

Dakota Conference of Seventh-day Adventists  
*Dakota Dispatch*  
Sharing the unchanging love of Jesus in a changing world.



---

## Dr. Kelly's Health Nugget



Harvard University has studied the Genesis 1:29 diet and found it to be highly effective in preventing heart disease. (Okay, so they did NOT study Genesis 1:29, but they DID study fruits and veggies...) More than a decade ago Harvard published results from their Nurses' Health Study showing that every daily serving of fruits and vegetables eaten reduced the nurses' risk of a heart attack by 4%! Those who ate 8 servings a day had the lowest risk (32% less) and they did not find any increased risk at the very highest levels of consumption. So, enjoy your fruits and veggies to live long enough to also enjoy your grandkids!

Dr John Kelly of Black Hills Health & Education Center; iStock Photo

---

## 22nd Annual Men's Retreat

Once again the men from the Dakota Conference were blessed as Dr. Jon Paulien presented the *Stages of Faith* as they met throughout the weekend. It was encouraging to learn more of the science of faith and how human beings relate to God's calling as they grow in His grace and knowledge. He covered the different stages of faith in which people grow, where they become stagnant in those stages, how to identify one's self in the stages, how to identify where others are in their growth, and what can be done to continue growing in your walk and encouraging others in

their walk with the Lord. Dr. Jon Paulien's outline is available on his website,  
<http://thebattleofarmageddon.com>.

This presentations, combined with powerful morning devotions by Ed Dickerson and Brooks Payne and Sabbath presentations by Elder Neil Biloff, left us with food for thought for many days ahead.

Next Year's Men's Retreat will be held at the Roughrider Inn in Medora, North Dakota, March 9-11, 2018. See you there!



Author: Randy Rubbert; Photos: Logan Rubbert

---

## NLC Kitchen Challenge

After the January 27 issue of Dispatch was sent out I received an email from a member regarding the Northern Lights Kitchen Project, which read, "After looking at the figures for the Northern Lights Kitchen, I would challenge each member to give \$3.00. That is all we need to surpass the goal of \$250,000.00."

Thank you for keeping this project in your prayers.

Article & Photo: Jacquie Biloff



---

## ,Just Jesus. ACM Hosts Summerscales

Adventist Campus Ministries hosts Apologetics Conferences in Wahpeton and Fargo. They have experienced good attendance and amazing feedback from the community. Thumbnails may be seen at [justjesusacm.com/apologetics](http://justjesusacm.com/apologetics). The most recent conference, *The Universe and God – The Cosmos Confirms Creation and the Reality of an Amazing and Wonderful Creator*, was held in February at both locations.



Tiffany Summerscales, associate professor in the Physics Department at Andrews University, spoke February 15, 2017 regarding the expanding creation of the universe and her team's recent discovery of Gravity Waves, which Einstein predicted in 1915. She is a member of the Laser Interferometer Gravitational-Wave Observatory (LIGO) collaboration, which recently announced this first ever observation. This team, supported primarily by MIT and CalTech, will probably receive the Nobel Peace Prize for their

discovery.

Summerscales explained that gravitational waves are ripples in the fabric of space-time similar to the waves on a pond when a rock is thrown into the water. These travel through space at the speed of light. For the first time scientists have observed waves reaching the earth from a cataclysmic event from the distant universe. This information may carry valuable information about the nature of gravity.



The Apologetic Conferences are great outreach events for Adventist Campus Ministries and for the community. One hundred forty-nine people were added to the Apologetics newsletter, which goes out once a month keeping students and the community abreast of upcoming events. Just Jesus. ACM's Family Worship, which are held every Monday and Friday, and free books available are also noted in the newsletter. From this most recent conference three people said, "Please do this kind of thing more often."

Article and Photos: Pastor Darrel Lindensmith

---

## DAA Hosts Music and Arts Festival 2017





T  
h  
e  
h  
a  
l  
s

and classrooms of DAA were filled with the sounds of laughter and music as 65 students from around the Dakota Conference and beyond joined our students for the annual Music & Arts Festival the last weekend of February. Schools represented were Brentwood (Bismarck), Invitation Hill (Dickinson) Adventist School, Hillcrest (Jamestown), Rapid City, Prairie Voyager (Grand Forks), Red River (Fargo), Red River Valley Junior Academy (Winnipeg, Canada), and Sioux Falls. Students from other area public schools in Summit, Watertown, and Voltaire also joined us for the weekend.

Classes began on Wednesday evening and continued through Friday afternoon. Students had the options of participating in workshops of their choice. Sue Nelson led Beginning Bells and Rebecca Chapman led Advanced Bells. Dr. Miyashiro from Union College and Krishna Yagambrun from Red River Valley Junior Academy led Beginning Band. Dr. Miyashiro also led Advanced Band.

All students participated in the full choir led by Dr. Little from Union. Kim Pike, Darla Anderson, Janna Wright, Thomas Chapman, Robert Chapman, and Renae Cross assisted the students in small sectional groups during the practice sessions. DAA English and Art teacher, Gary Way, worked with all the students during their art classes. The festival ended with a special concert on Sabbath afternoon featuring each of the groups.

We appreciate all the hard work the clinicians and students put in to make this festival a success. Thanks also to our own music teacher, Ms. Char Messer, for all her hard work in planning and organizing the music festival.



To take advantage of the ABC's specials on food, call Lynette Miller at 701.751.6177 for availability or visit the Bismarck ABC at 7200 Washington Street, Bismarck, ND.

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



Bismarck		Retail Case	Retail Single	Special Case	Special Single
<b>CANNED:</b>					
Fri Chik low fat	12/12.5 oz	49.15	4.69	49.60	4.73
<b>SPRING STOCK UP</b>					
<b>Case Prices Only on these items</b>					
Beefless Chunks	12/13 oz	58.88		49.11	
Big Franks	12/20 oz	38.70		57.99	
<b>Chik'n Chunks</b>	12/13 oz	58.88		38.61	
Chili	12/20 oz	49.06		40.42	
Choplets	12/20 oz	68.70		57.99	
Diced Chik	12/13 oz	58.88		49.11	
<b>Fishless Tuna</b>	12/13 oz	58.88		43.61	
<b>Fri Chik</b>	12/12.5 oz	58.88		43.61	
Linketts	12/20 oz	68.70		57.99	
Little Links	12/19 oz	68.70		57.99	
Prime Stakes	12/13 oz	58.88		49.11	
RediBurger	12/19 oz	68.70		57.99	
<b>Saucettes</b>	12/19 oz	68.70		51.29	
Sloppy Joe	12/20 oz	68.70		57.99	
<b>Spicy Chorizo</b>	12/20 oz	68.70		46.29	
<b>Super Links</b>	12/19 oz	68.70		51.29	
Swiss Stake	12/13 oz	58.88		49.11	
Tender Bits	12/19 oz	68.70		57.99	
Tender Rounds	12/19 oz	68.70		57.99	
Vege Burger	12/19 oz	68.70		57.99	
Vegetable Skallops	12/20 oz	68.70		57.99	
Vegetable Steaks	12/20 oz	68.70		57.99	
Vegetarian Burger	12/20 oz	68.70		57.99	
Taco Filling	12/20 oz	68.70		57.99	
<b>Veja Links</b>	12/19 oz	68.70		51.29	
<b>Food Service</b>					
Fri Chik	12/42 oz	125.39	11.95	126.50	12.05
Super Links	6/96 oz	128.20	10.79	129.31	10.89

## March 23 Dispatch Photo



The above photo was taken in Venturia, North Dakota by Coreen Schumacher. This is a rare sight for windy North Dakota. Thank you Coreen.

---

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](mailto:jbiloff@icloud.com). Bison Copyright

---



Dakota Conference Facebook



Dakota Conference Website



Dakota Adventist Academy



Dirt Kicker Charity Run



Dirt Kicker Run Facebook

---

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#)

