

Dakota Conference of Seventh-day Adventists

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



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## Fasting for Your Health



Did you know that fasting has been scientifically proven to not only be good for health, but to be effective for rejuvenating the body's cells as well? Researchers in southern California studying the effects of fasting discovered a "fasting-mimicking diet" that not only made research mice healthier but actually led to regeneration of damaged organs. In one study they published it showed mice who ate the fasting-mimicking diet developed new beta cells in their pancreas and reversed their diabetes. This exciting outcome was

found to be caused by the effect the diet had on the gene switches in pancreatic cells. The diet has been found to reduce cholesterol and lower blood sugar in humans, and studies are underway to see if it will regenerate beta cells in humans like it does in mice. Stay tuned!

Dr. John Kelly of Black Hills Health & Education Center

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## Aberdeen Church Treasurer Honored

On Sabbath June 24, 2017, the Aberdeen Adventist Church honored Etta Bassinger with a "Thank You" clock for her uninterrupted 43 years of dedicated service as church treasurer. Bassinger served as assistant treasurer before she started her 43-year volunteer treasurer career. She was forced into taking the treasury reins when her comrade had to go to the nursing home for a while with health issues.



Bassinger started telling her pastor a few years ago that the church needed to find another treasurer. He simply replied with a smile, "The nominating committee does not think you have finished your tenure," reminding her that, "good treasures are hard to find."

Even though Bassinger is no longer holding the reins, she trained the current treasurer over the last several years. The church finances are in good hands.

Article by Pastor George & Jean Shaver, Photo by Nicole Holmes.

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## Ukraine Trip Provides Dental Care

Dr. Delvin and JoAnn Hansen traveled to the Ukraine June 8-25 to work with the Loma Linda University School of Dentistry, which provided dental care for veterans and dependents of the Ukraine military. Hansens arrived in Kiev and worked there the first week and then continued to Lviv and Lutsk the second week of their trip.

"Kiev is the capital of the Ukraine and lies 1260 miles north of Paris, France. Paris sits at the same latitude as the US /Canada line. In June sunrise is at 4 a.m. and sets at 10 p.m. Winter can get down to -20° F," says Hansen. "The Ukraine has applied for membership to the European Union, but has been granted only temporary status because of their position on the LGBT life style. It remains to be seen if they stay true to principle or submit to economic pressure." Five dental students and six hygiene students were involved in the mission. "They took one carry on and exchanged their checked luggage for a cargo tote filled with supplies," said Hansen.



In Kiev their goal was to see eighty patients per day working with eight portable units and three dental chairs. There were several days when they worked from 8:30 a.m. until 8:00 p.m. They averaged over 500 patients in the two weeks they were there.

"Every patient I had would smile and say thank-you when we were finished," says Hansen. One of Dr. Hansen's patients said, "You are better than Ukrainian dentist. I have a dacha (summer home) by the lake. You can come and stay. I have American

tooth now, so I part American!"

Article by Jacquie Biloff, Photos from Patterson file.

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## Dakota Adventist Academy Notes



### **DAA Registration is Sunday, August 13, 2017**

The 2017-2018 school year officially begins on Sunday, August 13 with registration running from 9:30 a.m. until 4:30 p.m.

It is not too late for prospective students to contact the school and enroll for the upcoming year. Applications are available on the website at [www.dakotaadventistacademy.org](http://www.dakotaadventistacademy.org) or you may call Recruiter Tracy Peterson for additional information. Please keep all our students and staff in your prayers.

### **DAA is Looking for Host Families**

We are looking for **3-4** families that would be interested in hosting international students during home leaves. If you would be interested in sharing your home for this extraordinary opportunity, please call Registrar Jeana Eszler at 701-258-9000 or email her at [jeszler@dakotaadventistacademy.org](mailto:jeszler@dakotaadventistacademy.org).

### **"Touch the Future for Youth" Today**

If relationships are important to you... If the future of this church is something you care about... If your sons and daughters, grandsons and granddaughters, and "adopted" youth rank high on your list...

don't miss the opportunity to **"Touch the Future" Today**. Make our youth your priority by planning now for the offering for **Secondary Education Endowment** on Sabbath, **September 2, 2017**. Your gifts will assure that our students will be **Building Friendships for Eternity**. If you would prefer to send your donation for endowment to the Dakota Conference, please make your check payable to the Dakota Conference Corporation and mail it to 7200 N Washington St, Bismarck, ND 58503 and indicate that it is for the Secondary Education Endowment. Thank you.

Our students and staff will be visiting several churches across the Dakota Conference on this special Sabbath. Please keep us in your prayers as we travel and participate in the church services.

### **Calendar Update**

August

13 Registration Day: 9:30 - 4:30

14 First Day of classes

16-20 Camp week at Northern Lights Camp

September

2 Endowment Sabbath

Article by Sharon Heinrich; Photo by Clif Freese

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## **Outdoor Church to be Held in Washburn, ND**

You and your church are invited by the Turtle Lake/Mandan District to attend outdoor church and teacher dedication with them in Washburn on August 12.





# **AUG 12, 2017**

## **TURTLE LAKE- MANDAN DISTRICT**

### **Outdoor Worship Service**

Fort Mandan, Fahlgren Park; Washburn, ND. Located 2 miles West of the Lewis and Clark Interpretive Center on McLean County Highway 17. Please watch for signs.

Please join us for a full Sabbath school program and Worship service. Potluck lunch and an afternoon program including teacher dedication, back to school recognition, music with members from One Hope and Others.

There are picnic table benches for seating. However, you may wish to bring your own chairs. Paper products (plates, cups, plastic ware, napkins) will be provided.



SEVENTH-DAY ADVENTIST CHURCH

**Sabbath School  
10:00 a.m.**

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**Worship Service  
11:05 a.m.**

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**Potluck Lunch to  
follow Worship**

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**Music Program &  
Teacher  
Dedication  
1:45 p.m.**

#### **QUESTIONS?**

Roger Boyko -  
701.448.2884  
or  
Leslie Soules -  
701.319.8628

## Staff Cleans Basement at CO

The conference office in Bismarck, ND has a full basement. The Adventist Book Center is on the east end with parking and large windows. There is an office for the KTWJ Radio Station, a vault for permanent records, a garage and a large storage area. It doesn't take long for the storage area to become cluttered when camp, campmeeting, women's ministries, children's ministries and pathfinder supplies are stored there. Thursday, July 13 was designated as clean-up day. With many hands working the area was organized and cleaned before noon.



Article by Jacquie Biloff

Photos by Jodi Dossenko and Jacquie Biloff.

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## Spiritual Feast Weekend Invitation

Please join us for Spiritual Feast Weekend at Northern Lights Camp August 4-6. The speaker will be Pastor Robert Carlson, the theme is Old Testament Jesus. This weekend aims to stir your heart and increase your love for God as you see His love shining through some of the most difficult stories in the Old Testament. The weekend will start with a vespers service on Friday night around 8:00. Sabbath School will be at 10, followed by church service. Dinner and supper will both be potluck. If you would like to reserve a room, call Scott or

Char Timothy, 701-839-5118 in the evenings. If you can't stay, come and spend Sabbath at beautiful Lake Metigoshe.

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## July 13 Dispatch Photo

The above photo was taken in Slope County near Bowman, North Dakota using an iPhone by Jodi Dossenko.

In 2017, I would like to feature a Dakota photo in each issue of Dispatch taken by readers like you. Please state the location where the picture was taken, what equipment was used and your name. Submit to [jbiloff@icloud.com](mailto:jbiloff@icloud.com). Thank you.



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Dakota Conference Website



Dakota Adventist Academy



Dirt Kicker Charity Run



Dirt Kicker Run Facebook

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