

Dakota Conference of Seventh-day Adventists

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



## Painful or Not? Part 1



Recent research on the brain has revealed that *chronic* pain can be effectively treated with CBT (cognitive-based therapy). In his book, "The Way the Brain Heals Itself," Norman Doidge, MD, shares how a doctor who learned about neuroplasticity (the brain rewires itself) decided he should be able to train his brain to accept sensations as not being "pain." He was so successful that his chronic pain of many years duration went completely away and he stopped all pain meds. As a little old lady from Maine wrote long ago, we need to "understand the true power of the will, the power of choice." We CAN choose to

not consider what our brains have learned is "pain," as painful. (more next time)

Article Dr. John Kelly of Black Hills Health Center; iStock Photo

## Friendships Renewed During Alumni Weekend



Anticipation was in the air the weekend of October 6 & 7 as the campus filled with alumni, friends, former staff, parents and guests. From the east coast to the west coast, from north to south and places in between, alumni arrived to reunite with classmates and friends. Sounds of laughter and conversation were heard all over campus. Some had not been back since their graduation.

The class of 1968 was in charge of the Pioneer Reception which kicks off the weekend. Friday evening vespers was presented by the class of 2008 with Charlotte Messer providing the devotional thought. Sabbath School was organized by the class of 2003 with current DAA

students presenting the lesson study. The class of 1978 planned the Worship Service with Terry Johnson as the worship speaker. Four members of the class of 1978 – Terry Johnson, Ted Glaser, Kimber Boyko and Tim Choban accompanied by Arlo Heinrich '76 blessed the congregation with three musical numbers Sabbath afternoon. They had all been part of the musical group *Completion* in college. Jodi Gottfried Dossenko '97 and Arlo Heinrich also provided three numbers. The DAA showcase followed featuring current students performing in band, choir, bells and DAK. The class of 1998 closed the Sabbath hours with vespers.



As I wandered the halls and stopped to visit with alumni, I overheard many comments on the weekend. “I haven’t been back to alumni for over 30 years, I’m so glad I came”, “What a wonderful weekend”, and “The programs have been so spiritually uplifting”, were just a few I heard.

The halls are now quieter and students are leaving for the October home leave. Alumni reunions are just a sample of what we can look forward to when we get to our heavenly home. The difference will be, never having to part again. What a glorious reunion that will be!

Article by Sharon Heinrich and Photos by Paulette Bullinger

## South Dakota Regionals

Southeast (Sioux Falls) Regional Nov 4, 2017

Southwest (Rapid City) Regional Dec 2, 2017

## Central (Aberdeen) Regional Convenes

The Good Shepherd Lutheran Church in Aberdeen, SD was the location of the recent annual Central Regional hosted by the Dakota Conference October 14, 2017. Churches from the area met to share fellowship together in worship, feasting and praise.



As last year, the church pews were draped with hundreds of quilts, which the Lutheran members create for sale or shipping overseas to missions. They are a colorful addition to the beautiful sanctuary setting.

Elder Loren Nelson provided the Sabbath School feature on *The Tribes of Israel* and the sanctuary service. Dakota Adventist Academy Principal, Anthony Oucharek, led the Sabbath School lesson discussion on *The Controversy* leading up to a discussion of the book of Romans. Academy students were involved in leading song service, calling for the Sabbath School offering and as ushers. Church followed with more student participation in music and the children's story. Elder Neil Biloff shared thoughts on the Five Solas of the Reformation: Sola Scriptura, the Scripture alone; Solo Christo, by Christ's work alone; Sola Gratia, by grace alone; Sola Fide, by faith alone; and Soli Deo Gloria, for the glory of God alone.



After fellowshiping together, an afternoon meeting commenced with Elder Biloff sharing the decisions made at the General Conference Annual Fall Council the previous week and how they relate to the Reformation and the soon coming of Christ. After some discussion the meeting was turned over to Principal Oucharek, and the academy staff and students who brought a lovely program of beautiful music.

The weather did not detour attendees from enjoying another Adventist family reunion and good fellowship.

Article and photos by Jacquie Biloff

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## God Rectifies Mistakes

Once a year I have the opportunity to attend a Society of Adventist Communicators symposium. It is an inspiring, learning experience although I do not take advantage of it every year due to the expense. This year, however, I decided to attend. The emails came and I made my reservations – event, airlines, hotel and car rental. I read the start date as October 18 at 7 a.m. Several days afterward I was shocked to read the start date as October 19. How had I read the date incorrectly and made travel reservations for the 17<sup>th</sup>? I contemplated changing all of my reservations to a day later but also considered that perhaps this was a God thing.

Arriving in Portland, Oregon around noon, I traveled south to visit Keith. He and I grew up next door to



each other on a cleared knoll in the coastal mountains of the Oregon Cascades. He was the older brother I had always wanted, and my cousin. We didn't run "free as little lambs" but were more like mountain goats exploring the peaks and valleys within miles of home. Neighbors were few. The closest town boasted residents in the hundreds, not thousands. No one locked their cars or their homes. It was a time of trust and freedoms succeeding generations would never know.

Keith was a Vietnam vet, recently placed under hospice care due in part to his stint as a medic exposed to Agent Orange and his inattention to personal health care. My sister arrived a few hours later. We were there to comfort our aunt as he breathed his last. The timing had indeed been heavenly orchestrated.

Death is a bittersweet experience. I am sorry Keith is gone. I will miss him. I am comforted that he no longer suffers and that the family's pastor assures them he was ready to go. He had softened in recent years from the proclamation, "If there is no beer in heaven, I don't want to go." Sixty-some years in retrospect seem to have passed in but a moment. I choose to trust I will see him again.

Article and photos by Jacquie Biloff

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## Dakota ACS Elects Officers

The Dakota Conference Adventist Community Services (ACS) Annual Federation Meetings are held annually in September. Regionally elected officers hold positions for two years. Following is a list of the scheduled meeting times for 2018 and the newly elected officers for each region. Please mark your calendars and in the meantime contact an officer and become involved in your community.



Southeast Federation

Meeting on Sunday, September 16, 2018 at Tolstoy, SD.

Officers-President, Marie Adams; Vice-President, Scott Anderson; Sec./Treasurer Bev Binder

Northwest Federation

Meeting on Monday, September 17, 2018 at Watford City, ND

Officers-President, Linda Mae Johnson; Vice-Pres., Cody Tachenko; Sec./Treas., Terri Tachenko

Northeast Federation

Meeting on Tuesday, September 18, 2018 at Jamestown, ND

Officers-President, Janice Wolf; Vice-President, Deb Merkel; Sec./Treasurer, Deanne Reinke

If you have any questions, you may contact Pastor Bob Forbes at [pstr1202@hotmail.com](mailto:pstr1202@hotmail.com).

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# 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](mailto:education@dakotaadventist.org) or 701-400-8253

CONFLICT RESOLUTION

**S**

**A F R I C A N**

**G E N O C I D E**

NDSU MEMORIAL UNION

1401 ADMINISTRATION AVE

GREAT PLAINS BALLROOM

FREE PUBLIC EVENT

OCTOBER 23

**6:30 PM**

FEATURING CARL WILKENS  
HUMANITARIAN AID WORKER

EQUIPPING YOU TO STAND UP AGAINST

VIOLENCE, RACISM, AND INTOLERANCE

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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
		Case	Single	Case	Single
Bismarck					
<b>CANNED:</b>					
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	6/19 oz	31.81	5.86	28.31	5.36
H Mini Links	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

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## **Oct 19 Dispatch Photo**



The above photo was taken by Paulette Bullinger east of Bismarck, ND using a Canon Rebel EOS t5.

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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](mailto:jbiloff@icloud.com). Bison Copyright

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Dirt Kicker Charity Run



Dirt Kicker Run Facebook

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