

# GRACE NOTES

VOLUME 5, ISSUE 2

FEBRUARY 2019

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

## “What is ‘Evangelism’?”

Does the word *evangelism* frustrate you? Does it scare you? Do you think that evangelism doesn't work? Today let's dispel some myths.

Evangelism, which shares the same root with *angel* or “messenger,” is the sharing of good news (gospel). To put it simply, evangelism is words. We can share Jesus' love in how we live our lives, conduct our business, treat others, etc; but evangelism is specifically sharing the actual words from the Bible.

One common mistake is people think “evangelism = evangelistic series.” Yes, a series of meetings with someone speaking to a large crowd can be evangelism, but other things are evangelism, too. Examples include giving someone a Bible or other gospel book like the *Conflict of the Ages* series, teaching a Bible study, explaining to your boss that you need to keep Friday sundown to Saturday sundown holy because Jesus says it is the holy Sabbath day, commenting to the cashier how you are glad Jesus is coming back soon, etc.

As you can see, the definition of the term evangelism is broader than many realize, but it is also not everything we do as followers of Christ. We do many things that are very good but are not evangelism. To illustrate the point, consider that your church is taking flowers to mothers in the community on Mother's Day, and tied to the flower stems are notes with Proverbs 31:25-30 printed on them. The Bible verse is evangelism, but the flower is not. That does not mean giving the flowers without a Bible verse or without saying anything more than a “Happy Mothers' Day!” is bad. It is a very touching gesture and we all should do it if we have the time, but it is not evangelism.

Another example is the health message. Ellen White called it the “right hand of the gospel.” Telling people about temperance or taking people's blood pressures is invaluable and can lead to evangelism, but that is not evangelism itself.

Why is it important to distinguish evangelism from other aspects of church activities?

Two reasons, and they are illustrated by two extremes in our church...

First, some members consciously or accidentally only do evangelism and nothing else. All they want to do is talk, but their personal lives do not reflect God's character. That's unhealthy, and artificial. Belief leads to action and change. Evangelism is only effective with evidence of the power of God. You cannot convince someone that Jesus wants them to love Him and love everyone including their enemies if you do not seem to sympathize with others.

Second, some members focus on all the other stuff and forget evangelism. To be fair I think sometimes it is because we equate “evangelism = evangelistic series” when it is much more than that. Still, if all we do is give people a good time and help them with some of their temporal needs but fail to point them to the source of eternal power, point them to their Creator and Redeemer, then we have failed them. If someone gets in a car accident, and the hospital puts some band-aids on their minor cuts and bruises but does not fix the gaping wound in their abdomen or mend their broken arm, has the hospital really helped the patient?

When your pastor says “we need to do evangelism,” he is not saying “we need to do an evangelistic series” but instead “we need to do evangelism including series but not excluding lots of other stuff that fits under evangelism.” Much of evangelism costs money: buying Bibles, Bible studies material, other evangelistic books, advertising, renting space, etc. You can tell a lot about the spiritual health of a church by how much they budget and spend on evangelism.

As your pastor, my prayer is that you too will “be ready in season and out of season to preach the Word!” (2 Timothy 4:2).

- Pastor Justin Spady

DANIEL 2		DANIEL 7		DANIEL 8	DANIEL 11, 12
GOLD	BABYLON	LION	NONE	NONE	
SILVER	MEDO-PERSIA	BEAR	RAM WITH TWO HORNS	FOUR KINGS (Verse 2)	
BRASS	GREECE	LEOPARD	HE GOAT	MIGHTY KING (Verses 3-13)	
IRON	ROME	FIERCE BEAST	LITTLE HORN FROM FOUR HORNS	KING OF THE NORTH (Verses 14-35)	
IRON AND CLAY	DIVIDED KINGDOMS 1260 YEARS	TEN HORNS	LITTLE HORN GREAT	KING OF THE NORTH (Verses 36-39)	
STONE CUT OUT WITHOUT MAN'S HANDS	INVESTIGATIVE JUDGMENT	JUDGMENT SCENE	CLEANSING OF HEAVENLY SANCTUARY	TIME OF THE END (Verses 40-45)	
STONE FILLS WHOLE EARTH	CHRIST'S KINGDOM	KINGDOM GIVEN TO SAINTS	EXECUTIVE JUDGMENT	MICHAEL STANDS UP (Chapter 12:1-3)	

## Prophecy Highlights February 2019

(Submitted by Tim Schmidt)

### **(Adventism’s Visitation-Final Chapter)**

“The evidence of the soon coming of Christ is right upon us, and many of us are asleep. We do not half gather up the important truths that are for our admonition, upon whom the ends of the world are come. If we did receive and believe the Word of God, we should be farther in advance spiritually than we are today. Iniquity abounds everywhere, and the love of many has waxed cold. Unless we understand the importance of the moments that are swiftly passing into eternity, and make ready a people to stand in the great day of God, we shall be registered in the books of heaven as unfaithful stewards. **The watchman is to know the time of the night.** Everything is now clothed with a solemnity that all who believe the truth should feel and sense. They should act in reference to the great day of God. The plagues of God are already just upon the world, and we need to be preparing for that great day. We have not time now to spend in speculative ideas, or in haphazard movements. We should fear to skim the surface of the Word of God. **When the light shines in our hearts, we shall, by all our words and works, live in accordance with that light, understand the words of God, and make it our spiritual, daily food, as represented by Christ as eating His flesh**

*(Continued on page 3)*

*(Prophesy-Continued from page 2)*

**and drinking His blood.** Then we will be prepared to teach the Word of God as we never have done before. We must sink the shaft deeper in the mines of truth. All the little things of life are but a mote now. Those that pertain to eternity are of great consequence.” *Sermons and Talks*, 290–291.

### The Temple Cleansing (Ezekiel 9 and 10)

“In the cleansing of the temple, Jesus was announcing His mission as the Messiah, and entering upon His work. That temple, erected for the abode of the divine Presence, was designed to be an object lesson for Israel and for the world. From eternal ages, it was God’s purpose that every created being, from the bright and holy seraph to man, should be a temple for the indwelling of the Creator.

Because of sin, humanity ceased to be a temple for God. Darkened and defiled by evil, the heart of man no longer revealed the glory of the Divine One. But by the Incarnation of the Son of God, the purpose of Heaven is fulfilled. God dwells in humanity, and through saving grace the heart of man becomes again His temple. God designed that the temple at Jerusalem should be a continual witness to the high destiny open to every soul. But the Jews had not understood the significance of the building they regarded with so much pride. They did not yield themselves as holy temples for the Divine Spirit. The courts of the temple at Jerusalem, filled with the tumult of unholy traffic, represented all too truly the temple of the heart, defiled by the presence of sensual passion and unholy thoughts.

“In cleansing the temple from the world’s buyers and sellers, Jesus announced His mission to cleanse the heart from the defilement of sin,—from the earthly desires, the selfish lusts, the evil habits that corrupt the soul. Malachi 3:1–3 quoted.” *The Desire of Ages*, 161.

“Who are standing in the counsel of God at this time? Is it those who virtually excuse wrongs among the professed people of God and who murmur in their hearts, if not openly, against those who would reprove sin? Is it those who take their stand against them and sympathize with those who commit wrong? No, indeed! Unless they repent, and leave the work of Satan in oppressing those who have the burden of the work and in holding up the hands of sinners in Zion, they will never receive the mark of God’s sealing approval. They will fall in the general destruction of the wicked, represented by the work of the five men bearing slaughter weapons. Mark this point with care: Those who receive the pure mark of truth, wrought in them by the power of the Holy Ghost, represented by a mark by the man in linen, are those ‘that sigh and that cry for all the abominations that be done’ in the church. Their love for purity and the honor and glory of God is such, and they have so clear a view of the exceeding sinfulness of sin, that they are represented as being in agony, even sighing and crying. Read the ninth chapter of Ezekiel.” *Testimonies*, volume 3, 267.

### Two Distinct Calls

“The prophet says, ‘I saw another angel come down from heaven, having great power;

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## New Feature of Grace Notes!

### Q&A

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

**Question:**

**To God, a day is like a thousand years. During creation, was that a 1000 years per day or?**

**Answer:**

This question references 2 Peter 3:8, which says: "But, beloved, do not forget this one thing, that with the Lord one day is as a thousand years, and a thousand years as one day." Some have tried to use this verse to interpret time intervals in the Bible, but Peter is not saying that. The context of verse 8 is that Peter is talking about how God is soon going to bring justice to this world and set things right, but he warns that God's definition of "soon" is not like ours. The next verse, verse 9, Peter continues "The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance." To say that verse 8 somehow means the days of creation were 1000 years each is abusing what Peter is saying. Let the Bible speak for itself rather than try to manipulate it to say something it is not.

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**Question:**

**Believe on the Lord Jesus Christ and you will be saved, and your household. What does that mean for our kids that are living a worldly life or even us as children of our parents, assuming they were saved?**

**Answer:**

The question [I believe] is referencing Acts 16:31, which says: "So [Paul and Titus] said [to the jailer], 'Believe on the Lord Jesus Christ, and you will be saved, you and your household.'" Both questions this month are examples of how context is so important. In this story, because of God's miraculous intervention and Paul and Silas' demonstration of their faith, the person keeping them in the jail wanted to be saved. Important to understanding this, we are told that Paul and Silas were in the jailer's home and his wife and kids were there too, also listening to Paul and Silas' words. We can conclude then that Paul and Silas were not saying that if the jailer believes, then all his household would be saved; but rather that if any one of them believed, then that person would be saved. Praise the Lord we are told in verse 33 that the whole family believed and were baptized!

## Gallbladder and Liver Cleanse

Items you need:

4 tablespoons EPSOM salts (food grade (usp) or pharmaceutical grade

Not bath grade. (can be purchased at drugstores)

1-2 FRESH GRAPEFRUIT JUICE (not pre-made juice)

APPLE JUICE, BOTTLED IS OK

EXTRA VIRGIN OLIVE OIL

It is recommended to do or at least be started on a parasite cleanse before doing the liver flush but not absolutely necessary. Your kidneys and bladder must be working well to flush the body of any released toxins. In the days following a cleanse be sure to drink LOTS of water.

Choose a day that you can sleep in the next morning and not have any major responsibilities till at least noon.

In the morning, do not take any medications that you can do without. Of course, if you need them than take them.

### **Breakfast:**

Have a breakfast with no fats at all. Fruit, oatmeal, plain bread with jam. . . no milk, butter, oil, fats, nut butters etc.

Drink plenty of water.

### **Lunch:**

Have a lunch with no fats at all. Spaghetti with oil free sauce, vegetables, etc...

Begin fasting at 2pm. NO MORE FOOD. If you eat after 2pm you may feel very sick later.

Have a last large glass of water around 3:30 or 4:00pm

### **6pm:**

Mix: 3/4 c. apple juice with 1 tablespoon of Epsom salts. Dissolve it completely, it takes a moment. Drink it down. You will not get thirsty or hungry after this.

### **8pm:**

Mix another 3/4 c. apple juice with 1 tablespoon of Epsom salts, dissolve it and drink it down. Your stomach will grumble and you may even end up on the toilet with soft or liquid stool. This is normal.

Get everything done now that you need to before bed.

### **9:45pm:**

Juice the grapefruit (s), 1/2 to 3/4 c. is what you need, I find 3/4 c .best. Put it in a bottle and add 1/2 c. extra virgin olive oil. Shake it up.

Use the bathroom and do all you need to do before bed.

### **10pm:**

STANDING next to your bed, drink the olive oil grapefruit mixture then, right away, lie down on your back with your head and edge of your shoulders up on a pillow. You must stay perfectly still for 20 to 30 minutes. You may feel a strange sensation around your liver area similar to gas bubbles or marbles rolling, this is the stones. You may also begin feeling cold for an hour or so. This is also normal. Go to sleep. I have found it to be quite normal for people to become nauseous or even be sick during the night of their first cleanse. As your gallbladder and liver function improves this will become less and less with each cleanse. If you get the urge to go to the bathroom before the 20-30 min are up, try to bear it out until at least the 20 min though strive for 30. If you do have to run before the time is up it may or may not affect your results.

### **6am:**

Take another dose of the 3/4c apple juice with 1 tablespoon of Epsom salts. You may or may not have gone to the bathroom with diarrhea, expect it. It is necessary to jet the stones out of your system quickly. If you are going to the bathroom before 8am, don't bother with the next dose. If you are not going to the bathroom yet you will need the next dose.

### **8am:**

Take your last dose of the 3/4 c. apple juice with 1 tablespoon of Epsom salts. By 10 or 11 am , you can begin eating lightly.

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**The Portage Patriots Pathfinder club** is putting together a "Healthy Diet Cookbook" fundraiser. Please forward your favorite Recipes to Steve Collins at [fscdriver@yahoo.com](mailto:fscdriver@yahoo.com) Funds will be used to defray expenses to the Oshkosh world-wide camperee! The books will be beautiful to see and lay flat for maximum functionality as well. Each recipe will include the contributor's name. Be a part of the Pathfinders experience!

### Weimar NEWSTART Program and the Eight Laws of Health/#6

The Weimar NEWSTART Program uses the acronym NEWSTART to address the eight laws of health; N=Nutrition, E=Exercise, W=Water, S=Sunshine, T=Temperance, A=Air, R=Rest, and T=Trust in God. This article will focus on the benefits of Air. The information is taken from Weimar seminar notes from February 2018.

#### **Benefits of fresh air**

Fresh air is chemically different than the recirculated air that most of us breathe. Fresh air produces a healthful circulation of the blood. It refreshes and strengthens the body. Pure air soothes the nerves

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### Almond's February Events

Feb 1 Prayer Mtg. 7:00  
 Feb 2 Sabbath – Vegetarian Potluck  
 Feb 3 Bible Study (Anderson Home) 5:30  
 Feb 6 Patriarchs & Prophets Study 7:00 (J+D Tess home)  
 Feb 6 Steps to Christ Study 6:30 (Luke's apt) \*  
 Feb 8 Prayer Mtg. 7:00  
 Feb 9 Sabbath – Vegetarian Potluck  
 Feb 9 District event @ Oxford Church 3:30  
 Feb 10 Bible Study (Anderson Home) 5:30  
 Feb 13 Patriarchs & Prophets Study 7:00 (J+D Tess home)  
 \*Luke's apt: 513 S. Division St., Waupaca, WI 54981 phone: (920) 765-2277

Feb 13 Steps to Christ Study 6:30 (Luke's apt)  
 Feb 15 Prayer Mtg. 7:00  
 Feb 16 Sabbath – Vegetarian Potluck  
 Feb 17 Prayer Breakfast 9 AM  
 Feb 17 Bible Study (Anderson Home) 5:30  
 Feb 20 Patriarchs & Prophets Study 7:00 (J+D Tess home)  
 Feb 20 Steps to Christ Study 6:30 (Luke's apt)  
 Feb 22 Prayer Mtg. 7:00  
 Feb 23 Sabbath – Vegetarian Potluck  
 Feb 24 Bible Study (Anderson Home) 5:30  
 Feb 27 Patriarchs & Prophets Study 7:00 (J+D Tess home)  
 Feb 27 Steps to Christ study 6:30 (Luke's apt)

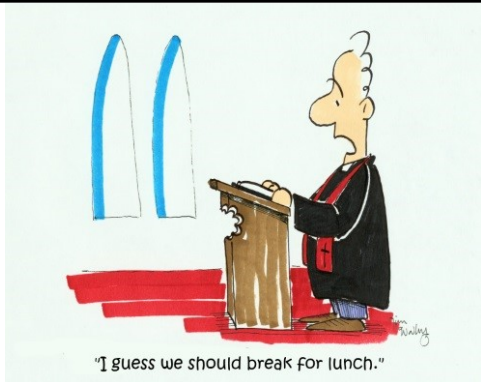
### Portage February Events

Portage SDA Church email address is:  
[portagesdachurch@gmail.com](mailto:portagesdachurch@gmail.com)

Portage SDA Church Facebook:  
 Type: Portage Seventh-day Adventist

Radio station:  
 WPSA LP 93.5 FM

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



### Happy Birthday!



- Feb. 2 Dave Wilson
- 5 Violet Goss
- 9 Alathea Jorgenson
- 14 Vera Spencer
- 15 Julie Hahn
- 15 Kurt Clausen
- 18 Wayne Clark
- 19 James Edwards
- 22 Dave Meister
- 27 Don Gerndt
- 27 Jane Peterson
- 28 Anna Olajec



**Wautoma SDA Company February Schedule of Events**

Date	
2/2/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
2/3/2019	Bible study at the Anderson's @ 5:30 p.m.
2/4/2019	Women's Group at the Anderson's @ 10:00 a.m.
2/6/2019	Prayer Meeting/Prophecy @ church @ 6:30 p.m.
2/9/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
2/9/2019	3:30 p.m. District gathering at Oxford Church - Musical Program
2/10/2019	Bible study at the Anderson's @ 5:30 p.m.
2/11/2019	Women's Group at the Anderson's @ 10:00 a.m.
2/13/2019	Prayer Meeting/Prophecy @ church @ 6:30 p.m.
2/16/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
2/17/2019	Bible study at the Anderson's @ 5:30 p.m.
2/18/2019	Women's Group at the Anderson's @ 10:00 a.m.
2/20/2019	Prayer Meeting/Prophecy @ church @ 6:30 p.m.
2/23/2019	Sabbath School/Church @ 9:30 a.m./11:00 a.m.
2/24/2019	Bible study at the Anderson's @ 5:30 p.m.
2/25/2019	Women's Group at the Anderson's @ 10:00 a.m.
2/27/2019	Prayer Meeting/Prophecy @ church @ 6:30 p.m.

**A very special bank account**

Imagine there is a bank which credits your account each morning with \$100,000, carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day. What would you do? Draw out every last dollar, of course!

Well, everyone has such a bank. Its name is Time. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the records of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow". Therefore, there is never not enough time or too much time.

Time management is decided by us alone and nobody else. It is never the case of us not having enough time to do things, but the case of whether we want to do it.

What are you doing with your time?

*(Fresh Air-Continued from page 5)*

and gives the mind composure and serenity. It invigorates the appetite and helps food to digest properly.

Oxygen is best for us when it is negatively charged. Negatively charged air decreases the survival of bacteria and viruses in the air. It also improves function of the lung's protective cilia, lowers the resting heart rate, lowers body temperature and decreases the severity of stomach ulcers.

Negatively charged air has many benefits but some of the most impressive have to do with behavior. It improves a sense of well-being. It decreases anxiety by increasing a sense of relaxation and tranquility.

**Indoor air**

"Indoor air pollution has been ranked among the top 5 greatest risks to public health by the EPA. Stagnant indoor air allows pollutants to build up and stick to things inside your home." Pollen, bacteria, dust, mold, and other outdoor contaminants can find their way into our homes. There are things in our homes that emit nasty toxic chemicals, like formaldehyde.

Live indoor plants can be good air-purifiers. Some of the best air-purifiers are the garden mum, spider plants, Dracaena, Ficus, peace lilies, Boston ferns, aloe vera, snake plants and bamboo palms. Plants can remove ammonia, benzene, formaldehyde and other toxic pollutants from our

homes. Indoor broad leaf potted plants are a good source of negatively charged air and increase oxygen and decrease carbon monoxide.

We sleep on an average 1/3 of our lives, usually sleeping 8 hours out of a 24 every day. Having fresh air to breathe during those eight hours we are sleeping is important too. Fresh air in the bedroom gives a good night's sleep. Year around, consider opening your bedroom window a crack every night to breathe in fresh air.

**Outdoor air**

As mentioned earlier, good negatively charged air is the best for us to breathe. Where do we find this good air in the out of doors? Good sources are in natural outdoor environments, like parks with evergreen trees, beaches with surf and after a thunderstorm. Lightening puts an electrical charge in the air producing good negative ions, so walking after a thunderstorm is beneficial. Walking after a rain shower is good too because the rain washes the toxins out of the air.

"We should cooperate with God in the care of our bodies. Love for God is essential for life and health. In order to have perfect health, our hearts must be filled with love and hope and joy in the Lord." *My Life Today*, p. 149

May God bless you as you enjoy God's gift of fresh air!

Jane Gerndt, Reedsburg Church member

(Prophesy-Continued from page 3)

and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils' (Revelation 18:1, 2). This is the same message that was given by the second angel. Babylon is fallen, 'because she made all nations drink of the wine of the wrath of her fornication' (Revelation 14:8). What is that wine?—Her false doctrines. She has given to the world a false sabbath instead of the Sabbath of the fourth commandment, and has repeated the falsehood that Satan first told Eve in Eden—the natural immortality of the soul. Many kindred errors she has spread far and wide, 'teaching for doctrines the commandments of men' (Matthew 15:9).

"When Jesus began His public ministry, He cleansed the Temple from its sacrilegious profanation. Among the last acts of His ministry was the second cleansing of the Temple. So in the last work for the warning of the world, two distinct calls are made to the churches. The second angel's message is, 'Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication' (Revelation 14:8). And in the loud cry of the third angel's message a voice is heard from heaven saying, 'Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues. For her sins have reached unto heaven, and God hath remembered her iniquities' (Revelation 18:4, 5)."

Selected Messages, book 2, 118.

"Christ had just cleansed the temple of those who defiled it with forbidden traffic. Divinity had flashed through humanity, and men had seen the glory and power of God manifested before them." *Review and Herald*, April 9, 1889.

"The parable of the ten virgins of Matthew 25 also **illustrates the experience of the Adventist people.**" *The Great Controversy*, 393.

"I am often referred to the parable of the ten virgins, five of whom were wise, and five foolish. **This parable has been and will be fulfilled to the very letter**, for it has a special application to this time, and, like the third angel's message, has been fulfilled and will continue to be present truth till the close of time." *Review and Herald*, August 19, 1890.

Habakkuk 2:1-4

**"Blessed are the eyes which saw the things that were seen in 1843 and 1844.**

"The message was given. And there should be no delay in repeating the message, for the signs of the times are fulfilling; the closing work must be done. A great work will be done in a short time. A message will soon be given by God's appointment that will swell into a loud cry. Then Daniel will stand in his lot, to give his testimony." *Manuscript Releases*, volume 21, 437.

"I have seen that the 1843 chart was directed by the hand of the Lord, and that it should not be altered; that the figures were as He wanted them; that **His hand was over and hid** a mistake in some of the figures, so that none could see it, **until His hand was removed.**" *Early Writings*, 74-75.

"The disappointed ones **saw from the Scriptures that they were in the tarrying time**, and that they must patiently wait the fulfillment of the vision. **The same evidence which led them to look for their Lord in 1843, led them to expect Him in 1844.**" *Early Writings*, 247.

(Continued on page 12)



*(Gall Bladder-Continued from page 5)*

Count your stones. The stool will sink and the stones will float because they are cholesterol based. They can be tan, pea green, brown, red, white, black, or anything in-between. Tan and green are most common.

Repeat this cleanse every 2 weeks until no more stones appear. This cleanse can normalize cholesterol levels, rid allergies, stop gallbladder attacks (I had approximately 1250 stones with my first 7 cleanses combined) It takes approximately 2000 stones to really help allergies.

You may feel ill (flu-like, achy) for a couple days following a cleanse, or you may feel energized and amazing. Both are normal and you may experience each with different cleanses.

"Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain You have more energy and an increased sense of well-being.

It is the job of the liver to make bile, 1 to 1.5 quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct) The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on an X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan color. The green ones get their color from being coated with bile. Many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites—made of many smaller ones—showing that they regrouped in the bile ducts some time after the last cleanse.

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the backpressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels rise.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria. No stomach

infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver. Cleanse your liver twice a year.

This cleanse is based upon Dr. Hulda Clark's Gallbladder and Liver Cleanse. Info can be researched on the net at [www.curezone.com](http://www.curezone.com) (liver flush forum).

Think of the liver as a large city with thousands of houses and streets. There are underground pipes for delivering water, oil and gas. Sewage systems and garbage trucks take care of waste products. Power lines deliver energy to the homes and businesses. Factories, transport systems and shops meet the daily supply requirements of its inhabitants. The city is organized in such a way to provide all that is needed for the continued existence of its entire population. However, if city life becomes paralyzed as a result of major strike actions, a failing power supply, a massive act of terrorism or a devastating earthquake, the population will begin to suffer serious shortcomings in all of these sectors.

The liver has hundreds of different functions and is connected with every part of the body. Every moment of the day it is involved in manufacturing, processing and supplying vast amounts of nutrients . These nutrients feed the 60-100 trillion inhabitants (cells) of the body. Each cell is, in itself, a microscopic city of immense complexity, with billions of chemical reactions per second. To sustain the incredibly diverse activities of all the cells of the body without disruption, the liver must supply them with a constant stream of nutrients and hormones. With its intricate labyrinth of veins, ducts and specialized cells, the liver needs to be free of any obstruction in order to maintain a problem-free production line and frictionless nutrient and hormone distribution system throughout the body.

The liver is the main organ responsible for processing, converting, distributing and maintaining the body's 'fuel' supply. Some actions involve the breakdown of complex chemicals, other important ones involve synthesis, particularly the manufacture of protein molecules. The liver acts as a cleansing station, inactivating hormones and alcohol and drugs.

In all cases, it is the task of the liver to modify these biological active substances so that they lose their potentially harmful effects—a process known as detoxification. Specialized cells in the liver's blood vessels (Kupffer cells) mop up harmful elements and infectious organisms reaching the liver from the gut. The liver excretes the waste materials resulting from these actions via its bile ducts. To make sure all this occurs efficiently, the liver receives and filters three pints of blood per minute and produces two and a quarter of bile every day. Obstructive gallstones can greatly undermine the liver's capacity to detoxify all of these externally supplied and internally generated substances in the blood; they also prevent the liver from delivering the proper amount of nutrients and energy to the right places in the body at the right time. This can upset the delicate balance in the body, known as 'homeostasis', leading to malfunctioning of its systems and organs.

*(Continued on page 13)*

## 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)

### **North American Division Responds to False Claim The Seventh-day Adventist Church in North America addresses inaccurate statements appearing online.**

December 31, 2018 | Columbia, Md. | North American Division

The leadership of the North American Division values all its members and appreciates the various views they hold on the issues that face our church. We desire to serve all our members and recognize that from time to time there may be differences of opinion, but these should not serve to keep us from our united commitment to the biblical beliefs and global mission of the Seventh-day Adventist Church. We will always follow His call for each of us to become engaged in His mission to reach everyone with the Hope and Wholeness that can only be found in a committed relationship with Him. We are troubled by a recent series of false accusations made in articles published by the lay-operated website Fulcrum 7. One such inaccuracy claims that the NAD plans “to ordain 1,000 female pastors.” This is a claim that does not represent the intent of the North American Division. The division has stated in the past — and continues to move forward with — its plan to hire 1,000 women for pastoral ministry positions, which is completely in line with General Conference Policy, allowing women to be hired as church pastors.

Fulcrum 7 has also called on Adventist church members to withhold tithe from their local church or conference. Efforts such as these only hinder the evangelistic outreach of the church. The local church is the foundation of the Seventh-day Adventist denomination; reduced tithes hamper mission efforts in the local congregation and community.

Finally, claims have been made that question the dedication of the North American Division in upholding the core beliefs of the church. We remain strongly committed to the 28 Fundamental Beliefs of the Seventh-day Adventist Church and its biblical mission to spread the three angels’ messages to the whole world. Any attempt by Fulcrum 7 and others to inform our members of anything different is misleading and dishonest.

— The Leadership of the North American Division of the General Conference of the Seventh-day Adventist Church

**Oxford SDA Church**

Sabbath Worship Times

Sabbath School @ 9:15 a.m.

Worship @ 10:40 a.m.

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

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

EMAIL: PASTORSPADY@GMAIL.COM

**Portage Seventh-day Adventist Church**

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

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

**Service Times:**

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

**Reedsburg SDA Church**

115 S. Oak St.  
Reedsburg WI 53959

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

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

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

**Almond SDA Church**

Sabbath School: 9:30 a.m.

Worship Service: 11:00

Potluck follows service each week!

1340 Elm St.

Almond WI 54909

715-570-2179

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

Pastor Justin Spady

260-413-3066

**Wautoma SDA Company**

Sabbath School: 9:30 a.m.

Worship Service: 11:00 a.m.

Potluck follows service each week!

535 S. Cambridge

Wautoma WI 54982

920-765-0961

[wautomawi.adventistchurch.org](http://wautomawi.adventistchurch.org)**Website under construction!**

Pastor Justin Spady

260-413-3066

**Christmas Time Travel**

My dear wife Jody and I went on a trip to Gatlinburg, TN in December and we saw a few Christmas shows there. They had some comedy and stuff in them but near the end they talked of the real reason to celebrate Christmas. Of course He was not even born in December. To celebrate the coming of our Lord and Savior that would die for the sins of all that believe in him, they would share their testimony of Jesus saving them. Then they would act out the scene of Jesus in the manger.

That is the beauty of the Bible belt that they can still worship God and his Son in a secular show and not be opposed.

Last year we went to Branson MO and witnessed the same thing in their shows.

This probably will not be like this in the future. Jesus is coming soon. A lot of people will be taken by surprise and be like the 5 foolish virgins who ran out of oil.

Written and submitted by Richard Lucas

(Prophesy-Continued from page 8)

“Another mighty angel was commissioned to descend to earth. Jesus placed in his hand a writing, and as he came to earth, he cried, **Babylon is fallen! is fallen!** Then I saw the **disappointed ones** again look cheerful, and raise their eyes to heaven, looking with faith and hope for their Lord’s appearing. But many seemed to remain in a stupid state, as if asleep; yet I could see the trace of deep sorrow upon their countenances. The disappointed ones saw from the Bible that they were in the tarrying time, and that they must patiently wait the fulfillment of the vision. **The same evidence which led them to look for their Lord in 1843, led them to expect him in 1844.**” *Spiritual Gifts*, volume 1, 153.

Ezekiel 37:1-14 and Jeremiah 8

“God can breathe new life into every soul that sincerely desires to serve Him, and can touch the lips with a live coal from off the altar, and cause them to become eloquent with His praise. Thousands of voices will be imbued with the power to speak forth the wonderful truths of God’s Word. **The stammering tongue will be unloosed**, and the timid will be made strong to bear courageous testimony to the truth. May the Lord help His people to **cleanse the soul temple from every defilement**, and to maintain such a close connection with Him that they may be partakers of **the latter rain when it shall be poured out.**” *Review and Herald*, July 20, 1886.

“Not one of us **will ever receive the seal of God** while our characters have one spot or stain upon them. It is left with us to remedy the defects in our characters, to cleanse the soul temple of every defilement. **Then the latter rain will fall upon us as the early rain fell upon the disciples on the Day of Pentecost.** . . .

“What are you doing, brethren, in the great work of preparation? Those who are uniting with the world are receiving the worldly mold and preparing for the mark of the beast. Those who are distrustful of self, who are humbling themselves before God and purifying their souls by obeying the truth these are receiving the heavenly mold and preparing for the seal of God in their foreheads. **When the decree goes forth and the stamp is impressed, their character will remain pure and spotless for eternity.**” *Testimonies*, volume 5, 214, 216.

The act of Christ in breathing upon his disciples the Holy Ghost, and in imparting his peace to them, was as a few drops before the plentiful shower to be given on the day of Pentecost.” *Spirit of Prophecy*, volume 3, 243.

“**We must not wait for the latter rain.** It is coming upon all who will **recognize** and appropriate the dew and showers of grace that fall upon us. When we gather up the fragments of light, when we appreciate the sure mercies of God, who loves to have us trust Him, then every promise will be fulfilled. ‘For **as the earth bringeth forth her bud**, and as the garden causeth the things that are sown in it **to spring forth**; so the Lord God will cause righteousness and praise to spring forth before all the nations’ (Isaiah 61:11). The whole earth is to be filled with the glory of God.” *The Seventh-day Adventist Bible Commentary*, volume 7, 984.

“Only those who are living up to the light they have will receive greater light. Unless we are daily advancing in the exemplification of the active Christian virtues, **we shall not recognize the manifestations of the Holy Spirit in the latter rain.** It may be falling on hearts all around us, but we shall not discern or receive it.” *Testimonies to Ministers*, 507.

“The work of God in the earth presents, from age to age, a striking similarity in every great reformation or religious movement. **The principles of God’s dealing with men are ever the same.** The important movements of the present have their parallel in those of the past, and the experience of the church in former ages has lessons of great value for our own time.” *The Great Controversy*, 343

“But God’s servants are not to trust to themselves in this great emergency. In the visions given to Isaiah, to Ezekiel, Daniel and to John we see how closely heaven is connected with the events taking place upon the earth and how great is the care of God for those who are loyal to Him. The world is not without a ruler. The program of coming events is in the hands of the Lord. The Majesty of heaven has the destiny of nations, as well as the concerns of His church, in His own charge.” *Testimonies*, volume 5, 753.

(Continued on page 13)

*(Gallbladder-continued from page 9)**(Prophecy-Continued from page 12)***Summary**

**“And behold, I am coming quickly, and My reward is with Me, to give to every one according to his work. I am Alpha and the Omega, the Beginning and the End, the First and the Last.”** Blessed are those who do His Commandments, that they may have the right to the tree of life, and may enter through the gates into the city. But outside are dogs and sorcerers and sexually immoral and murderers and idolaters, and whoever loves and practices a lie. **“I, Jesus, have sent My angel to testify to you these things in the churches, I am the Root and the offspring of David, the Bright and Morning Star.”** And the Spirit and the bride say, **“Come!”** And let him who hears say, **“Come!”** And let him who thirsts come. Whoever desires, let him take the water of life freely. (Revelation 22:12-17).

A perfect example for such a disturbed balance is the increased concentration of the endocrine hormones estrogen and aldosterone in the blood. These hormones, produced both in men and women, are responsible for the correct degree of salt and water retention. When not detoxified, as occurs

in bile duct and gallbladder congestion, their excessive concentration in the blood causes tissue swelling and water retention. High estrogen levels are also considered the leading cause of breast cancer among women. In men, high levels of this hormone can cause excessive development of breast tissue. Nearly 60% of the American population is overweight or obese; that is, they suffer from fluid retention (with comparatively little fat accumulation). Fluid retention in the tissues forces other toxic waste matter to be deposited in various parts of the body. Wherever the storage capacity for toxins is exhausted, symptoms of illness begin to occur.

Clearing the liver and gallbladder from all accumulated stones helps to restore homeostasis, balance weight and set the precondition for the body to heal itself. It also is one of the best precautions one can take to protect against illness in the future. If you suffer any of the following symptoms, or similar conditions, you likely have numerous gallstones in your liver and gallbladder:

Food cravings	Diarrhea
Constipation	Flatulence
Hemorrhoids	Liver cirrhosis
Hepatitis	Most infections
High cholesterol	Pancreatitis
Heart disease	Brain disorders
Duodenal ulcers	Depression
Impotence	Puffy eyes
Skin disorder	Gout
Stiff neck	Asthma
Joint diseases	Knee problems
Osteoporosis	Obesity
Chronic Fatigue	Kidney diseases
Cancer	Urinary problems
Hormonal imbalances	Menstrual and menopausal disorders
A 'bilious' or angry personality	Dull pain on the right side
Difficulty breathing	Clay-colored stool (lack of bile)
Prostate diseases	Digestive disorders
Dizziness and fainting spells	Loss of muscle tone
Strong shoulder and back pain	Pain at the top of a shoulder blade and/or between the shoulder blades
Dark color under the eyes	Tongue that is glossy or coated in white or yellow
Morbid complexion	Headaches and migraines
Frozen shoulder	Yellowness of the eyes and skin
Tooth and gum problems	Cold extremities
Numbness and paralysis of legs	Difficulty sleeping, insomnia
Very greasy hair and hair loss	Hot and cold flushes
Stiffness of joints and muscles	
Excessive weight or wasting (I wasted to 98lbs before being able to regain after my first cleanse)	
Cuts or wounds that keep bleeding and don't want to heal	
Excessive heat and perspiration in the upper part of the body	
Problems with vision (my vision improves for a week or so after each cleanse)	
Nausea and vomiting (I had this for years, unexplained, with my first cleanse it disappeared)	
Other sexual problems (hormonal imbalance)	
Liver spots, especially those on the back of the hands and facial area	

*Reference: Hope for Health, Georgine Olson*

*Submitted by: Dorothy Tess*



Hello from Wautoma,  
As we begin another year, 2019, it seems as though our work efforts on the new church are speeding up. It is the hope that we will be in our new church in 4 to 6 weeks. The ladies have been busy washing walls in preparation for paint and repairs. We really are thankful for God providing this opportunity to establish not one but two separate SDA companies in Wautoma, each with their own church. We have had many blessings, sharing the current church between the English company and the Spanish Company. On January 12, 2019 we held our first joint communion service with our Spanish brothers and sisters. Both of our pastors were present to officiate; Pastor Spady and Pastor Lima. We also had Eric and Carrie Anderson's little girl, Ember Trillium, dedicated to the Lord. What a blessing we all received. It was a "high" Sabbath and a little taste of heaven. And there have been many other blessings. But we look forward to having our own churches and having more space for our worship and activities. Please pray that progress will continue on our building improvements.

Alan Anderson

Top: Dedication of Ember Trillium Anderson,

Bottom: Music by Cheryl Anderson & Bruce Runnels



**A Recipe for "Preserved Children"**

**INGREDIENTS:**

- |                          |          |
|--------------------------|----------|
| 1 Large field            | Blue sky |
| 1/2 dozen children       | Sun      |
| 2 small dogs             | Bathtub  |
| A pinch of brook pebbles | Flowers  |

**DIRECTIONS:**

Mix the children and dogs together well. Put them in the field, stirring constantly. Pour the brook over the pebbles. Sprinkle the field with flowers. Spread over all a deep blue sky and back in the sun. When brown, set away to cook in the bath tub.

Yields many memories NEVER forgotten!

Anonymous



**Who Do You Say Jesus Is?      Written by: Kenneth Wells, Jr.**

One day, Jesus asked his Disciples,  
 "Who do you say that I, the Son of Man am?"  
 Some days, Jesus was a great "this" or a great "that."  
 He was a mere man, or He wasn't a mere man.  
 He truly was a great teacher.  
 And a great prophet.  
 He was the greatest moral person that ever lived.  
 Jesus was the greatest Teacher the world has ever known.  
 The greatest Preacher the world has ever heard,  
 But He was so much more!  
 He is a friend to the friendless;      *(continued below)*

Top and Bottom are the first communion held at Wautoma Company



*(Who is Jesus?-continued from above)*

A physician to the sick;  
 A Psychiatrist to the confused;  
 He is a banker to the poor;  
 A compass to the traveler;  
 A Bright and morning star to those walking in darkness;  
 He is the Deliverer of every habit;  
 The Savior from every sin;  
 He is the Baptizer in the Holy Spirit;  
 And fire to everyone who hungers and thirsts;  
**HE TRULY IS THE VICTOR!**

# GRACE NOTES

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Contribution deadline is the 23rd  
of the month

## Disclaimer:

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

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**

Racine Correction center

PO Box 900

Sturtevant. WI 51377

## 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

## Recipe Corner

**Our potluck meals are the best.**

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!

From *Recipes from the Weimar Kitchen*, 1985 edition. I served this soup to our Amish friends back in the early 1990s. Fond memories!  
Jane Gerndt

### Split Pea Soup 1

- 1 medium onion, chopped
- 1 # green split peas
- 3 quarts water
- 2 bay leaves
- 1 clove garlic
- 4 Tbsp. - I use Braggs Aminos
- 3 cups finely chopped potatoes
- 1 cup chopped celery and leaves
- 1 tsp. salt
- ½ cup grated carrots

Soak peas for several hours. Steam onion in a small amount of water. Bring peas to a boil and cook, adding onions and seasonings. Cook until peas are done. Add vegetables and cook slowly until tender, about 20 minutes. Remove bay leaves.

**What a great meal on these cold winter days!**