

Dakota Conference of Seventh-day Adventists

Dakota Dispatch
Sharing the unchanging love of Jesus in a changing world.



Lose Weight - but NOT Breakfast, Conclusion



A wide and growing body of evidence supports the concept that breakfast is a very important meal of the day for both children and adults. It provides fuel for the body, supports mental alertness, and may prolong life as well!⁷ Breakfast should contain a substantial part of the day's energy, be well-balanced, and deliver its energy slowly over the course of the morning. This is not always followed. Researchers in the United Kingdom found that children younger than 10 years old consume more than 50 percent of the daily allowance for sugar in breakfast cereals, drinks, and spreads alone.⁸

These are not new concepts. Many years ago, the early health reformer Ellen G. White wrote: "It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day."⁹ The same author recognized that not all would do better on two meals and then suggested a very light supper: "Most people enjoy better health while eating two meals a day than three. Others, under their existing circumstances, may require something to eat at suppertime; but this meal should be very light. Let no one think himself a criterion for all, - that every one must do exactly as he does."¹⁰

It will not hurt you to try this eating pattern for a few weeks - you may find you feel better and have a clearer mind - and an easier time losing

weight!

Article by Fred Hardinge, DrPH, RD; iStock Photo, 8. Matthew Taylor, "Children Consume Half of Daily Sugar Quota at Breakfast - Study," *Guardian*, January 2, 2017, theguardian.com/society/2017/Jan/03/children-consume-half-of-daily-sugar-quota-at-breakfast-along-study. 9. Ellen G. White, *Counsels on Diet and Foods* (Washington, DC; Review and Herald Pub. Assn., 1938), 173. 10. White, *Counsels on Diet and Foods*, 176.



Students Participate in Community Service Day



A high school student often wants to do something big, which will provide recognition that they are able to step out and take on the world. Sometimes the focus is so much on making a huge impact that the importance of little things is overshadowed. My grandma always said, "Many hands make light work," and oh how true this is! DAA's community service day last week was all about the little things that add up to something big.

United Way has an emergency shelter in downtown Bismarck that focuses on helping urgent-need families get back on their feet. Dakota Adventist Academy paired up with United Way to give their facility a "spring cleaning." Laundry, cleaning, organizing and inventorying supplies, none of this is flashy work, but when it is done it makes a huge difference.

Some of the students and staff from this group spent the whole day at the laundromat. There were people in and out all day and comments were made that our group, after being there all day, was still smiling and enjoying working together. The students were proud of what they accomplished in just one day, knowing that it would have taken the few that work at the Sunrise Shelter weeks to do the same work.



DAA's construction-class students used their skills to do a bit of constructing and some deconstructing for DAA Registrar Mrs. Jeana Eszler. Since she has given so much of her time to DAA's students, they wanted to give a bit back and help her and her husband get their new-to-them home ready to move into this summer. Plaster and lath had to come down; walls had to be braced, taken down and rebuilt to reconfigure the new layout, and so much more. DAA students loved being part of building her future with her family.

The many hands of students and staff made light the work and they had a lot of fun doing it. We are anxious to see what the next community service day has in store.

Article by Tracy Peterson; Photo top left by Stephen Staff, top right by Mindy Juhl, two bottom pictures by Tracy Peterson.

Youth Rally To Be Held in Fargo



WHO: Speaker Jason Woll

WHAT: A Youth Rally with the theme "Benefits of Serving Others." Youth will be going into the community for a service day. Be prepared to meet people and share Jesus!

WHEN: Sabbath, April 14, 2018

WHERE: Fargo Seventh-day Adventist Church

Article & photo by Loren Nelson III

2018 DC Men's Retreat Audio CD's Available



The 2018 Dakota Conference Men's Retreat in Medora, ND was a resounding success, with record attendance by men from North Dakota, South Dakota, Montana and beyond! The speaker lineup was phenomenal, and now (thanks to digital technology) you can own all the messages from this exciting weekend. Just go to www.dakotaconferenceaudiolist.blogspot.com to learn more.

Article by Pastor Mike Temple; Photo by Lorin Rubbert

Mitchell, SD - Adventist Group Starts Meeting Again

Following the successful evangelistic meetings held by Donovan Kack, the Dakota Conference evangelist, in Mitchell, SD, the Mitchell Adventist group is regularly meeting on Sabbath afternoon at 720 E 1st Ave in Mitchell starting at 2:00 pm with Bible Study, followed by the Worship/Sermon at 3:00 pm. If you live in the area or are simply traveling through, you are welcome to join us.

Congratulations to Burleigh County Schools



In the March 21, 2018, Wednesday addition of the *Bismarck Tribune*, World Section, was a half-page ad congratulating and listing schools in Burleigh County who had a "comprehensive tobacco-free school policy." Besides the Bismarck, Manning, Apple Creek, Menoken Elementary, Naughton, Wing, Sterling Elementary, and other public schools, were several Christian schools, including Brentwood Seventh-day Adventist Elementary and Dakota Adventist Academy. The approbation was from Bismarck-Burleigh Public Health.

The half-page ad read in part: "Comprehensive tobacco free school policies:

- Apply to students, staff, faculty, and guests.
- Are in effect in building, on school grounds, and at all school sponsored events.

Thank you to the school boards, faculties, and staff at each of the schools for their commitment to protecting the health of North Dakota's future leaders!"

Article by Jacquie Biloff; Photo by iStock

The Lost Peso Is Found

Bible Text: Luke 15: 8-10



Note: Alison Hoffman (grade 8 student at Prairie Voyager Adventist Elementary in Grand Forks, ND) wrote this as part of her Pathways' reading for January. The assignment was to rewrite a Bible parable into a modern translation for a specific group of people. Alison chose to rewrite the parable of the lost coin for the Mexican people. Alison has given her permission for this to be used in the *Dispatch*.

My parable takes place in a small village in the tropical lowlands of Mexico. In this story a *senorita* will lose something, find it, and be happy.

This poor *senorita's* name is Elena. Elena loses her peso somewhere in her casa and wants to find it. Elena is very unhappy because she can't find her peso. Elena goes to her best amigos' house to get advice on how to find her lost peso. Her best amigo tells her to get a light, get her broom and barrer elipso, and look carefully. Elena thanks her best amigo and goes home. Elena goes to her room and gets her little flashlight she uses for emergencies. She barrer elipsos the floor till it is shiny clean. She looks very carefully everywhere not missing a single crack. Elena then sees something shiny on the floor and goes to pick it up. A mouse comes out and Elena jumps up on the table. The mouse grabs the shiny object and runs towards its hole in the wall. Elena and her gato chase the mouse. The mouse runs into the cat and the cat eats the mouse, the shiny object falls to her feet. Elena picks up the shiny object and studies it carefully. She finds out it's her lost peso and becomes very happy. She runs to her amigos' house and tells the good news. Elena then goes into the village and tells all her amigos that there will be a fandango to celebrate because she found the missing peso. Everybody comes to the fandango because they are happy she found her peso. In the same way when one person believes in Jesus and lets him in their heart, heaven rejoices and has a fandango for that one person who chose Jesus to be their Savior.

Article by Alison Hoffman; Photo by Leanne Erickson

Become An Evangelist

There are many types of Evangelism! I would like to encourage each church to think about Child Evangelism this summer. Dakota Conference Children's Department has two wonderful Vacation Bible School kits that are created by Seventh-day Adventists. This summer your church will not have to worry about the church down the road doing the same program as your church. Encourage your members to invite their friends and neighbors.



The first kit is called, "Sea of Miracles". This program will show kids the power of Jesus' love and the plan of salvation. Each day kids will explore Galilee during Jesus' time and learn about His many miracles. Christ-centered activities will help kids discover Jesus and develop a growing relationship with Him. This kit can be purchased from the Adventist Book Center in Lincoln, NE or AdventSource.

The second kit is called, "A Week in the Forest". In this program kids will spend a week learning to be like Jesus through adventures with the Forest Ranger. The Bible will come alive through stories, object lessons, nature features, games, crafts, and Ranger Presentations.

For any questions about Vacation Bible School or if you are interested in purchasing the kit, "A Week in the Forest" call Sue Nelson @ 701-400-8253.

Article by Sue Nelson; Photos by NAD Children's Ministries and iStock Photos



Lehr Church Holds Singspiration

On the evening of February 25, the Lehr congregation welcomed a near-capacity crowd to the church for the Second Annual Singspiration. The large crowd listened to, and participated in, more than 25 music selections from performers around the region. The ages of the performers ranged from 2 to nearly 90. There were singers from Bismarck, Lehr, Ventura, Kulm, Wishek, Ellendale and other locations.

Everyone was blessed by a Scripture recitation from Miss Bristol Merkel of Ellendale, who quoted the 23rd Psalm from memory despite her very few years of age. She did an excellent job, as did all the participants.

Three young ladies, students at the Black Hills Health & Education Center, sang a trio and then two of them played a cello duet, which was very nice. Donna Ruff from Lehr and her granddaughter sang a song about the town of Lehr and another song as well. There were pianists, guitarists, cellists and other instruments featured. One trio consisted of Reed Merkel on trumpet, Lacy Merkel on clarinet, and Charlotte Messer of DAA on flute. Everyone had a wonderful time with the singing, instrumentals and recitations.



The program was followed with fruit cups and a variety of chips and water to drink. Most of the visitors stayed by and visited, enjoying the opportunity to fellowship. It was a beautiful night outdoors and a wonderful night indoors.

We are looking forward to next year and the Third Annual Lehr Singspiration. If you would like to be a part of the program, send an email to thebiblespeakstoday@hotmail.com. Maybe we will see you next year!

Article & photos by Bob Forbes III

Miss Kally Wag's Quinoa

2 C quinoa
1 can pineapple chunks

3/4 C shredded coconut
Optional sweetener (agave nectar or honey)

Water

Drain pineapple juice and set aside from pineapple chunks. Cook 2 cups quinoa in reserved pineapple juice plus enough water to equal total

required liquid amount for cooking the quinoa per directions on package. Continue cooking following package directions. Once cooked, fluff and add coconut and pineapple chunks. Mix together. Add sweetener to taste. Serve warm or chilled.

Recipe by Heidi Strain in Breaking Bread Together, page 11. For sale at CO and DAA for \$20. Benefits DAA Senior Class of 2018.





Bismarck		Retail Case	Retail Single	Special Case	Special Single
CANNED:					
LL Super Links	12/19 oz	68.70	6.33	66.30	6.18
LL Veja Links	12/19 oz	68.70	6.33	66.30	6.18
Roma	6/7 oz	45.39	8.36	42.99	8.01
Frozen:					
W Prosage Roll	12/16 oz	87.42	8.05	79.42	7.45
W Leanies	8/12/75 oz	34.70	4.79	27.70	3.99
W Sandwich Slices	8/8 oz	33.91	4.68	30.91	4.35
W Fripats	12/9 oz	62.39	5.74	54.85	5.19
W Dinner Roast	6/2 lb	87.52	16.12	79.52	14.87

quantities may be limited
 date: April 3 - April 30, 2018

ABC hours in Bismarck, ND are:

- Tuesday, 3:00pm - 5:30pm
- Wednesday, 3:00pm - 5:30pm
- Thursday, 3:00pm - 6:00 pm
- Closed on Sundays

QUOTE of the MONTH

"Sunset is my favorite color, and rainbow is second."

Mattie Stepanek

April 5 Dispatch Photo



Photo by Charles O'Hare, with telephoto lens VR28-300mm on his Nikon D750, ten miles south of Bison, SD.

Dispatch Mission: To build a climate of encouragement and blessing through the sharing of witnessing and evangelism activities. If you have news to share or would like to be added to the **Dakota Dispatch** mailing list, please email Jacquie Biloff at jbiloff@icloud.com. Bison Copyright



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