

Grace Notes

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

Two Hearts Beating as One

For many of us the thought of being in love brings us great joy. The feelings, emotions and physical manifestations of love brings up in us some of the strongest of human sentiments. We do very strange things for love at times. We have fought wars over love. Sacrificed money, homes and even families for the bond of love. There seems to be something inside each of us which causes us to crave love. And it is love which is the strongest force in all the universe. For God is Love.

This February a large part of the world will seek to celebrate human love in a holiday. On Valentine's Day men and women will exchange cards, give flowers and chocolate, all in an effort to express this strong human emotion. Words will flow in beautiful poems seeking an articulation of love.

The Bible tells us, no greater love does one have than to lay down (die) for his friends. This is exactly the expression used by our loving Savior Jesus to manifest the great depth of His love for mankind. Having left the grandeur and spender of heaven, where He was praised without ceasing, to come here to our humble little planet at the outer edge of creation so far from home, just to show love for a people and planet in rebellion against Him. How strange it seems that a Being of such immense power and ability should care so much for His creatures it would be so easy for Him to merely wipe from existence and simply start over, speaks volumes about His character and the great Love which regulates His behavior. How can we who struggle to even understand how to show love to each other, ever hope to possess love to this degree? Is it even possible for the human heart to be able to hold this level of love?

The Bible declares that our hearts are evil, wicked continually, who can know it? This stands in stark contrast to the love we have been shown by our all-powerful loving Creator. Oh that man could truly know this type of love in our hearts. Our only hope of ever feeling and expressing this type of love is found in the life and love of Jesus our Savior. Perhaps this February we should open our hearts completely to a fuller expression of love than that which can be expressed by the human heart. Let us open our hearts to the love of Jesus as our fullest expression of Love.

May the Love of our Savior Jesus Christ be yours this month and forevermore.

Yours in Christ's Service
Pastor Joseph Perricellia

District Rally at Stevens Point

It was a cold, snowy day on Sabbath, December 31st, when members from throughout the district gathered together at Stevens Point to celebrate Sabbath and take the opportunity to greet old friends and church family.

Pastor Titus Naftanaila from Madison East church was the guest speaker. We were equally entertained, chastened and convicted with his sermon about....our STUFF!! It affected each one of us, although we chuckled, because we all have stuff we can't part with, whether it be physical stuff or internal stuff. According to Pastor Titus, having "stuff" is fine, but if it's standing in the way of our relationship with Jesus and others, it has to be removed from our lives.

The afternoon comprised of the time-honored SDA tradition of enjoying haystacks with an abundance of delicious toppings while catching up with what's been going on in each others' lives. As the afternoon wore on, conversations finally died down and people donned coats, hats, and boots and dwindled away. Then the songbooks came out and there was an old-fashioned hymn sing accompanied with various instruments skillfully played by members of our churches.

It was a great district rally day with many blessings; the cold weather that greeted us outside when we left belied the warm feelings we had enjoyed inside. We continue to look forward to these occasions when we're able to meet with those we've known throughout the years who are members of other churches in the district and to have the opportunity to meet new friends in Christ.



*Submitted by Koreen Boettcher
Photos by Barry Boettcher*



From the heart of our Elder

Prayer and Us

Many of us are very familiar with prayer and, as we were taught, we pray before every meal, before we start our day and just before bed. This is something that some have been doing faithfully for many years, but have we been praying enough?

As I was preparing for the prayer breakfast we recently had, I came across a quote by Mrs. White that started me thinking about my prayer life and if mine is what it should be. I was one of those faithful that had prayer before meals, in the morning and before going to bed, and I felt that I was in good shape with my prayer life. After all, this is what I was taught by a very saintly mother and she should know what was best. However, after reading the following quote my thoughts have changed.

“The season of distress and anguish before us will require a faith that can endure weariness, delay, and hunger – a faith that will not faint though severely tried. The period of probation is granted to all to prepare for that time. Jacob prevailed because he was persevering and determined. His victory is an evidence of the power of importunate prayer. All who will lay hold of God’s promises, as he did, and be as earnest and persevering as he was, will succeed as he succeeded. Those who are unwilling to deny self, to agonize before God, to pray long and earnestly for His blessing, will not obtain it.” GC, 621

I realized after reading this, my prayer life was terribly inadequate, and I was doing just what I needed to “get by”, not what the Lord is asking me to do so I would be strong enough for the time that is before us. Words that jumped out at me were “importunate prayer”, “Long and earnestly”, and finally the ones that hit the hardest, “will not obtain it”

This quote showed me how I needed to be a better example at home. How prayer needs to take a more active role in my personal and family time and as a result, getting to know the Savior like I should.

I remember a question that a pastor asked the congregation during his sermon a few years ago, and it went something like this:

“How many of us would still be married or have a good relationship with our spouses if we spent as much time communicating with them as we do with the Lord in our prayer life?”

Something to really think about, and he wasn’t just talking about married people. He was talking about all relationships as they pertain to communicating with one another, and to the Lord.

Brothers and Sisters... TIME IS SHORT, and we are in the last days. As the quote and many others like it states, we need to have a special prayer life with our Lord. We need to have a constant “open line” to Him in our lives, and it needs to be long and earnest. Jesus is begging us for this type of relationship and it is time for us to wake up and open our communication lines.

When I was younger, we use to have what was called “party lines” with our telephone service, and at times that was hard to deal with, especially when you needed to use the phone. Well, with the Lord we don’t have to deal with party lines, since He has only direct connections.

In closing, I would like us to look at 3 main conditions that will help us in wanting to improve our prayer life. First, we need to have a desire to want help from Him. To know that He is able and willing to answer our prayers. Second, we need to have faith that He is not only willing but wants to answer our prayers as He did many times throughout the Bible. Third, we need to have perseverance in our prayer life. Elijah, when praying for rain, prayed until it came. I remember my mother praying for my dad for over 25 years before he finally accepted the Lord.

The Lord has something very special planned for us... Let’s start showing Him we really want to be a part of His plans by having a prayer life, and not just one we may have been taught in our younger years, but one that will take us through these last days and finally bring us face to face with our Savior. That type of prayer life is available... let’s please take a hard look at the one we have now and ask the Lord to open our eyes that we may see what He wants it to be.

Eleven Months and Counting

WOW... time is flying by with our new radio station. Almost 11 months ago, on February 29, 2016, WRAO went full power.

From that time to now we have had to get a new main computer, a new operating software, printer, as well as other miscellaneous supplies. Not only the equipment but we had a loan that was at \$100,000 when we started plus \$20,000 in extra unexpected charges. Along with the loan and extra charges, we had monthly operating costs of around \$1,000. Most of the operating costs are for electricity, with the rest going for smaller monthly expenses like music licenses and office supplies. We do not have any labor costs because our office labor is all voluntary.

Here we are now, 11 months later and our loan is now under \$16,000 and our monthly expenses are being covered by private donations along with allocations from the church budget. The only reason for this positive change is that the Lord is good and He wants the salvation message to go out over our airwaves. He also has touched the hearts of some special people that have supported the station in a fantastic way.

Now we know Satan is not going to allow this without a fight, but the Lord is stronger and will continue to protect us as long as we stay true to Him and what He wants broadcasted.

I would like to tell you about a special goal we have and ask that you pray about it and if you feel the Lord is asking you to help us reach that goal, please jump right in, you will not be refused. Now, what is this special WRAO goal?

As previously mentioned, we have a little under \$16,000 left on our loan and we would really like to have that paid off by the start of Camp meeting. What a feeling that would be, going to Camp meeting knowing we have a full power radio station, broadcasting His word and only having to worry about the monthly operating costs. The Lord has blessed all along and I know He will again as we come together and make the station debt free.

Thank you one and all for the support you have given to WRAO and will continue to give as we broadcast a special message to central Wisconsin. A message that no other radio station in the area is willing to broadcast. What a privilege the Lord has given to us...

Submitted by Dean Thomas, WRAO Christian Radio

Carob

It's a rare person who hasn't tasted and enjoyed chocolate. Not so common is a person who's been exposed to carob, the best-known chocolate substitute. After all, why would we want an alternative to something that tastes so good?

As it turns out, there are plenty of reasons to expel chocolate from our diets.

Let's talk chemicals first. Chocolate comes from a seed—a cocoa bean. All cocoa, from which chocolate is made, contains tannin. Among its ill effects, tannin interferes with the release of digestive enzymes, which leads to indigestion. It also is a dehydrator, leading to constipation and dry skin.

Theobromine, the primary chemical in chocolate, can cause headaches, central nervous system irritation, sleeplessness, itching, depression, and anxiety. It is not to be dismissed lightly.

The caffeine in cocoa acts similarly to a narcotic, leading to addiction. It gives a quick chemical "lift" to the mental processes, but always ends in lower mental alertness than before ingestion.

Methylxanthines, of which caffeine and theobromine are two, are linked to increased cell growth in cer-

tain glandular tissues. They interfere with enzyme signals, which can result in uncontrolled cell growth: the development of cysts and benign tumors, especially in the breast.

Fortunately, we can usually stop these growths by abstaining from the methylxanthines. Such was the case with a woman who says that her addiction to chocolate resulted in fibrocystic breast disease. It took only a month or two after denying her chocolate cravings for the cysts to disappear.

In fact, women are usually advised to discontinue the use of coffee, tea, colas, chocolate, and all forms of products containing methylxanthines as a breast-cancer control measure. Many physicians believe methylxanthines have the same effect on the male prostate as on the female breast.

Another Option

Carob, in favorable contrast, is worry-free. It contains no tannin, no theobromine, no caffeine, and no methylxanthines.

The cocoa bean actually has a bitter flavor—a hint of which can be discerned just in the difference between light and dark chocolate. The bitterness necessitates

(Continued on page 14)

For the Love of God, (part 1)

I was a painter, a fine artist since I am a child. Now I am a convinced believer in God. I used to struggle with many things. Near the top of the list was the meaning of life; constantly being pulled to and fro by the most significant spiritual leaning. Though draining out of reasons to abandon those ideas, I was becoming more satisfied with the Chinese task of spiritual awakening to reality. All my life of sixty one years I vacillated between Agnosticism and Atheism while I became a sort of Taoist.

All this led me to a vision of God in July 2011. now I will try to state my conclusions about the most important hurdle to overcome: to love my God with all my heart, all of my mind and with all of my power.

And if I have prophecies and know all mysteries and all knowledge, and if I have all faith so as to move mountains, but do not have love, I am nothing. (1Cor 13:2)

These words of Paul, stated two thousand years ago, are still present and meaningful today. Ultimately, he is telling us that we *have to do* is to love the most significant thing in our existences: God. In the entire chapter 13 of 1 Corinthians, Paul repeats, defines, cajoles us to take the proper method for this. That this is no small task is blatantly obvious in the ensuing time.

How can we learn to love our maker, especially when He seems so indifferent to us as individuals?

As Christians we are in a difficult time and place. Do we call ourselves "Jesus freaks"? I would go with the appellation. If we know a little Greek, do we call ourselves the "Anointed Ones"? I kind of doubt that we do. Do we call ourselves the "Messiah"? Again, I doubt it, on the vision of right and wrong. And yet this is precisely what Jesus called Himself two thousand years past. He understood His role as Messiah to the Jewish nation. And He understood the consequences of His choice of names to be called. He would become a function of intermediary between man and God. He would help people realize the hopes within each of us for eternal life. He would be considered as a nut.

For a child is born: to us a Son is given; and the government is on His shoulder; and His name is called Wonderful, Counselor, the mighty God, the everlasting Father, the Prince of Peace. (Isa9:6)

Though we don't call ourselves Anointed Ones or Messiahs, we claim to be *like* Jesus. This seems to be fundamentally hypocritical. That Christ did not like His appointed role in life is evident.

And at the ninth hour Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? Which being translated is, My God, My God, why did You forsake me? (Mar 15:34)

Of course, Christ knew that this was a quotation from Holy Scripture. How He found the courage just before His death to use this in a remarkable way shows His character and tells us more about the relation to the Word of God. And we don't get to choose what or how or when, we are. Call yourself a fool and become a Savior to a people that will crucify you.

I don't think I can do that. I don't think that I can carry my cross the way that Christ did His. But thank God that **Someone** showed us the way toward salvation, the way toward the truth. The way of love that transforms our lives into necessary bits that lead to God.

Isn't the way of love what we need for our salvation?

Written and Submitted by: Ken Wilson
January 16, 2017

To be continued in the March edition of Grace Notes

Are You In Need of ?

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

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

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

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

ITEMS TO GIVE AWAY

BLESS SOMEONE IN NEED

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

Reported February Birthdays:

- 1 Margaret Taylor
- 9 Brittany Nelson
- 10 Josh Guerrero
- 11 Maria Frank
- 14 Vera Spencer
- 23 Lupee Lopez (Mrs. Sam, Sr.)
- 24 Elaine Gunderson
- 27 Jane Peterson
- 28 Gabriel Lopez

Happy Birthday!

May God bless you on your special day and every day, knowing that we will be with the Lord soon.

If your birthday is in February and it's not listed above, please let us know so that we can correct our records.

Kid's Corner



Jesus prayed for His friends.

Use the code to find some of His words.

○=A	●=E	◐=I	◑=M	▢=Q	▣=U	⊠=Y
◉=B	◌=F	◒=J	▤=N	⊞=R	▤=V	▣=Z
◐=C	◑=G	◒=K	▢=O	⊞=S	▣=W	
◌=D	⊗=H	◌=L	▢=P	▣=T	▣=X	

He said, "

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Sharing secrets can be very harmful and damaging, but we have decided we need to share the good secrets we know about health and wellness. January 29 at the American Legion Hall in Almond we will be highlighting the eight laws of health using the NEW START acronym. There will be eight stations with different activities and information to demonstrate each: Nutrition, Exercise, Water, Sunlight, Air, Rest, and Trust in God. The only secrets will be your personal figures that you use to get your computer health age. This information and health coaching will start you on the road to improving your life and health.

Community Health Screening EXPO



Your *FREE* health assessment includes...

- ✓ *Blood Pressure*
- ✓ *Body Fat Percentage*
- ✓ *Cardiovascular Fitness*
- ✓ *Computerized Health Age*
- ✓ *Health Coaching*
- ✓ *Lung Capacity*
- ✓ *Food Samples*
- ✓ *Chair Massage*

Date: Sunday, January 29th 2017
Time: 12 pm - 4 pm
Location: American Legion Hall
1401 Division Street., Almond Wisconsin



For Directions and Contact Info, Visit
www.almondsda.org
(715) 869-3243
 Sponsored by the Seventh-day Adventist Church

Starting February 7 each Tuesday we will be following up this health expo with a Creation health seminar. This seminar is designed to show God's original plan for living physically fit, mentally whole, socially content, and spiritually vital. The keys to wellness, balance, restoration, joy, and even longevity are found in the CREATION acronym: Choice, Rest, Environment, Activity, Trust, Interpersonal relationships, Outlook, and Nutrition. With these principles we will be helping each participant improve their life and health. We would love to have you join us and bring a friend.

Winter blues setting in after your holiday high?
Come out and join **Bethel Jr. Academy** staff and students
on February 18th for a fun family night
from 6:00 p.m. to 8:30 p.m.

At the event:

- cake walk
- caricature drawings
- carnival games
- silent auction (closes at 8)
- bingo
- food

Don't miss this fun family time! Bring a friend and
come on out. Located at: Bethel Jr. Academy,
8054 Bethel Rd, Arpin WI

Proceeds will go to a gym upgrade and
other essential school expenses.

Contact Kathy Anderson if you have items to donate that
can be used at the silent auction.

715-652-2361

Family Sled-a-thon FEB 5 from 1-3pm !!!

Everyone is invited

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

The fire will be ready for you to cook anything you care to bring along.
Bring your own sleds, saucers, tubes, cardboard or any other sledding device
and make sure they are oiled up with silicone and ready to go fast.
Strategically placed trees will be provided as obstacles, but it's been suggested
that you try to avoid them. The DNR may prosecute for damage to nature.

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

Hope to see you there for this great extravaganza!



Weather Permitting of course...
If there isn't enough snow, we will still
have a bon fire and hot chocolate from 1-3
Rumor has it that there may be camel rides
but only if you **BYOC!**
Call 715-498-1126 with any questions

Be Born Again

Jesus said to Nicodemus, "Truly, truly, I say to you,
unless one is born again,
He cannot see the Kingdom of God."
The first birth is a man's seed.
The birth is God's imperishable seed.
Through Your living and abiding WORD,
Jesus, we have faith indeed.
God's kindness to repentance leads us
To the Holy One, born of God,
Our Savior and Lord Jesus.
Repentance and faith in Jesus' death, burial and
Resurrection is for all of us.
Belief and acceptance of You, Jesus, in my heart,
Is that inward sign of my commitment part.
Baptism is the outward sign of my inward sign,
That by You I might become a partaker of
Your nature divine.
A continual renewal of my mind is necessary.
Your WORD in my heart I must always carry.
I must for Your Return be ready,
And always my focus on You keep steady!

Written by Delores Shudarek

This space was
intentionally left blank
to show you where
your article could have been.

Become a part
of your
district newsletter.

Get your article in now
for next month's
edition.

WISCONSIN RAPIDS CHURCH SCHEDULE OF EVENTS

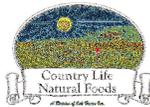


Calendar of Events

Feb 1	Bible Study & Prayer meeting, 6:30 p.m.
Feb 8	Bible Study & Prayer meeting, 6:30 p.m.
Feb 11	Sabbath with Communion Service
Feb 11	Pathfinders, 2:00
Feb 14	Board Meeting, 6:30 p.m.
Feb 15	Bible Study & Prayer meeting, 6:30 p.m.
Feb 19	Grace Notes Staff Mtg/Breakfast 9:30 at Stevens Point Church
Feb 22	Bible Study & Prayer meeting, 6:30 p.m.
Feb 25	Pathfinders, 2:00

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

Visit us on the web at "www.wrsdachurch.org"



Country Life Natural Foods order deadlines:

February 15

March 15

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

HOLIDAY PROGRAM

During the month of December, the Wisconsin Rapids church reached out to the community to make the holidays a little brighter for several families affected by domestic violence. The Family Center provided the names of four families and their "wish lists" for Christmas. We used our Giving Tree to distribute the wish list items throughout the church. By the time all the gifts were purchased and brought to church to be delivered, it was a full car load! Dean Thomas delivered the gifts on the requested day and had to wait in line for 20 minutes to unload due to the number of gifts being delivered from other organizations in the community! What an exciting time for the gift recipients, the Family Center and all those in the community that pulled together to make the holiday special for others. It warms the heart to be able to give to others in need.

PRAYER BREAKFAST

The Wisconsin Rapids Church hosted a district prayer breakfast on January 22nd to start 2017 with an emphasis on being a praying church. 30 adults and children were in attendance to fellowship and enjoy breakfast together. Pastor Joseph provide a devotional and Dean Thomas had an interactive discussion on Ellen White's comments on prayer during the end times and how we get to that special type of end time prayer.

Everyone in attendance was asked to write on separate sticky notes three things: one was their own name and the other two were something they had been praying for on their own. After the devotion and discussion, these prayers were handed out randomly to the different groups to pray over. Everyone, including children, were asked to take home these "sticky note" prayers, stick them in a noticeable location and continue praying over them in the weeks to come.

The morning was refreshing and the fellowship was great. The day gave us a boost of encouragement to "pray without ceasing." May God continue to bless our district as we become a praying church in these end times.

Men's Conference January 2017

Another men's conference has come and gone. The weekend was full of information that us men needed. Our speaker was Dr. Zdravko Stefanovic, a Hebrew professor born in Bosnia. He taught us some Hebrew and the meaning of certain texts. He told lots of stories from the foreign countries. How God works through ordinary people to reach those you think are unreachable. You missed an exciting topic if you weren't there.

We had three break out sessions which we could only go to two of. I chose to go to see Dr. Abraham Swamidass on "Predators That Ruin Intimacy". After all, who would not want to have a better marriage. The class was full and very well presented. Dr. Swamidass told us that he is willing to do a presentation for the district. I will talk to the pastor to see what we can arrange.

The other breakout session was by Pastor Jhon Redich of the Clear Lake, the Frederic, and the Rice Lake Churches. His topic "The Inventions of Men And Their Failure". He started out with the invention, then asked who made the discovery? Then we broke up into three groups and read some scriptures to answer the questions, group 1 the duties of men as father to their children. Group 2 duties of men to their wife. Group 3 duties of men as priest of the home. All this was from scripture and was very well done. I have copies of all three. The last break out was on starting a prison ministry.

Sabbath was so relaxing. We found ourselves running late on meetings, which was why we came. However no one seemed to care. We were getting spiritual food. We stayed up late and watched part of the Story of Desmond Doss, the interview with John Bradshaw. Sunday morning our speaker told us, I love you guys! He explained that he had been to places that got upset when they got off schedule! However it was no problem to us, the atmosphere was very laid back. We took things as they came, and enjoyed every bit of it. Pastor Michael Elm told us he hopes to have everything in place for the next conference by the end of camp meeting so that we can be better prepared for it next year. Hope to see you there.

*Arnold Thurman
Wisconsin Rapids SDA Church*

WAUTOMA CHURCH PLANT SCHEDULE

- Feb 1 Prayer Meeting. 7 pm
- Feb 2 Women's Group (Anderson's) 10:00 am
- Feb 4 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet

- Feb 5 Bible Study (Anderson's) 5:30 pm
- Feb 8 Prayer Meeting 7:00 pm
- Feb 9 Women's Group (Anderson's) 10:00 am
- Feb 11 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet

- Feb 12 Bible Study (Anderson's) 5:30 pm
- Feb 15 Prayer Meeting 7:00 pm
- Feb 16 Women's Group (Anderson's) 10:00 am
- Feb 18 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet

- Feb 19 Grace Notes Staff Mtg/Breakfast 9:30 at Stevens Point Church
- Feb 19 Bible Study (Anderson's) 5:30 pm
- Feb 22 Prayer Meeting 7 pm
- Feb 23 Women's Group (Anderson's) 10:00 am
- Feb 25 Sabbath Service @ 10:00 am, followed by a Vegetarian Buffet

- Feb 26 Bible Study (Anderson's) 5:30 pm

Hello from Wautoma,

Praise God for all his blessings.

Praise God that we continue to meet every Sabbath in Wautoma (except when our roads and driveways make better ice rinks than they make for car traffic).

As we look forward to February, we are planning for more joint services between our English speaking group and our Spanish speaking group. Because of scheduling conflicts, one of normally used conference rooms is unavailable. On those days, we may be having a bi-lingual service to accommodate both language groups. These joint meetings are also scheduled during March. Our joint pot luck meals are always joyous and we look forward to joyous worship time together as well.

We ask that you continue to pray for our Wautoma church, that God will help our groups to grow and to be a light in Wautoma.

Alan Anderson

ALMOND SDA CHURCH SCHEDULE OF EVENTS



Community Bible Study - Wednesday 7PM

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

Unity Prayer Meeting - Friday 7PM

"Christ is leading out a people, and bringing them into the unity of faith, that they may be one, as He is one with the Father." EGW, TC, v1, p324, p1

Bible Study - Anderson Home - Sunday 5:30PM

This study begins with fellowship and potluck before we dive into the book of Acts for an in depth study.

February Events

(Visit our website)
www.almondsda.org

- Feb 1 Community Bible Study 7:00 (Great Controversy)
- Feb 3 Prayer Mtg. (Unity) 7:00
- Feb 4 Sabbath—Vegetarian Potluck (Msg. by Doug D.)
- Feb 5 Sledding Event- Doug & Rosemary Bruder Estate
- Feb 5 Bible Study (Anderson Home) 5:30
- Feb 8 Community Bible Study 7:00 (Great Controversy)
- Feb 10 Prayer Mtg. (Unity) 7:00
- Feb 11 Sabbath—Vegetarian Potluck (Msg. by Maria)
- Feb 12 Men's Breakfast/Devotion 9 AM
- Feb 12 Bible Study (Anderson Home) 5:30
- Feb 15 Community Bible Study 7:00 (Great Controversy)
- Feb 17 Prayer Mtg. (Unity) 7:00
- Feb 18 Sabbath—Vegetarian Potluck
(Communion Service-Msg. by Pastor Perricellia)
- Feb 19 Grace Notes Staff Mtg/Breakfast
9:30 at the Stevens Point Church
- Feb 19 Bible Study (Anderson Home) 5:30
- Feb 22 Community Bible Study 7:00 (Great Controversy)
- Feb 24 Prayer Mtg. (Unity) 7:00
- Feb 25 Sabbath—Vegetarian Potluck (Msg. by Mike Stephenson - Wisconsin Rapids)
- Feb 26 Bible Study (Anderson Home) 5:30

Love Journey

As the little old man's shadow
gets closer to the ground
from years of work
he is bending down
from tall and straight
and a head full of hair
eyes bright and shining
nothing he couldn't bare

now years of sand and sun,
wrinkles he does show,
unlike of many years ago
but no matter of his crippled
state
he's not lost the love
of his life time mate

*Written by: Doug Bruder
9/19/2004*

Men's Ministry

What is Men's Ministry?

Well to me, it means that as a group of men or band of brothers so to speak, we are to share the Gospel and win souls for Christ. Men connecting with men in their church and community. Men doing ministry with and for men and the community—that's what Men's Ministries is all about. Our ministry includes everything from small group activities to extending a helping hand to individuals and families that need assistance with anything from moving to small projects.

How do we do that?

I feel that we begin by getting together and sharing our time. It's during this time of fellowship with each other, the time we spend praying together, sharing a time of devotion and sharing the different times of our lives and the effect that different circumstances have had on us that we as that small group of men, become brothers. We may not be blood brothers but I feel a stronger bond to my brothers in Christ than I ever have with my sibling brothers. As brothers in Christ, we will receive direction as to what we, as men of the church, can do to show the love of Christ to our community and anyone that we may meet.

Our Plan of action:

We have been meeting together on the 2nd Sunday of each month at the Almond Church. We begin our time with a word of prayer, followed by a wonderful breakfast. After we have been fed physically, we turn to the spiritual feeding through a devotional. Once we have read that, we open up to share with each other how the devotion touched us. This may also open us up to a discussion of people we know or have met that could use our help in one way or another. There are many people that have needs. These are not always big needs but could open the door for us to help them. It's during this time that we will have the chance to pray with them and for them and then leave the results up to God. When we come together to bless a person, we too will be blessed in return.

I would like to extend the invitation to all men of our district, to come together and pray with us, fellowship with each other and see the direction that the Lord takes us. The only requirement is that you bring your appetite for the physical but especially the spiritual food. May your hunger to do God's work be in your heart and bring you a strong desire to serve the Lord!

*Hope to see you there!
Brother Rick Felts*

STEVENS POINT CHURCH SCHEDULE OF EVENTS



Upcoming Events for February in the year of our Lord 2017

Thursday, Feb 2nd - 7:00p.m. -	Community Bible Study in the fellowship room. Maria is facilitating the lesson.
Sabbath, Feb 4th - 9:20 a.m. - Worship at 10:50 a.m.	Communion Sabbath services. Sabbath school at 9:20 a.m., Lesson Study is at 10:00 a.m, The Elder is Lem Lowry, Beth Ruehl is leading the lesson, and Pastor Perricellia will present the message.
Sunday, February 05th to Friday Feb 10th -	Winter Camp for the Blind at Camp Au Sable in Grayling, MI. If you or someone you know would be willing to bring a visually challenged camper and stay all week at camp and then take them home please call Larry Hubbell at 248-634-4379 or 248-459-3165.
Monday, Feb 06th - 6:00 p.m. -	Church Board meeting.
Tuesday, Feb 07th - 7:00 p.m. -	Dave Ramsey Financial Seminar will be shown at church.
Wednesday, Feb 08th - 4:30 p.m. -	Quilting group will meet in the fellowship room.
Thursday, Feb 09th - 7:00p.m. -	Community Bible Study in the fellowship room. Maria is facilitating the lesson.
Sabbath, Feb 11th - 9:20 a.m. - 10:50 a.m.	Sabbath services. Sabbath school at 9:20 a.m., Lesson Study is at 10:00 a.m, Worship at The Church Leader is Doreen Lowry, Leroy Dissing is leading the lesson, and Eric Anderson will present the message.
Sabbath, Feb 11th - 6:30 p.m. - until 8:30 p.m.	Gym night at Goerke park gym. Basketball, volleyball, fellowship and sort of running around
Tuesday, Feb 14th - 7:00 p.m. -	Happy Valentine's Day! Give yer sweetie a kiss!! Dave Ramsey Financial Seminar will be shown at church.
Thursday, Feb 16th - 7:00p.m. -	Community Bible Study in the fellowship room. Maria is facilitating the lesson.
Sabbath, Feb 18th - 9:20 a.m. - vice at 10:50 a.m.	Sabbath services. Sabbath school at 9:20 a.m., Lesson Study is at 10:00 a.m, Worship ser- The Elder is Darrell Brown, Harvey Churkey is leading the lesson, and Maria Frank will present the message. Song and visitation down the street.
Sunday, Feb 19th - 9:30 a.m.	Grace Notes Staff Mtg/Breakfast @ Stevens Point Church
Tuesday, Feb 21st - 7:00 p.m. -	Dave Ramsey Financial Seminar will be shown at church.
Thursday, Feb 23rd - 7:00p.m. -	Community Bible Study in the fellowship room. Maria is facilitating the lesson.
Friday, Feb 24th to Sabbath, Feb 25 -	Dr. Neil Nedley will be at Wisconsin Academy to present "Optimize Your Brain." See the flyer in the bulletin.
Sabbath, Feb 25th - 9:20 a.m. - 10:50 a.m.	Sabbath services. Sabbath school at 9:20 a.m., Lesson Study is at 10:00 a.m, Worship at The Elder is Harvey Churkey, Darrell Brown is leading the lesson, and Mark Cephas will present the message.
Sunday, February 26th, 8:00 a.m. - 3:30 p.m. -	The "Spiritual needs of women" (SNOW), is hosting a "Ladies in fellowship together" (LIFT) day, The guest speaker will be Tammy Sportsman and will have a presentation entitled "Spring cleaning 101". This will be held at the Living Faith SDA church in Little Suamico, WI. 54131. Info flyers are in the foyer.
Tuesday, Feb 29th - 7:00 p.m. -	Dave Ramsey Financial Seminar will be shown at church.

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

MONTHLY HEALTH NUGGET

BY FREDDIE RAMIREZ, RN

An Overview of the Human Brain

Making sense of the brain's mind-boggling complexity isn't easy. What we do know is that it's the organ that makes us human, giving people the capacity for art, language, moral judgments, and rational thought. It's also responsible for each individual's personality, memories, movements, and how we sense the world.

All this comes from a jellylike mass of fat and protein weighing about 3 pounds (1.4 kilograms). It is, nevertheless, one of the body's biggest organs, consisting of some 100 billion nerve cells that not only put together thoughts and highly coordinated physical actions but regulate our unconscious body processes, such as digestion and breathing.

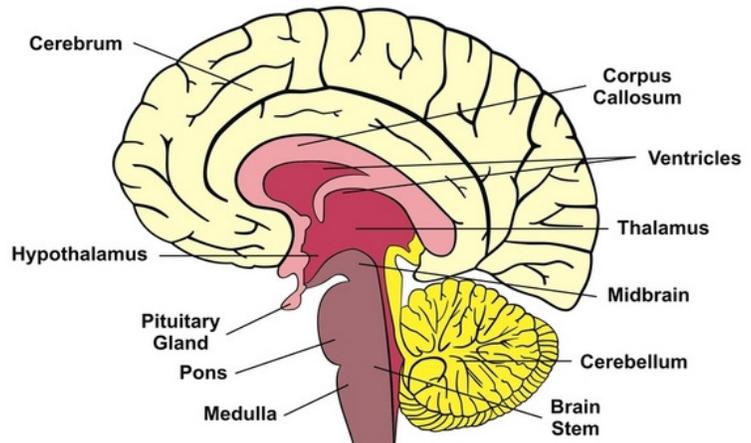
The brain's nerve cells are known as **neurons**, which make up the organ's so-called "**gray matter**." The neurons transmit and gather electrochemical signals that are communicated via a network of millions of nerve fibers called **dendrites** and **axons**. These are the brain's "**white matter**."

The **cerebrum** is the largest part of the brain, accounting for 85 percent of the organ's weight. The distinctive, deeply wrinkled outer surface is the **cerebral cortex**, which consists of gray matter. Beneath this lies the white matter. It's the cerebrum that makes the human brain—and therefore humans—so formidable. Whereas animals such as elephants, dolphins, and whales have larger brains, humans have the most developed cerebrum. It is packed to capacity inside our skulls, enveloping the rest of the brain, with the deep folds which cleverly maximize the cortex area.

The cerebrum has two halves, or hemispheres, the left and the right, they are almost symmetrical. The left brain controls all the muscles on the right-hand side of the body; and the right brain controls the left side. One hemisphere may be slightly more dominant, resulting in left- or right-handedness.

The left brain contains regions involved in speech and language, and is also associated with mathematical calculation and fact retrieval. The right brain plays a role in visual and auditory processing, spatial skills and artistic ability, though these functions do involve both hemispheres.

The cerebrum is further divided into four regions, or lobes, in each hemisphere. The **frontal lobes**, located behind the forehead, are involved with speech, thought, learning, emotion, and movement. Behind them are the **parietal lobes**, which process sensory information such as touch, temperature, and pain. At the rear of the brain are the **occipital lobes**, dealing with vision. Lastly, there are the **temporal lobes**, near the temples, which are involved with hearing and memory.



(Continued on page 13)

(Brain—Continued from page 12)

Movement and Balance

The second largest part of the brain is the **cerebellum**, which sits beneath the back of the cerebrum. It is responsible for coordinating muscle movement and controlling our balance. Consisting of both grey and white matter, the cerebellum transmits information to the spinal cord and other parts of the brain.

The **diencephalon** is located in the core of the brain. A complex of structures roughly the size of an apricot, the two major sections are the **thalamus** and **hypothalamus**. The thalamus acts as a relay station for incoming nerve impulses from around the body that are then forwarded to the appropriate brain region for processing. The hypothalamus controls hormone secretions from the nearby **pituitary gland**. These hormones govern growth and instinctual behavior such as eating, drinking, sex, anger, and reproduction. The hypothalamus, for instance, controls when a new mother starts to lactate.

The **brain stem**, at the organ's base, connects the brain to the spinal cord. It controls reflexes and crucial basic life functions such as heart rate, breathing, and blood pressure. It also regulates when you feel sleepy or awake.

The brain is extremely sensitive and delicate, and so requires maximum protection. This is provided by the surrounding skull and three tough membranes called meninges. The spaces between these membranes are filled with fluid that cushions the brain and keeps it from being damaged by contact with the inside of the skull.

The human brain is indeed complex. Once again I am in awe. What an omniscient God created us.

10 things about God's Love

God is Love
 God Loved you before you were born
 God carved his love in stone
 God's Love never quits
 God wrote His Love in Red
 God Loves you even when you don't love Him
 God Loves you when He's correcting you
 God's Love will never let you go
 God Loves you and wants you with Him for ever
 God's Love changes everything

Look to the Lord
 As you face each new day.
 Trust in His guidance
 Each step of the way.
 He is almighty,
 And naught can withstand
 His infinite power
 Or shorten His hand.

Purpose of Life

The Lord has continued the Renovation process in my life at Redgranite Correctional Institute, replacing old habits and desires with new motivations to please Him. I am deeply fully convinced that those whose lives have been trapped through the enticements of satan can

experience the escape that is provided in the Beautiful redeeming Love of our Savior. In hope I found that the fulfillment for which I had so ardently supported is only found in complete surrender to His will.

New Years Resolutions

I resolve, like Philemon, to be refreshing to others (Philemon 20, 21)
 I resolve like Luke, to be a faithful friend (II Timothy 4:11)
 I resolve, like Paul, to forget the past and keep pressing forward (Phil 3:13-14)
 I resolve, like the disciples, to fulfill the Great commission to preach the Gospel and teach the Word of God (Matt 28: 18, 20)
 I resolve, like John, that I will look forward to the Lord's return (Rev 22:20)
 I resolve, that with God's help, I personally will seek to make this coming year one of my best years ever

Submitted by Ken Wells

You can write to Ken:
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If you would like to become a part of this publication, we would be honored to have your help. Please contact us with your contributions...

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(Carob, Continued from page 3)

additives such as refined sugar. Also, the slight grainy texture of the ground bean is masked with oils, milk, or cream. As fat comprises 50% of the calories of the bean, the end product sold on grocery shelves is a rich, heavy, oily, difficult-to-digest item promoted as a treat or indulgence.

Carob has no bitter flavor or grainy texture, so it needs neither sweetening nor smoothers such as oils and milk products.

Cocoa beans, the raw product from which all chocolate is made, come from countries where sanitation levels and production standards are low. After the bean pods are cut from the cacao tree, they are piled in a heap to ferment for several days. This fermentation develops the chocolate flavor. The warm, fragrant piles of beans attract insects, rodents, and dogs. A friend reported that during a year in Borneo, she observed and photographed the stages of cocoa pod processing. After the pods are spread on the ground, she said, the "mangy dogs urinate all over them." Many other kinds of contamination can also occur. During fermentation (decomposition), the temperature within the pile rises. As heat and moisture increase, so does the incidence of molds and bacteria. This is how aflatoxins, cancer-causing agents from the molds, are produced in the cocoa beans.

Carob requires no fermentation to develop its flavor.

Due to the harvesting and fermentation processes described above, chocolate is not a pure product. The US Department of Health, Education and Welfare acknowledges chocolate's contamination from "insects, rodents and

(Carob, Continued below)

(Carob, Continued from above)

other natural contaminants," and limits that contamination in two ways.

First, the agency requires that visible or solid animal excreta must not exceed ten milligrams per pound, and second, chocolate powder must not have more than seventy-five insect body fragments in three tablespoons of powder. Many individuals thought to be allergic to chocolate may instead be allergic to the animal parts or excrement within the chocolate.

Carob causes no known allergic reactions.

But what exactly is carob?

Carob (*Certonia siliqua*), grown extensively in the Middle East, produces a long pod which when ground into powder, tastes much like chocolate. Many people cannot tell the difference; others can discern a difference but they prefer to avoid chocolate and are grateful for a close second.

Unlike chocolate, carob is naturally sweet and is three times richer in calcium than chocolate, but with one-third fewer calories and seventeen times less fat. Carob is also a rich source of pectin, the substance which makes jams and jellies "jell." Recent research indicates that pectin may be helpful in lowering your cholesterol level.

The pectin in the carob is also useful for stopping simple diarrhea. I suggest drinking a tablespoon of carob in a cup of hot or cold water.

Carob powder can replace chocolate or cocoa in any recipe. A chocolate baking square equals about three tablespoons of carob powder.

Carob powder can also be used as a sugar substitute, since it is almost 50% natural sugar. Use it in bread, waffles, cakes, pies, pancakes, hot or cold cereals, or muffins. If the flavor is too "carob-y," then use part carob and part other sweetener, such as honey. [Note: Add 2 tsp. of roasted chicory, Pero, etc., to your carob fudge recipe and you will have a delightful chocolate flavor!]

Submitted by Dorothy Tess, Temperance Director Almond Church