

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



Depression, Can it be Helped or Prevented? Part 1



Abraham was no stranger to depression. His melancholy tendencies, combined with an impoverished childhood, failed businesses, and unfulfilled love, seemed to point only to defeat. At one time he expressed, "I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would be not one cheerful face on the earth."

Winston came from a privileged home with every material benefit. However, his life was riddled with illness, accidents, poor grades, and lack of love. His indifferent father prophesied that W. C. would ultimately "degenerate into a shabby, unhappy, and futile existence." In his own words, Winston battled the "demon of depression" for many years, and at times it seemed his father's dire prediction would prevail.

Happily, depression does not have to be the end of any life story. Abraham, whose full name was Abraham Lincoln, overcame his depression and went on to become one of the most revered presidents in United States history.

Winston's battle with depression could have been the last chapter in a sad, obscure life. But Winston Churchill rose above circumstances and, as prime minister of England during World War II, mastered his own internal challenges. Against formidable opposition, almost constant ridicule, and great odds, he rallied the British troops to defeat the Third Reich in Europe. His famous motto became "Never, never, never, never - in nothing great or small, large or petty - never give in, except to convictions of honor and good sense."

These noble examples tell us a story - not just about singular people who overcame great odds but also about the awesome power of the human brain to retool and reshape itself according to what it learns and how it is cared for.

Article by Vicki Griffin, LifestyleMatters.com, 866.624.5433; iStock Photo

Chef Anthony Presents in Bowman



"Mark Anthony, a man who has catered for big names like Jack Nicklaus, Montel Williams, Styx, and Journey was recently in Bowman (ND) to put his craft on display and share his story," states the *Bowman County Pioneer Newspaper* editor Cole Benz. The Bowman Adventist Church "did a lot of advertising - radio, newspaper, passed our leaflets in the parade, and posters around town," explains Pastor David Moench. "He was also in the Bowman County Fair with Miles Hansen driving. As a result we had 80 plus in attendance Monday night. The majority of them were community members."

Anthony's message was on a *plant strong* diet. "I commented to one woman I was sitting across from while eating," says Pastor Moench, "about how several people in the community complained during our advertising push saying, 'You've got a lot of nerve bringing a vegetarian cooking class into cattle country.' Her reply was, 'It's not about meat, it's about health.'" Ten years ago Chef Anthony was over 300 pounds. When he learned that many people ended up in the hospital because of dietary ailments or ailments that could be prevented with dietary changes, he decided to change his diet. "Now he travels the country to share his story and spreads his message on good, healthy eating habits," says Benz. Anthony books around 200 events a year and has been to several churches and communities this summer in the Dakotas.



At the end of the program, Chef Anthony did an amazing painting of Jesus, using his hands in lieu of a paintbrush, while blind-folded. The large painting is done on black canvas and donated to the hosting organization.



Article by Jacquie Biloff; Photos by Mary Kay Johnson

American Indian Family Camp Enjoys Studies

As volunteers began to arrive at Flag Mountain Camp in July, they were greeted by a new tipi that was set up by the creek. It was a welcome sight and was erected by Camp Director Loren Nelson for the upcoming Pathfinder Union Camporee. It was a welcome sight because the tipi is very appropriate for American Indian Family Camp.

Volunteers from various states, as well as the Pine Ridge Reservation, soon arrived to help with camp pitch. As usual there was a lot of activity bringing down boxes from storage, opening cabins and setting up the meeting lodge. A mission group from Pioneer Memorial Church came for the set up and helped with the youth and little ones during the family camp. This was a great blessing!



And then it was time for the BIG project, putting up the camp tipi. As our tipi is very large with heavy poles, this is an undertaking needing at least 8 – 10 helpers. Our goal each year is to raise the tipi in only two tries. We haven't reached that goal yet! This year Pastor Sam Thomas was there early Friday morning to assist, which was greatly appreciated.

The theme of this year's meeting was the study of "Steps to Jesus." Five facilitators had been working on a curriculum which brought in some Native culture. Different chapters were presented throughout the weekend and participants were guided through discussions based up on personal experiences and knowledge. As last year, participants were seated in a circle. The circle being significant of Native culture meaning that no one person's comments were greater than any of the

others. The study and discussion of “Steps to Jesus” brought in many positive comments. As one participant posted on FaceBook, “Another great camp meeting, learning about the love of Jesus.”

Article by Deb Claymore-Cuny; Photo by Jacquie Biloff

DAA Anticipates a Great Year

School has officially started. Registration day, August 13, found 39 students enrolling for this year. Excited conversation, laughter, renewing friendships and beginning new friendships was the order of the day. After two days of classes, most of the students headed to Northern Lights Camp for Camp Week.

Student Association officers and sponsors headed up to NLC ahead of the student body to prepare for the rest of the group and to spend time developing leadership skills with Pastor Kris de Bruin from the Bowdon District.



If anything can set the tone for a great school year, it is Camp Week: a time full of fun, learning new skills, getting to know the staff and other students, community service time, spending time with God, and enjoying the beautiful camp. Pastor Kris led out in the morning and evening worships focusing on the beatitudes in Matthew 5. When asked what her favorite part of camp week was, Shelby replied, *“the worship talk, I was able to connect with what Pastor Kris was saying.”* Falcon’s favorite was meeting new people and making new friends. Jadyne responded, *“Capture the Flag, especially when Karissa and I were hiding and the guys walked right by us without seeing us.”* Check out our newest video on camp week.

<https://youtu.be/e0SuXullLPI>

or

[DAA Camp Week 2017](#)

Memories, friendships, and connecting with God is what DAA is all about. We seek your prayers as we begin this new school year.

Article by Sharon Heinrich; Photos by Unknown.

Washburn Outdoor Church Continues



On a cold, rainy August Sabbath brave souls headed to Fahlgren Park at Fort Mandan in Washburn, ND for Sabbath School and Church knowing there are two open-air structures for respite. This tradition is a continuation of the Mandan (Previously the Max/Butte) /Turtle Lake District's annual outing held in prior years at the Riverdale Park until the flood of 2011 destroyed the park.



Upon arrival they found that the rain had passed in Washburn and the sun was peaking through the trees' overcast.

Dwight Duke guided the Sabbath School lesson study followed by two special music numbers by Elder Robert & Elizabeth Carlson and the sermon by Elder Neil Biloff. A musical program followed a fellowship meal and Elder Tyler Bower leading in a teacher dedication.



Article and photos by Jacquie Biloff

Shingles Scheduled to be Removed at NLC

The Northern Lights Camp cafeteria/kitchen which has served the Dakota Conference since the 1950s, is slated for demolition starting Labor Day weekend. The Mandan Adventist Church is the last organization who will use the facility before academy students and conference office staff start



removing shingles. Usable interior items will be removed and stored prior to work beginning. The structure, previously a dance hall, has hosted camps, pathfinders, pastors, churches and private family reunions over the years. The footprint of the new kitchen sits on top of the old structure with additions north and south. Few, if any, trees will be affected.



The old boat house, which is being encroached upon by the lake, will also need to come down.

Article and photos by Jacquie Biloff

Prairie Voyager's Acrostic Poem Shared

Leanne Erickson, teacher of the Grand Forks Prairie Voyager Adventist Elementary School, submitted an acrostic poem her students wrote in commemoration of August 21's solar eclipse. "An *acrostic poem* is a type of *poetry* where the first, last or other letters in a line spell out a particular word or phrase. The most common and simple form of an *acrostic poem* is where the first letters of each line spell out the word or phrase." (Youthwriters.com)

Earth
Ceasing
Light
In
Penumbra
Solar
Eclipse

Prairie Voyager School students,
Ryker, Chris, Zorryn, Alison

Photo by Charles O'Hare



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.



		Retail	Retail	Special	Special
		<u>Case</u>	<u>Single</u>	<u>Case</u>	<u>Single</u>
Bismarck					
CANNED:					
Big Franks	12/20 oz	\$68.70	\$6.33	\$60.15	\$5.64
Big Franks, low fat	12/20 oz	68.70	6.33	60.15	5.64
Chili	12/20 oz	49.06	4.52	42.38	3.99
Fishless Tuna	12/13 oz	58.88	5.42	51.26	4.81
Linketts	12/20 oz	68.70	6.33	60.15	5.64
Little Links	12/19 oz	68.70	6.33	60.15	5.64
Prime Stakes	12/13 oz	58.88	5.42	51.26	4.81
Taco Filling	12/20 oz	68.70	6.33	60.15	4.65
Vegetable Steaks	12/20 oz	68.70	6.33	50.33	4.65
Roma	6/7 oz	45.39	8.36	40.06	7.50
Food Service					
Big Franks	6/96 oz	117.77	21.69	104.54	19.57
Chili	12/50 oz	117.77	10.84	104.54	9.65
Linketts	12/96 oz	117.77	21.69	104.54	19.57
Prime Stakes	12/47 oz	147.21	13.55	131.17	12.13
Frozen:					
Worthington Sandwich					
Sandwich Slices	8/8oz	33.91	4.68	26.91	3.87

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

August 24 Dispatch Photo



The above photo was taken by Marie Pflugrad northwest of Glen Ullin, ND using an iPhone 5.

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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