



Health is Related to Happiness



So closely is health related to our happiness, that we cannot have the latter without the former. A practical knowledge of the science of human life is necessary in order to glorify God in our bodies. It is therefore of the highest importance that among the studies selected for childhood, physiology should occupy the first place. How few know anything about the structure and functions of their own bodies and of nature's laws! Many are drifting about without knowledge, like a ship at sea without compass or anchor, and what is more, they are not interested to learn how to keep their bodies in a healthy condition and prevent disease.

Lead the people to study the manifestation of God's love and wisdom in the works of nature. Lead them to study the marvelous organism, the human system, and the laws by which it is governed. Those who perceived the evidences of God's love, who understand something of the wisdom and beneficence of his laws and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it, as it really is, as an inestimable blessing. CH 40.2

E. G. White, [The Health Reformer](#), Aug, 1866, Vol 1, No 1, CH 38.1 & CH 40.2; iStock Photo

Pathfinders Alive & Growing in the Dakotas

What an exciting weekend! Pathfinders from five clubs around the conference converged on Dakota Adventist Academy to take part in the Pathfinder Bible Experience, Pinewood Derby, and Honors Fair, January 20 & 21, 2018. This year Pathfinders worked on learning the books of Daniel and Esther for Pathfinder Bible Experience. Saturday

afternoon, the PBE started with Pathfinders and staff marching into the gym, posting the colors, singing the Pathfinder Song, and reciting the Pathfinder Pledge and Law. Teams competing in the PBE were: Bismarck Pathfinders, Fargo Falcons, Grand Forks Bison, Grassy Butte True North, Manfred Prairie Winds and one DAA team. The teams, made up of two to six team members, worked hard on recalling answers to the 90 questions presented. In the end one team came in first, one in second, and three teams in third. The first-place team will represent the Dakota Conference at the Union level Pathfinder Bible Experience in Lincoln, Nebraska on February 17.



After a delicious supper in the cafeteria, clubs met for worship and then, it was time for the Pinewood Derby. Students from DAA's Autobody class, under the guidance of their teacher Ryan Peterson, judged the cars on the following categories: best paint, best design, and most original. The races started amidst cheers and shouts. There were three levels of racers: Adventurers (4-9), Pathfinders (10-14), and Staff/Teen Leaders. The winner from each category went on to race for the grand championship trophy. Rebekah Thingvold, from the Bismarck Adventurer Club, took home the Grand Championship Trophy. Some of the young people were already planning how to creatively design their cars for next year's Pinewood Derby.



The next morning clubs came together to earn honors/awards at the Honors Fair. Some honors, taught by local individuals, were Drawing, Airplane Modeling, Candle Making, Fingerprints/Finger Painting, and Astronomy/Stars. There were experienced Pathfinder/Adventurer clubs at the fair who taught Trees, Endangered Animals, Fitness, and four computer honors. Everyone went home with at least one honor and some as many as four.





Thank you to the dedicated people who are working to help our young people learn about God through Adventurers and Pathfinders. Please contact Sue Nelson at the conference office if your church would like to start an Adventurer or Pathfinder Club.

Article by Sue Nelson; Photos by Kim Boyko & Sue Nelson

Custer Church Shows God's Love



Sabbath afternoon, January 27, 2018, at the Custer Adventist Church's Personal Ministries meeting, those attending assembled several baskets of food for struggling families in the community. The baskets included fresh bread along with magazines and books of encouragement.

At a church business meeting the week prior, members had discussed how to reach the community with God's love and meet its needs. Within a few days ideas formulated into action and the food baskets became a reality by Sabbath afternoon.

One of the baskets delivered brought tears to the eyes of the recipient as she expressed, "You have no idea how much I need this." That experience not only touched her heart but also the hearts of everyone involved in the project. Showing God's love changes hearts.

Article & photo by Pastor Sam Thomas

Dakota Singers Participate in MAUC Music Festival

February is a month of music. Union College hosts an annual music festival each year with the focus alternating



between vocal and instrumental. This year was the 65th year of the music festival.

Dakota Singers along with their music director, Charlotte Messer, traveled to Union to participate in this years' music festival. After a long day of travel on Wednesday, January 31, they arrived and began rehearsal under the direction of Professor of Music Dr. Ricky Little and Assistant Professor of Music Dr. Kurt Miyashiro. DAA students joined over 160 other students from the academies across the Mid-America Union as well as Sacramento Adventist Academy. Friday evening vespers featured vocal groups from

the individual schools. The final concert of the weekend was Sabbath evening with a mass choir of over 160 voices singing praises to our Maker and our King.



February will end with the DAA Music & Arts Festival scheduled for February 21 - 24 at Dakota Adventist Academy. Students from around the Dakota Conference, as well as Canada, will be participating in the festival. Currently, 55 students have registered. However, additional registrations are anticipated over the next couple of weeks. All attending students will participate in choir and break out clinic sessions. This year's offerings will include bells, band/orchestra, choir and art. Both Dr. Ricky Little and Dr. Kurt Miyashiro will be at DAA to lead the choir and band areas. The festival ends with a musical concert Sabbath, February 24 at 4 pm, showcasing the talents developed during the clinic sessions.

Please continue to keep all the academy students and staff, as well as those traveling to Music Festival, in your prayers. We appreciate all you do for DAA.

DAK ladies pictured above - Nyegai Koun, Faith Peterson, Leticia Venegas, Erica Chapman

Article by Sharon Heinrich; Photos by Charlotte Messer and Jared Gibson

Hillcrest Elementary Provides Community Service

Students and staff at Hillcrest Adventist Elementary School participate in something called Help-Out Day two times a year. Students are divided into groups and spend half a day doing various service projects around the community. Hillcrest usually serves between five and eight places during Help-Out Day.

For 2018 HAES decided to work on incorporating a monthly service project as well:

January	Cookies and cards to the police officers and fire fighters
February	Flowers and singing to the nursing home residents
March	TBD
April	Hillcrest Help-Out Day
May	TBD

March and May services are yet to be decided.

Pictures from December's activities:



Article & photos by RaeLea Frishman

DARWINISM AND THE CULTURE OF DEATH

FEBRUARY 16 @ 7PM
MCGOVERN ALUMNI CENTER
1241 N. UNIVERSITY DR.

Featuring Professor Richard Weikart
University of Southern California
Expert on Nihilist Philosophy

SPONSORED BY JUST JESUS. ACM

This event is at NDSU in Fargo, ND.

Bottineau Church is Remodeling



The Bottineau Adventist Church has been updating the church building including new siding, windows, and most recently, carpet. The red carpet being replaced has been in the church since before 1972, reports Marie Beachler, who began attending at that time. The center row of pews will also be replaced with chairs.

Church members are excited with the improvements and hope the updates will continue to draw His children to this House of Prayer for all people.

Article & photos by Pastor Barry St. Clair

Lehr Church Enjoys Revival Weekend



The first weekend in January the Lehr Seventh-day Adventist Church enjoyed a revival weekend. The goal of the meetings was to bring focus to the mission and unity among members as they embark on a new year.

Participants emerged from the weekend rejuvenated and recommitted to *seeking and saving that which is lost*. Throughout the weekend church members spent time praying together, sharing convictions, encouraging each other, and planning for outreach in the new year.

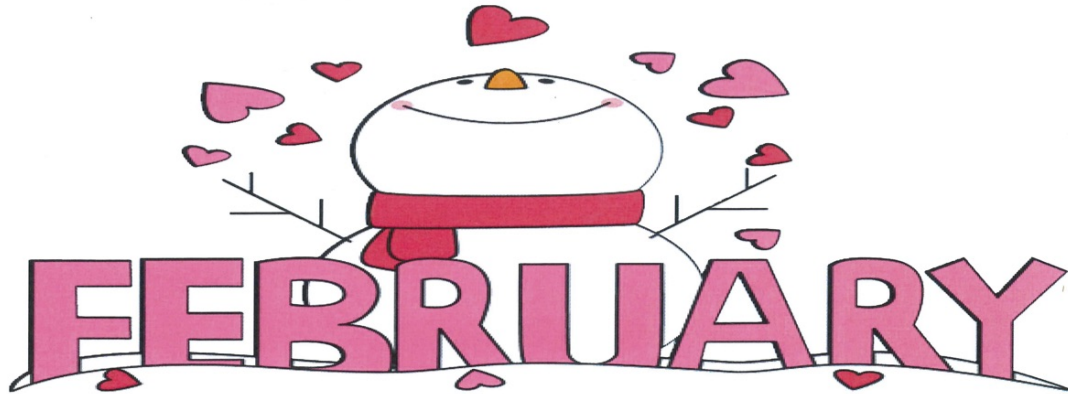


After hearing three convicting and inspiring sermons over the weekend by pastor Shawn Boonstra, church members were ready to plunge into the new year with a renewed desire for lost souls. Each person made a physical list of people the Holy Spirit put on their hearts to be intentional about reaching. Church members are seeing their non-believing friends and neighbors as God sees them. The community is no longer just a place where they live, it's *a field ripe for the harvest*.

The Lehr Church is encouraging each to join in and commit to being intentional in 2018 to reach lost souls for the kingdom. Souls are perishing waiting to hear the beauty of the message that God

has entrusted to His people.

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 N Washington Street, Bismarck, ND. **They following specials begin February 14, 2018.**



Bismarck

Retail	Retail	Special	Special
<u>Case</u>	<u>Single</u>	<u>Case</u>	<u>Single</u>

CANNED:

LL Big Franks	12/20 oz	68.70	6.22	59.70	5.62
LL Fri Chik	12/12.5 oz	58.88	5.42	50.88	4.87
LL Vegetarian Burger	12/20 oz	68.70	6.22	60.70	5.67
CL Nutabella	6/20 oz	33.23	6.02	29.23	5.42
H Dinner Cutlets	6/19 oz	31.81	5.86	27.93	5.28
H Mini Links	6/9 oz	31.81	5.86	27.93	5.28
Roma	6/7 oz	45.39	8.36	39.89	4.66

Frozen:

W Wham Rolls	4/4 lb	116.16	32.09	104.66	29.31
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sale dates: February 14-28, 2018

quantities may be limited

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

"Next to the Word of God, the noble art of music is the greatest treasure in the world." Martin Luther


Feb 8 Dispatch Photo




Paulette Bullinger


The above photo, *The Long Road Home*, was taken by Paulette Bullinger.

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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