer be justified** as the first-line standard of care for cancer treatment. In fact, a significant body of **evidence now implicates these treatments in worsening prognosis**, and in some cases **driving cancer stem cell enrichment** in tumors.

**Radiotherapy, for instance, has been found to induce cancer stem cell like properties in breast cancer cells**, essentially increasing their malignancy and tumorigenicity by 30 fold.

This is hardly progress when one considers the role that CSCs play, especially in contributing to post-treatment secondary cancers.

Turmeric and its components, of course, are not FDA approved drugs, and by definition the **FDA will not allow an unapproved substance**, natural or synthetic, to prevent, treat, diagnosis or cure a disease. This means that you will not be seeing it offered by an oncologist as an alternative to chemotherapy or radiation any time soon.

This does not, however, mean that it does not work. We have gathered over 1500 citations from the National Library of Medicine’s bibliographic database MEDLINE, accessible through pub-med.gov, and which can be viewed on our database here: **Turmeric Research**, showing that curcumin and related turmeric components possess significant anti-cancer activity.

Read more at [www.greenmedinfo.com](http://www.greenmedinfo.com)

Via <https://principia-scientific.org/study-turmeric-safely-kills-cancer-stem-cells/>

*(Prophecy—Continued from page 6)*

was it that let or hindered until he was taken out of the way? I answer, Paganism. For, although the empire was nominally Christian most of the time from the days of Constantine, yet Paganism continued to maintain itself in Rome, and Pagan sacrifices were offered there until the conversion of the Ostrogoth's to Christianity, about A. D. 508, since which time we have no account of any public Pagan sacrifices being offered in the city of Rome. "The place of *Paganism's* sanctuary" was then cast down, and in its place a new system of idolatry was set up, viz., the worship of saints and images. So that these Pagan conquerors, when they embraced the Christian religion, only exchanged one system of idolatry for another. But by the fall of Paganism, the way began to open for the establishment of the Papal pretensions.

"A host was given him against the daily sacrifice, by reason of transgression." The energies of the church were directed by the aspiring pontiffs against Pagan institutions, and to bring the Pagans over to the Christian faith.

... "Then I heard one saint speaking, and another saint said unto that certain saint which spake, How long shall be the vision concerning the daily sacrifice, and the transgression of desolation, to give both the sanctuary and the host to be trodden under foot? And he said unto me, unto 2300 days; then shall the sanctuary be cleansed."

It seems there were two great systems of abomination which were to afflict the church; "the daily, and the transgression of desolation:" Pagan worship, and Papal superstition and oppression. The inquiry arose, how long shall these oppressive influences be permitted to defile and afflict the church? For that the sanctuary means the church, is evident from Heb. viii. 1, 2. "We have such a High Priest, who is set on the right hand of the Majesty in the heavens, a minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man." The church, then, is the true sanctuary, of which Christ is the High Priest.

"And they (the barbarous nations) shall pollute the sanctuary of strength," (Rome,) by offering to their pagan deities human sacrifices. "And shall take away the daily sacrifice," "and they shall place the abomination that maketh desolate." The conquerors of Rome when they converted to Christianity, took away the pagan rites and sacrifices which had for centuries been observed in Rome, and in their place set up Christian images as objects of worship, which have continued in use to the present time. So that the removal of pagan abominations only made way for another great system of corruption and wickedness. This change was effected about A. D. 508, by the conversion of the Ostrogoth's to the Christian faith, since which Christianity has been the religion of Rome.

Verse 11: "And from the time that the daily sacrifice shall be taken away and the abomination that maketh desolate set up, there shall be 1290 days." "The daily sacrifice," we have seen above, was the pagan sacrifices offered in Rome. 1290 days were to elapse from the time they ceased to be offered, to the fall of papal rule. Paganism ceased in Rome A.D. 508. 1290 years (for we are to reckon those days, years) would bring us to 1798, when the papal dominion fell.

Verse 12: "Blessed is he that waiteth and cometh to the 1335 days." From the same period, the taking away the daily, to the end, should be 1335 days or years. The daily was taken away 508. 1335 years added to that, will bring us to A. D. 1843. "But go thou thy way till THE END BE; for thou shalt rest, and stand in thy lot at the end of the days." At the end of 1335 years, then, the end will come, and Daniel will stand in his lot, with all the sanctified.

*(JUDAISM OVERTHROWN: OR, THE KINGDOM RESTORED TO THE TRUE ISRAEL. WITH THE SCRIPTURE EVIDENCE OF THE EPOCH OF THE KINGDOM IN 1843. — BY JOSIAH LITCH — 1843, Pages 32 & 33)*

Then Daniel heard the question, verse 15. "How long the vision," "to give both the sanctuary and host to be trodden under foot?" "Two thousand three hundred days. Then shall the sanctuary be JUSTIFIED." So the margin reads. The powers mentioned in verse 13, to tread down the sanctuary and host were, "the *daily* (or *continual*) and *transgression of desolation*." The one is what Paul calls "the mystery of iniquity;" the other "that wicked, that man of sin." The one hindered till he should be taken out of the way, then that wicked was to be revealed. The *first* was *paganism*, the *second*, *popery*. The one gave way to the other. But

*(Continued on page 10)*

*(Prophecy-Continued from page 9)*

both were abominations, and crushed the church of God.

The Testimony of L. D. Mansfield.

*(THE WESTERN MIDNIGHT CRY, MAY 18, 1844)*

And we also confess that we believe, that eighteen hundred and ten years from the Cross, or eighteen hundred and seventeen from Christ's baptism, (when the sixty nine weeks were fulfilled, Dan. ix. 24 and 25, in con. Dan. viii. 14,) or 1335 years from the time Paganism was removed to make room for the papal power, (Dan. xii. 11) we shall see the glorious King of Israel in his beauty.

The Testimony of Joel Spaulding.

*(SIGNS OF THE TIMES AND EXPOSITOR OF PROPHECY, MARCH 1, 1842)*

Our brother is unwilling "to receive the date of the Lord's coming, whether it is in 1843, or 1866, or 2000, or a thousand years to come, at the hand of any man." Very well; we do not ask him to. But we entreat him and others to receive the date at the hand of God by his messenger; who fixes the period of Daniel's standing in his lot, and being blessed with others, at the end of 1335 days (years) from the time the daily sacrifice (Pagan abomination) was to be taken away which we believe, was A. D. 508. (See Dan. xii. 11-13).

*"And from the time that the daily sacrifice is taken away, and the abomination of desolation is set up, there shall be one thousand two hundred and ninety days" (vs. 11).*

Testimony of George Storrs.

*(The Bible Examiner: Containing various Prophetic Expositions. – by George Storrs – 1843, pages 111 – 113)*

Let us see if we can determine what we are to understand by the "daily sacrifice," spoken of in Daniel 8<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup>. It will be seen by a reference to those chapters, that the word "sacrifice," connected with "daily," is in *italics*, and therefore is not in the original text, but has been supplied by our translators. The expression in those texts is perfect without the supplied word, and the sense much clearer. The text, Dan. viii. 13, is simply "the *daily*, and the transgression of desolation:" and in the 11<sup>th</sup> chap. 31<sup>st</sup> verse, it is, "They shall take away *the daily*, and they shall place the *abomination* that maketh desolate." This language shows that "the *daily*" is a daily or *continual abomination*, or desolating power, that should desolate the people and church of God till it was *taken "away,"* and that then should come up *another* abomination to take its place, still more desolating: then, in the 12<sup>th</sup> chap.

*(Continued on page 12)*

Portage 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

*(Millions Decide-Continued from page 7)*

The conditions that face Christian workers in the great cities, constitute a solemn appeal for untiring effort in behalf of the millions living within the shadow of impending doom. Men will soon be forced to great decisions, and they must have opportunity to hear and to understand Bible truth, in order that they may take their stand intelligently on the right side. God is now calling upon His messengers in no uncertain terms, to warn the cities while mercy still lingers, and while multitudes are yet susceptible to the converting influence of Bible truth.—The Review and Herald, April 7, 1910. {Ev 25.3}

*(Lemon-Continued from page 6)*

between meals.

***Alkalinizes Your Body*** - Although lemons have a sour taste, they are one of the most alkalinizing food sources on Earth. Too much acid can cause inflammation, obesity, and major diseases like cancer, diabetes and Alzheimer's.

***Cleansing Properties*** - Lemons help your entire body to flush out more toxins to prevent build-ups and damage to your cells, tissues, and organs. It stimulates your liver to produce more enzymes and work more efficiently. Lemon juice works as a diuretic to keep your urinary tract toxin-free and can also change the pH levels which discourage bacterial growth. This is very helpful for people who often suffer from UTI (urinary tract infection). And like mentioned before, lemons loosen and flush out waste from your digestive tract and cleanse your colon.

***Antibacterial and Antiviral Properties*** - Lemons have anti-bacterial and antiviral properties. They help fight the flu, cold, and soothe a sore throat. Although people who drink their daily lemon water are less likely to get these in the first place.

***Reduces Mucus and Phlegm ("flem")*** - Lemon water helps to reduce mucus and phlegm formation. People who drink cow's milk are often more sensitive for mucus production. So starting your day with lemon water can definitely help to lessen mucus if you're not ready to do dairy-free.

***Freshens Breath*** - Lemons freshen your breath and fight mouth bacteria. Although lemons are great for your overall oral health, avoid drinking or using it undiluted. The citric acid can erode tooth enamel, so don't brush your teeth with it, but have a glass of lemon water instead.

***Boosts Brain Power*** - The high levels of potassium and magnesium show beneficial effects on our brain and nerve health. Lemon water can give you the boost you need to fight depression and stress. It creates mental clarity and more focus, making it a great drink for students or people with busy and stressful jobs.

***Anti-cancer*** - Lemon's antioxidants not only protect your skin from aging, but also reduce the risk of several types of cancer. They are great in neutralizing acids as well. Cancer loves to grow in an acidic environment. Alkalinizing our body may stop cancer cells from growing and may reduce the risk of getting cancer in the first place.

***Get Off Caffeine*** - Many people are able to get off caffeine by replacing their morning coffee by lukewarm lemon water. It gives a similar energy boost to wake your body and boost energy as one cup of coffee would.

*(Continued on page 12)*



(Lemon-Continued from page 11)

### HOWTO MAKE LEMONWATER

Making lemon water is super simple. Just squeeze half a lemon in lukewarm water. If you weigh more than 150 pounds, use a whole lemon.

Why use lukewarm (or room temperature) instead of cold or hot water to make this healing morning drink? Well, hot or cold water takes more energy to process, so your first glass in the morning should be lukewarm or at room temperature to slowly wake your body and kick-start digestion.

If you love the taste, feel free to add more lemon water during the rest of the day, cold or hot. It adds up to your daily water need, is less boring than plain water, and adds tons of benefits for body and mind.

Contributed from Radiant Native Health, Compiled by Zannah Ove,  
Submitted by Dorothy Tess

(Prophecy-Continued from page 10)

11<sup>th</sup> verse, the *time* is given us *from* the taking away of the daily “to set up [as the margin has it] the abomination that maketh desolate,” and that time carries us to the taking “away the dominion” [Dan. vii. 26] of this last abomination.

That these things do not relate to anything done by Antiochus Epiphanes, is certain from the fact that Antiochus died 164 years before our Lord’s birth, and Christ directed his followers to look for the “abomination of desolation, spoken of by Daniel,” as *still future*.

Some tells us the “daily” is the daily sacrifice of the Jews, which was taken away at the destruction of Jerusalem. If so, can they tell what event took place answering to the 1290 days, which, if understood as literal days, can be made to agree with no event? Then it is added, “Blessed is he that waiteth and cometh to the 1335 days.” What took place then? Nothing that marks that as a peculiar period. It was at the end of those days that Daniel was to *stand* in his *lot*, or have his resurrection. Did he have it 1335 days after the destruction of Jerusalem? If the days stand for years, what event, answering to the prophecy, took place 1290 years from the cessation of the Jewish sacrifices? It was in the darkness of Papal Rome. Did Daniel have his resurrection under the dark reign of Papacy? We have nothing in history to show that anything took place at the end of those days, if reckoned from Jerusalem’s destruction.

We are now led to inquire what “daily” it was that was “taken away.” I answer, it appears to me, clearly, it was the daily or *continual* abomination of *paganism*, which oppressed the people and church of God till it was “taken out of the way;” which event, it seems, from Gibbon’s History of Rome, took place about A. D. 508, when “Vitalian, a Gothic chieftain, with an army of Huns and Bulgarians, declared themselves the *champions of the Catholic faith*.” Thus an end came to pagan sacrifices at Rome, or paganism was “taken out of the way” and no longer “*hindered*” the revelation of the “man of sin,” or “abomination that maketh desolate,” i. e., *Papacy*. What event transpired 1290 days from the taking away of paganism, or the “daily,” in 508? 1290 years from that

(Continued on page 15)

## Recipe Corner

Share some of your best vegetarian or vegan recipes for others to try. Send it to us and we'll share it for you.

Healthy food doesn't have to taste bad!

This soup is made with pureed sweet potatoes, ginger, lime, coconut milk and curry paste with just a hint of spice.

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Total time:** 30 minutes

**Ingredients:**

1 Tbsp. olive oil  
 3 cloves garlic, peeled and minced  
 3-inch piece fresh ginger, peeled and minced  
 2-3 Tbsp. green or red curry paste  
 4 medium sweet potatoes, cooked and peeled  
 1 1/2-2 tsp. coarse salt  
 4 cups unsalted vegetable stock  
 Zest and juice of 2 medium limes

1 1/2 tsp. granulated sugar  
 1 (15 oz.) can coconut milk  
 Pinch cayenne pepper (optional)  
 Fresh cilantro leaves and coconut flakes, for garnish

**Directions:**

1. In a Dutch oven or stock pot, heat oil to medium-high. Add garlic and ginger and sauté 30-60 seconds, until fragrant. Add curry paste and stir. Add sweet potatoes. Whisk in stock, and bring to a simmer. Allow to cook 12-15 minutes. Puree, until smooth, with an immersion blender.

2. Whisk in lime zest and juice, sugar, coconut milk and cayenne (if using). Taste and adjust seasoning, if necessary.

3. Serve with cilantro and coconut flakes.

### WAUTOMA COMPANY DECEMBER SCHEDULE

12/2/2019	Women's Group starting at 10:00 a.m. at the Andersons	12/15/2019	Bible Study @ the Anderson's starting at 5:30 p.m.
12/4/2019	Prayer Meeting and Prophecy study at 6:30 p.m.	12/18/2019	Prayer Meeting and Prophecy study at 6:30 p.m.
12/6/2019	Vespers at Church to begin 1/2 hour before the Sabbath	12/20/2019	Vespers at Church to begin 1/2 hour before the Sabbath
12/7/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.	12/21/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
12/8/2019	Bible Study @ the Anderson's starting at 5:30 p.m.	12/22/2019	Bible Study @ the Anderson's starting at 5:30 p.m.
12/9/2019	Women's Group starting at 10:00 a.m. at the Andersons	12/23/2019	Women's Group starting at 10:00 a.m. at the Andersons ???
12/11/2019	Work Bee - Church preparation Day 10:00 am to ?	12/27/2019	Vespers at Church to begin 1/2 hour before the Sabbath
12/11/2019	Prayer Meeting and Prophecy study at 6:30 p.m.	12/28/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
12/13/2019	Vespers at Church to begin 1/2 hour before the Sabbath	12/29/2019	Bible Study @ the Anderson's starting at 5:30 p.m.
12/14/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m. First Service at 429 W River Street	12/30/2019	Women's Group starting at 10:00 a.m. at the Andersons

## 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 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)

**To give away:**

I have some household items to give away such as, dishes, silverware, a couple entertainment centers, tv's, bedding and other things as I figure out what to get rid of.

Contact Rick @ 920-240-6570

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Needed for a family

1 complete twin bed

1 complete full size bed

3 pillows

Contact Maria @ 715-498-0305 or

(Contact [gracenotesnewsletter@yahoo.com](mailto:gracenotesnewsletter@yahoo.com))

### 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: Steven Hall 407-461-2095

### 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

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

**Website under construction!**

*(Prophecy-Continued from page 12)*

time,

viz., in 1798, Berthier, a French general, entered Rome, deposed the Pope, abolished the Justinian code of laws, under which the Pope had carried on his “war with the saints” for 1260 years, and gave to Italy a republican form of government, carried the Pope captive to France, where he died in 1799 – thus was the “dominion” of Papacy taken “away, to consume and destroy unto the end.” See Dan. vii. 26. The 1335 days, or years, from the taking away of “the daily” in 508, carry us down to 1843, when Daniel, with all the saints, will stand in their lot, *i. e.*, will be raised from the dead.

“The daily,” then, and “the abomination of desolation,” are two desolating powers acting against the people and church of God. An *end* comes to one, and then the other comes up in its place. (Paganism into Papal Power, same influence but a different approach).



**ALMOND’S ANNUAL WHEELBARROW COLLECTION**

was held on November 23rd. Each year we push the wheelbarrow down the center aisle of the church as members and even some visitors, contribute to this very worthy cause. Each year, we collect this money and it is split evenly between



the “Worthy Campers Fund” and “Koinz4Kids”. Both of these funds are designated to help kids attend Camp Wakonda each summer. Kid’s that may not have been able to be drawn in by the Holy Spirit. Many of these kids, whether they come on their own or with a little financial help, become baptized Seventh-day Adventists. What a great feeling it is to be part of another persons salvation that otherwise may not have had the chance to get to know Jesus. We never know for sure how much money will appear in the wheelbarrow but no matter what it is, God can use it to draw a child into His arms. Please pray that God’s will be done with the money that was collected this year. Praise God for His bounty! This years total was not yet available at the time of this writing...

**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: STEVEN HALL  
 407-461-2095

**Portage Seventh-day Adventist Church**

2100 E State Road 33  
 Portage, WI 53901-1468  
 608-742-4695  
 Pastor: Steven Hall 407-461-2095

**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: Steven Hall 407-461-2095

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

We have bible studies on Wednesday evening’s at 6:30 at the church. We are starting the book of John on video.

# GRACE NOTES

Mailing Address:  
 Grace Notes  
 c/o Rick Felts  
 286 Warren St.  
 Redgranite WI 54970

Phone: 920-240-6570  
 E-mail: [gracenotesnewsletter@yahoo.com](mailto:gracenotesnewsletter@yahoo.com)

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...

Pictures are best viewed on the website. <http://www.almondsda.org/district-newsletter/2019>



## 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! **Kenneth Wells 414034**

**Sturtevant Transitional Facility**  
 PO box 903  
 Sturtevant, WI 53177

## 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

## Happy Birthday!

### November & December

Bill Boehm 12/7 ALMOND

William Arndt	11/1	PORTAGE
Mike McKnight	11/8	PORTAGE
Grace Bauman	11/8	PORTAGE
John Olajec	11/9	REEDSBURG
Nelson Ferguson	11/9	ALMOND
Michael Brooks	11/9	PORTAGE
Colton Evert	11/9	PORTAGE
Braiden Baartz	11/10	PORTAGE
Karen Ferguson	11/11	ALMOND
David Grady	11/16	PORTAGE
Judy Minier	11/18	OXFORD
Ernestine Clausen	11/18	PORTAGE
Randy Rabine	11/19	REEDSBURG
CJ Lee	11/20	OXFORD
Roger Hahn	11/22	REEDSBURG
Jerry Heyn	11/24	OXFORD
Jody Maloney	11/26	PORTAGE
Mary Tess	11/27	ALMOND
Betty Reynolds	11/27	PORTAGE
Shelly Pixler	12/2	PORTAGE
Barbara Edwards	12/3	OXFORD
Don Metzger	12/5	ALMOND



Annelise Carter	12/8	PORTAGE
Sharon Labrenz	12/9	OXFORD
Scott Baker	12/11	OXFORD
Odessa Roat	12/11	PORTAGE
Richard Evert	12/16	PORTAGE
Geri Brown	12/18	REEDSBURG
Sherri Sylvia	12/20	ALMOND
Kenny Schaefer	12/21	PORTAGE
Debbie Timm	12/26	REEDSBURG
James Hahn	12/27	REEDSBURG
Leah Combs	12/28	PORTAGE
Kay Herold	12/28	PORTAGE
Randy Krohn	12/30	ALMOND
Wally Clausen	12/31	PORTAGE





Portage Cooking Class  
Professor Illona Minett preparing demonstration



Portage Cooking Class  
Instructor, Jamie Ferguson



Portage Cooking Class  
Large Class—41 Attendees



Portage Cooking Class  
Dr. Kevin Blau, blood sugar presentation





Portage Cooking Class  
This was not just samples, it was a FEAST!



Portage Cooking Class  
Instructor Jamie Ferguson



Portage Cooking Class  
Cabbage Rolls by instructor Shari Maggeincalda



Portage Cooking Class  
Illona Minett preparing tasty tofu dish



Portage Cooking Class  
Professor Helen Summerton preparing Zucchini



Portage Cooking Class  
Was this class successful?  
**YES IT WAS!!!**  
Make sure you put this on your calendar  
so you don't mix the next time this done.

**Healthy Cooking Classes**

Looking for some healthy, yet tasty recipes? Join us as we demonstrate some delicious, quick, healthy recipes at the Portage Seventh-Day Adventist Church at 2100 E State Highway 33 at 6:00 pm. Sample the results and take home the recipes. There is no charge, so bring a friend and join us. Call 608-617-8924 if you have questions or to register.

April 17 Italian Cuisine  
April 24 Mexican Cuisine  
May 1 Making Tasty Tofu  
May 8 Party Treats

**SUCCESS!**







**Finally get to see if it tastes  
as good as it looks!**

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