



## Depression, Can it be Helped or Prevented? Final



Look at difficulties as opportunities for gaining strength to meet challenges. Two of the most important tasks in overcoming depression are focuing on thinking in a positive way and trusting God and His Word regardless of feelings.

#### THE LIVING WORD

Everyone faces turmoil, trouble, trails, uncertainty, and sorrow. The stories in the Bible show us that in the middle of difficult times, God provides peace, comfort, and direction.

"He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure" (Psalm 40:2, ESV). Healing takes place with time and perseverance. Today's choices yield tomorrow's fits. Persevere to press it, press on, and press through your situation. There is power for your journey and even joy in the healing process.

"He put a new song in my mouth, a song of praise to our God" (Psalm 40:3, ESB). Choosing God, choosing faith, and choosing His plan are all decisions based on your personal choice, not feelings. You can trust His promises. Isn't now the best time to discover in God's Word the peace, comfort, and plan He has for your Life?

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

## **Annual Federation Meetings Held**

One conference, two states, three regional federations, four meetings in three days, and nearly a thousand

miles were required to attend the Adventist Community Services Annual Federation Meetings held from September 17-19 this year in Dakota Conference.

Beginning in Bowdle, SD on Sunday morning, then on to Rapid City for Sunday evening, Bowman, ND for Monday morning and finally Jamestown, ND on Tuesday morning, a combined eighty-five people gathered at the sites for devotions and reports and inspiration. The reports were exciting to hear. The work being done across the conference on behalf of the people in the communities and neighborhoods was truly



wonderful. The devotions were inspiring, the lunches delicious, and the fellowship was warm and friendly. The miles may have been long, but it was certainly worth it to hear from the people who are working in the various churches to reveal Christ in their local areas.

Federation President, Pastor Bob Forbes and his wife Gerry, and Vice-President Pastor Peter Simpson and his wife Ella, traveled the circuit of four sites with the new Disaster Response Trailer in tow so the constituents could see it, tour it and hear what the plans are for it. Plans that include a desk for a data work station with electric outlets for computer and printer; outlets for a small microwave and dorm refrigerator for fixing lunches; e-track along the walls to hold tables and chairs and two-wheel carts; and other items needed at the disaster site. There will even be room down the middle for some clean-up buckets to respond to a disaster. The trailer is equipped with interior 120v fluorescent lights and 12v LED lights. There is also an exterior 120v outlet for lights or other needs.

The meeting in Rapid City was to begin the process to restart the Southwest Federation. A return visit is planned with the intent of raising awareness of the blessings of sharing in the Federation. Visits to many of the churches that aren't represented at the Federation Meetings are also planned to try to generate interest and excitement in participating in outreach evangelism.

Please continue to pray for those that are working to ease the burden of those in your communities that are in need. And then do more than pray - help them! Help with dollars, help with time, help with encouragement, help with ideas - whatever it is, just please help. You will be blessed, the people will be blessed, and the communities will be blessed.

Article and Photo by Pastor Bob Forbes

## **South Dakota Regionals**

Central (Aberdeen) Regional Oct 14, 2017

Southeast (Sioux Falls) Regional Nov 4, 2017

Southwest (Black Hills) Regional Dec 2, 2017

## Hammer it Home DAA



The past two weekends have been special as students and staff joined together to first dedicate DAA to God, and then to visit eight churches across the Dakota Conference and share their talents during the worship services.

Angles and fractions may seem like a mind-blowing math assignment to some students, but put a saw in their hand and a blueprint in front of them, suddenly it makes practical sense. Join that with a vision of something they can help build and you get the Tiny House Project.

Students participating in the construction program at Dakota Adventist Academy are excited to be part of

the project. With three years of construction classes being offered at DAA, it has students involved with and learning the whole process of constructing a home. It gives them practical knowledge and skills, a deep sense of satisfaction and pride in a job well done. DAA is excited to have joined Bismarck/Mandan Home Builder's Association. Students are looking forward to sharing their finished tiny house on the Parade of Homes in April.

DAA has dedicated its Tuesday social media posts to #TinyHouseTuesday to keep progress on the tiny house at the forefront of people's minds. Any students looking into the



construction trade would benefit from attending DAA's construction program. Come check it out for yourself, see what we are so excited about. Follow us on social media –

- Facebook Dakota Adventist Academy
- Instagram dakotaadventistacademy
- Twitter DakotaAdvAca
- Youtube DAAEducation



Dakota Adventist Academy plans to grow this program to provide high school students with a solid knowledge of the construction trade, resulting in an ethical, quality-driven work force who can build the future.

Article and photos by Tracy Peterson

## **Hermosa Church Dedicated**



Sabbath, September 30, 2017, was a special day as members and guests gathered at the dedication of the new Hermosa Seventh-day Adventist Church in Hermosa, South Dakota.

Members of the church had been renting the Black Hills Health & Education Center's chapel for several years with a desire to build in the community of Hermosa. They broke ground in October of 2014. In May of the following year, Maranatha helped with the framing for a couple of weeks. It was a challenge to get the structure

weather tight before winter that year but with much dedication by members and sub-contractors, it was accomplished. They started meeting in the unfinished building in June of this year and plan to continue working on the parking lot and signage.

A prayer of dedication was given by Pastor Darren Purdy. Conference President Neil Biloff's sermon was

entitled *Creation Speaks* and Conference Treasurer Arlo Heinrich played *To God Be the Glory* on the piano. Hermosa Church Treasurer Lorainne McCarthy gave the children's story and the Sabbath School lesson was led by Brenda Trace. More tables had to be set up for the fellowship meal which followed the worship service. It was estimated that seventy people were in attendance.

An open house is planned for the community October 22 at which time the members of the church will pay

special tribute to the sub-contractors who helped finish the project.

## SRA/PVA/DAA Alumni Weekend

Honor Classes - 1943, 1948, 1953, 1958, 1963, 1968, 1978, 1988, 1993, 1998, 2003, 2008, and 2013.

October 6 & 7, 2017. Info at 701.751.6177, Sharon

Dakota Adventist Academy

# **Leadership Training Workshop**

#### Training breakouts Available: Eager Beavers/Little Lambs, Adventurers and Pathfinders



#### October 27 & 28, 2017

#### **Dakota Adventist Academy**

6:15 p.m. Friday to 6:00 p.m. Saturday night

#### **Guest Speakers**

April Romuald- Communications Director for the 2019 International Camporee

Hubert Cisneros-Mid-America Youth Director

Learn important facts how to get ready for the 2019 International Camporee! \$25.00 for the weekend Includes: Sabbath Breakfast & Lunch & materials



This workshop is a requirement if you are working to be a TLT or Master Guide!!

Contact Sue Nelson at education@dakotaadventist.org or 701-400-8253

"Have you noticed how foolish it feels to fear for the future – when Christ can drop a coin in a fish's mouth and have you catch it?" -Dwight Nelson



The Rapid City Adventist Church and School recently celebrated a high Sabbath, complete with brownies and video slideshow. The brownies represented the church school officially being "in the black" and free of all debt! Thanks to the church families' continual support and a conference-matching fund, nearly \$77,000 worth of debt was paid off in a matter of fourteen months. And not only was the debt satisfied, but financial support was provided for school improvement projects and remodels, a trip to Washington D.C., and student sponsorships.

This new school year there are 21 students enrolled at the school with another 13 students on a waiting list. Now the question becomes, "How do we fit more students?" Classrooms are full and overflowing, yet spirits remain high. During a recent journal prompt, students were asked to write advice to their younger selves. Their responses included:

"Dear Me, You've gotten into a great school called, 'the SDA school,' and you're probably going there right about now. From your future self, [6th Grader]."

"Dear Me, Don't be shy, a year from now you get to be in a better school. Do not listen to what the bullies say to you, just know that a year from now, you'll be happy again [7th Grader]."

From school debt to a waiting list, it's clear that God is far from done working at the school. Committees

have begun vision casting for the future and looking into plans for expanding the school facility and adding another staff member. Lower grades teacher, Jamie Howell said, "It's such a great problem to have, but we definitely have our work cut out for us!" School board chair, Kevin Meyers, believes the school can continue to grow. "I think families are unhappy with public education and they're looking for other options. Our Adventist schools shouldn't be closing, but thriving as families see the quality education we offer."



Pastor Murray Hunter once said, "When you grab hands with the Master, when God is your partner, make your plans big!" While the future for the Rapid City school remains unknown, everyone is excited to watch God work.

(View our school slideshow at <a href="https://vimeo.com/234094273">https://vimeo.com/234094273</a>).

Article by Kelli Vigil; Photos by Pastor Darren Purdy and Jamie Howell.



# Discover the impact of Adventist education in the past and present, and its goals for the future!

Get your copy today. Click here! \$19.95



The Adventists \$14.99
Educational Companion Guide \$6.99





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
Bismarck		Case	Single	<u>Case</u>	<u>Single</u>
CANNED:					
Big Franks	12/20 oz	\$68.70	\$6.33	\$59.49	\$5.66
Big Franks low fat	12/20 oz	\$68.70	\$6.33	59.49	5.68
Chili	12/20 oz	\$49.06	\$4.52	37.23	3.62
Choplets	12/20 oz	\$68.70	\$6.33	59.49	5.66
Diced Chik	12/13 oz	\$58.88	\$5.42	50.70	4.82
Fri Chik	12/13 oz	\$58.88	\$5.42	45.08	4.34
Fri Chik low fat	12/12/5 oz	\$58.88	\$5.42	45.08	4.37
Fried Chik'n	12/13 oz	\$58.88	\$5.42	50.70	4.82
Linketts	12/20 oz	\$68.70	\$6.33	59.49	5.68
Little Links	12/19 oz	\$68.70	\$6.33	59.49	5.68
Prime Stakes	12/13 oz	\$58.88	\$5.42	45.08	4.37
Redi Burger	12/19 oz	\$68.70	\$6.33	59.49	5.68
Saucettes	12/19 oz	\$68.70	\$6.33	59.49	5.68
Sloppy Joe	12/20 oz	\$68.70	\$6.33	51.94	5.23
Spicy Chorizo	12/20 oz	\$68.70	\$6.33	59.49	5.68
Super Links	12/19 oz	\$68.70	\$6.33	59.49	5.68
Swiss Stakes	12/13 oz	\$68.70	\$6.33	50.70	4.82
Tender Bits	12/19 OZ	\$68.70	\$6.33	59.49	5.68
Tender Rounds	12/19 oz	\$68.70	\$6.33	59.49	5.68
Vege Burger	12/19 oz	\$68.70	\$6.33	59.49	5.68
Vegetable Skallops	12/20 oz	\$68.70	\$6.33	59.49	5.68
Vegetable Steaks	12/20oz	\$68.70	\$6.33	59.49	5.68
Vegetarian Burger	12/20 oz	\$68.70	\$6.33	59.49	5.68
Taco Filling	12/20 oz	\$68.70	\$6.33	56.49	5.43
Veja Links	12/19 oz	\$68.70	\$6.33	59.49	5.68
H Dinner Cutlets	6/19 oz	31.81	5.86	28.31	5.36

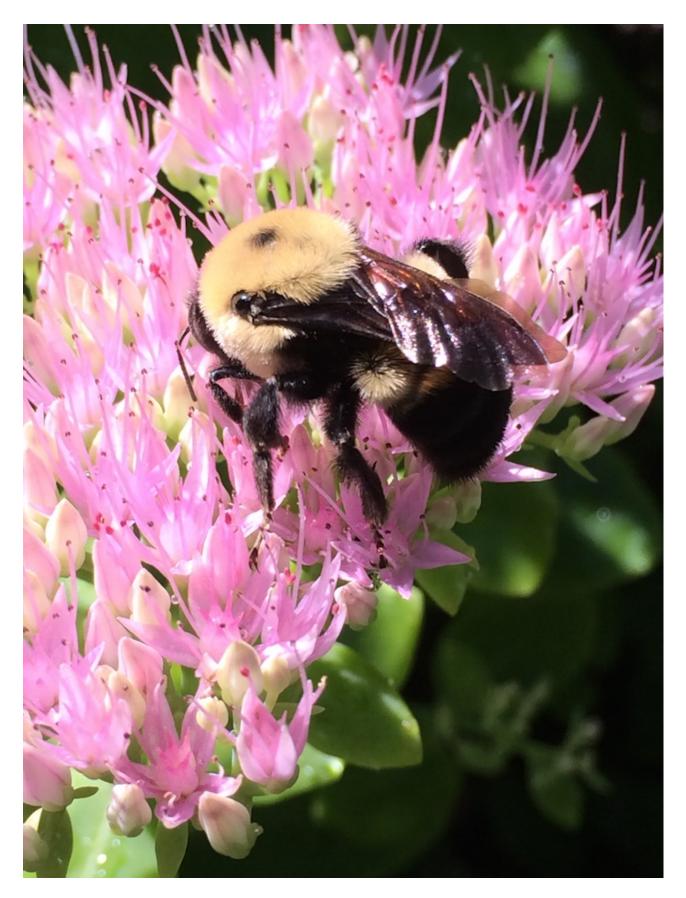
# H VegeSteaks H Mini Links

6/19 oz	31.81	5.86	28.31	5.36
6/19 oz	31.81	5.86	28.31	5.36

## 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

# **Oct 5 Dispatch Photo**



The above photo was taken by Ron Wright in his backyard in Dickinson, ND, using his iPhone 5 camera.

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 <a href="mailto:jbiloff@icloud.com">jbiloff@icloud.com</a>.

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