

Gene Switches Change Way of Thinking



Do you realize that the differences in our health and whether we contract chronic diseases like heart disease, diabetes, and arthritis are not well explained by differences in our DNA or our genes? Scientists have discovered that health and disease are better explained by the differences in our gene switches than by the differences in our genes. This is changing our whole way of thinking about health and disease. We now know that our gene switches are "set" by our lifestyle choices. This is good news becaue we can change our lifestyle choices - what we eat, drink, smoke and how much we

move. Four simple lifestyle choices can add 14 healthy years to life. 1) Eat a whole plant food diet; 2) do not use tobacco; 3) get regular, moderate exercise; and 4) get 7+ hours of good sleep every night.

Dr. John Kelly of Black Hills Health & Education Center

Pierre Church Enters 4th of July Parade

The Pierre Adventist Church was part of the annual 4th of July Parade in Ft. Pierre, South Dakota for the third year. This year they took home first place for "Most Original" float. Creative talents of Wendy, Jon, Katie and Jill Brotherton, along with Gaye Ozanne, Laurene Wieczorek, Scott and Tammy Johnson were most appreciated! They handed out Frisbees with *Pierre Seventh-day Adventist Church* printed on them, along with candy and American flag key chains.





Article by Tammy Johnson; Photos by Scott Johnson

Hot Springs Church Works at VA

The Hot Springs Adventist Church is involved in a Bible Study at the VA (Veterans' Administration) Black Hills Health Care System every Thursday evening at 6:30. Four regular guests are attending consistently. There has been as many as ten on some nights but the consistent number has been four to six.



The Sabbath was introduced to the group the first week in July and it was unanimously accepted as truth, which was an answer to prayer. Praise God!

The administrator at the VA allowed us to put up posters advertising a *Celebrate Life in Recovery* program, which is planned for the community at the church. She said, "Why not do



one here at the VA?" Why not indeed? That program will start in the next two weeks. Thank God for answers to prayers not yet uttered.

Article by Pastor Samuel Thomas, Photo iStock

Dakota Adventist Academy Notes



The halls of DAA are still quiet. Vacations, summer jobs or summer classes are coming to an end. Staff have started to arrive back at DAA to prepare for the new school year and for staff presession meetings. Students will return to campus on Sunday, August 13 for registration and the beginning of the new school year. The staff that have been on campus this summer are looking forward to the return of students and for the halls of DAA to be filled with laughter and conversation.

For many of our students, attending DAA is only possible through the financial assistance of their

home church, family, alumni, and constituency. We are so grateful for the financial help from those who are making it possible for our youth to receive an Adventist education.

The Worthy Student Fund at DAA assists students with financial needs each year. The PVA-Ron Purkapile South Dakota Student Scholarship benefits students from South Dakota who are attending DAA. Students selected by a committee yearly may receive up to \$750 per student with a total of \$1,500 distributed per year. This past year three students received \$500 each towards their education.

Students from the Dakota Conference seeking higher education at an Adventist university have the opportunity to receive scholarship funds from the **Saunders Scholarship**. Recently \$28,500 was awarded from this scholarship fund to seven individuals. For more information, along with the application forms for the Saunders Scholarship, visit the Dakota Conference Website at www.dakotaadventist.org.

Donations to the Worthy Student Fund should be sent to Dakota Adventist Academy and marked for Worthy Student. Donations for both the PVA-Purkapile and the Saunders scholarship funds should be sent to the Dakota Conference indicating which scholarship you would like to assist.

Thank you for keeping Dakota youth in your prayers as another school year begins.

UPCOMING DATES

August 13 DAA Registration
September 2 Endowment Sabbath

Article by Sharon Heinrich; Photo by Clif Freese

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.



Sabbath School
10:00 a.m.

Worship Service 11:05 a.m.

Potluck Lunch to follow Worship

Music Program & Teacher

Dedication

1:45 p.m.

QUESTIONS?

Roger Boyko -701.448.2884 or Leslie Soules -701.319.8628



July 15 was expressed as a "high Sabbath" in the Hurley, SD church. Jim Larsen led an interesting, although shortened, lesson study to accommodate the day's activities. His children's story was also fascinating as he punctured a large ziplock bag filled with water using sharpened pencils. The bag did not leak a drop of water. He correlated it to Satan's attacks on us that God heals. Elder Neil Biloff had the day's sermon entitled "Going Out

of Business Sale," which concluded in time for a music

concert by Scott Bennett (pictured right), who is associated with It Is Written. Bennett writes many of his own songs and accompanies himself on the piano as he sings. Fellowship in the afternoon included a delicious meal and interesting conversation.

Article & Photos by Jacquie Biloff



Tolstoy Hears Adventist Message



The Tolstoy Adventist Church was involved in a community event called *Tolstoy Days*. It is an annual event usually scheduled for the third weekend of July. The event lasts two days with tractor pulls, car shows, and community church on Sunday involving the local churches in town. It was the Adventist Church's turn to present the message. The other churches involved presented music and Scripture. It was a beautiful praise session.

Pastor Richard Kurtz presented the message *Going Home*, a sermon about heaven, which included the resurrection and the Sabbath in a non-invasive way. With the aid of the Holy Spirit, it was very well received and several stated how they appreciated what was said and made comments, "Like, I can hardly wait for that day," or "I wish I would hear more sermons on heaven."

Continue to pray for this community that the presence of the Holy Spirit may be felt.

Bismarck Pastor Encourages Movement

Pastor Tyler Bower and his wife Amy are encouraging members of the Bismarck, ND church to start

moving. Since the middle of June, the couple have met with those so inclined at Pioneer Park to take advantage of the park's trails on Sunday mornings. Members may walk, run or bike.

Sunday, July 23, I decided to join the group at the allotted time of 9:00 a.m. Pastor Tyler and Amy were just returning from their first of three six-mile runs scheduled for that morning, as they are training for a marathon the end of August. They welcomed the small group, watered up, and offered prayer before starting down the trail again.



Pioneer Park offers a popular paved trail, which runs along the Missouri River. There are a few splits for shorter runs or to view bird life along the river. The main loop offers a 3-mile turn around. This day, besides the walkers, there are runners and bikers, families roller blading, people taking their dogs for a stroll and bikers pulling strollers. It was not uncommon to hear, "Passing on the left".

Article & Photo by Jacquie Biloff

Spiritual Feast Weekend Invitation

Please join us for Spiritual Feast Weekend at Northern Lights Camp August 4-6. The speaker will be Elder 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 10:00, 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.



July 27 Dispatch Photo

The above photo was taken near the Bowdon Country Church, Bowdon, North Dakota using an iPhone by Pastor Kris de Bruin. He says, "North Dakota definitely has some pretty sunsets."

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. Thank you.

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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