

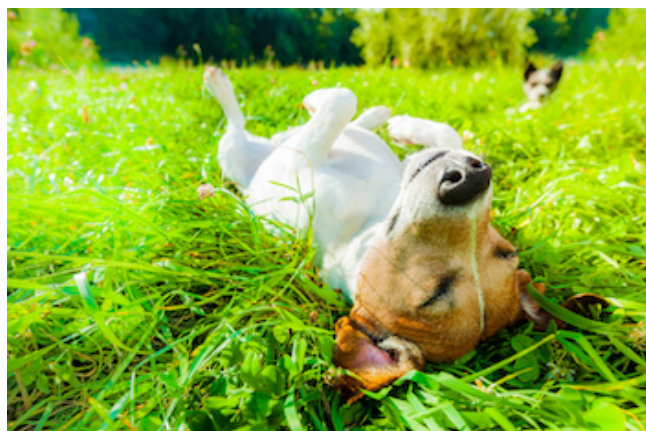
Dakota Conference of Seventh-day Adventists

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



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## Aches & Pains



While some injuries, aches and pains do indeed need medical treatment, many simply need judicious rest and time to heal. This is particularly so with musculoskeletal aches and pains - they usually improve with careful decreased use (rest) and good lifestyle (nutrition, sleep, mild activity). While surgical repairs are sometimes needed, it is best not to go under the knife hastily. Often musculoskeletal surgeries lead to ever more surgeries with decreasing functionality. Use surgery as a last resort after trying other more natural approaches like yoga, water exercises, optimized nutritional support,

and hot-and-cold fomentations to improve circulation and ease pain. You may be surprised at how the body can heal when given a chance.

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

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## Students Serve their Community

14 years, 150 hours per year, \$800-\$1,500 raised per year are all part of how Dakota Adventist Academy students give back to their community. It's called ringing bells for the Salvation Army. The Salvation Army uses these funds to provide basic housing, food, and youth services just to name a few. They are often the first to arrive and the last to leave in times of disaster and crisis.

This outreach activity was started and continues today due to the dedication of Mr. Gary Way, English and Art teacher, academy staff and the students. For several weeks before Thanksgiving and into December, students sign up in groups of two to ring bells in several locations around Bismarck. They love interacting



with the people who visit Wal-Mart, Hobby Lobby, K-Mart and Dan's Grocery Store.

Nina Faith enjoys her time ringing the bell, "Community service is an opportunity to interact with others in our community. I love handing out the candy canes to the children and many times that encourages the parents to make a donation." Another student, Jaelyn Pickett, responded, "I see kindness in other people. One lady told me she was fighting cancer and money was tight, but she wanted to make a donation

to help others."

Thank you to Mr. Way and DAA students for sharing their time to help others in the community.

Top picture: Sophomores Nina Faith and Jaelyn Pickett

Bottom picture: Freshmen Heather Longtin and Shelby Rumsey



Article by Sharon Heinrich; Photos by Peter Hutaurok

See you at the Rapid City Regional - Dec 2

Rapid City Adventist Church  
9:30 a.m. - 3 p.m. Worship/Music

## Sioux Falls Students Raise Money

On the evening of September 23, the Sioux Falls Adventist School students made their way into the quiet neighborhoods surrounding our school. They were on a mission to raise money for Adventist schools damaged or destroyed by the hurricanes earlier this fall. As they went door-to-door selling calendars, each student was able share a little about our school and why we were fundraising. The hard work paid off and



we were able to sell all of our calendars to help fund the relief efforts for our sister schools.

Article and photos by Elisa Wright

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## Friends Are For Eternity

On my first day of school at Dakota Adventist Academy, I heard the phrase '*Friends for Eternity*'. It was restated throughout my time in academy, but I never fully took it to heart or even thought about what it could mean. It was not until I began my freshmen year at Union College in Lincoln, Nebraska that DAA's slogan finally started to mean something to me.



Throughout academy, I took it for granted that my friends were always with me and it never struck me that at some point in life we would no longer all be together. As I started college, I was blessed that some of my DAA friends were also attending school at Union and could help me through the shock of college. I then began to realize the value of true friendship, friendships that began at Dakota Adventist Academy and will last for eternity. Not only do I value my friendships with the alumni, but also my friendships with current DAA students.



When I graduated from the academy, I questioned how my friends at DAA and I could possibly maintain our strong bonds when we were hundreds of miles away from each other. I soon found out that it wouldn't be that hard after all. The Mid-America Union academies visit Union College many times throughout the year, whether it is for Preview Days, Volleyball and Basketball Tournaments, or Music Festivals. These trips not only allow academy students to improve skills and decide what college to attend, but they also allow the bonds between academy students and alumni to continue.

Early this November, I traveled to Washington Adventist University for Acrofest with Union's gymnastics team, the Gymnares. During my time there, I was able to meet with my DAA family, some who no longer live in the Mid-America Union as well as a couple of current DAA students. I recognized once again, by meeting up with friends who I have not seen for a while, the importance of establishing strong friendships that will last for eternity.

Seventh-day Adventist schools intertwine in many ways that truly make it possible for bonds created in academy to last. I believe it is important for students to continue having the opportunities to reunite at



events hosted by Union College and larger scale events like Acrofest. I am extremely thankful that I attended an Adventist academy where my relationship with God grew and I met individuals who have become my most valued friends and will be my friends for eternity.



Top photo: Paul Schumacher, Josh Bovey, Trevor Pike (Freshman at UC), and Faith Peterson at DAA. Photo Credit - Alea Juhl

Middle photo: Alea Juhl at Washington Adventist University Acrofest. Photo Credit - Brittany Fast

Bottom photo: Alea Juhl, Jaelyn McKoy, and Lenaya Wurtz at Union College. Photo Credit - Mindy Juhl

Article by Alea Juhl

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The Dakota Conference and the ABC will be closed December 22, 2017 through January 1, 2018.  
We hope you enjoy your holidays.

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## Service Hosts Eighty-two People



The Red River Seventh-day Adventist Church celebrated their second annual International Thanksgiving Service, "Thanksgiving Around The World" on Sabbath, November 18, 2017. The service, which was well attended, followed the pattern of hymn singing, then scripture reading and finally praise and testimony time. There was a high level of involvement by the congregation, many of whom wore their national or

cultural dress. The result was a veritable sea of color.

The service started with a special welcome, which consisted of a member from each of the different countries represented in the congregation introducing themselves and their nation of origin, followed by saying “Welcome and happy Sabbath” in their native language. This was well received and set a positive tone for the service. There were eleven countries represented in the welcome including Mexico, England, Haiti, Liberia, Kenya, Zimbabwe, Ghana, Philippines, Jamaica, Trinidad & Tobago and USA. Other nations in the congregation that were not represented in the welcome included the Democratic Republic of Congo, Rwanda, El Salvador, Sudan and the Bahamas.



Eighty-two people attended the worship service followed by an international potluck, which was a high point of the day and appreciated by those in attendance. The primary purpose of this service was to provide a platform for the members to express thanks to God for the blessings of the year while demonstrating acceptance and affirmation for the cultural diversity of the congregation. It is an event members can invite their non-Adventist relatives and friends to. There were several non-members in attendance that expressed positive feedback on the service. The church plans on continuing this

tradition next year with another International Thanksgiving Service.

Article by Pastor Christian Ronalds; Photos by Michael Dwamena

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The banner includes images of DVD cases for 'The BLUEPRINT', 'LIVE LONGER LOOK BETTER', 'GOD?', 'The Adventists', and 'ADVENTISTS'. A woman wearing a brown apron stands to the right of the cases.

## Kris de Bruin is Ordained

Pastor Kris de Bruin, who pastors the Bowdon Country, McClusky and New Home district, was recently ordained as an elder in the Bowdon Country Adventist Church on November 11, 2017. He resides in Carrington, ND.



de Bruin, who recently graduated from Walla Walla University, has lived in the United States for two years. He is from South Africa and started his career at Witwatersrand University in Johannesburg, seeking a degree in law in 2011. Two years later de Bruin transferred to Helderberg College in Cape Town as a theology student and finished his junior and senior years at Walla Walla University in College Place, Washington.

He enjoys people, sports, outdoor activities and has many hobbies. He volunteered, "My spiritual vision is making the kingdom of heaven a practical experience for everyone in my community."

Following the ordination service, the One Hope musical group provided an hour of religious music to a full house. A light meal was served after the concert. One Hope members include Pastor Harold Chin, Pastor James and Kaylene Venegas, Jodi Dossenko, Dan Spilovoy, Arlo Heinrich on piano with Hans Widicker running sound.



(Click on the words *One Hope* below to view a short video.)

Article and photos by Jacquie Biloff



[One Hope](#)

## Before They Ask

As I raised my foot to show Neil the bottom of my slipper I thought about how taboo that action would be in certain cultures - being a sign of disrespect. "If you want an idea of what I would like for Christmas, look at this." The sole was worn and full of holes. "Looks like you need a new pair of slippers," he replied. Immediately he pulled up pictures online and asked me questions about what I would like. I gave him my opinions and thought little more about it. But with the Dakota *get-er-done* attitude he ordered them immediately, having them delivered to the conference office as we were going to be out of town for Thanksgiving.





I was surprised to have a package when we returned from visiting family and put the box in my office so I would not forget to take them home. "What do you think of your slippers?" he asked. "Oh, I forgot to bring them in from the car. I have not opened the box yet." I trundled to the car and did not find them there. "I must have left them on the desk at work," I replied. "But I thought I had put them in the car."

The next day I was busy and hadn't thought about the slippers when a call came in to the conference and was forwarded to me. On the line was Marianne. "My son and I were driving home last night and we thought we saw something on the road. We are concerned about animals on the road so we stopped to see what it was. It was a blue slipper. Then we found the other one. We looked around until we found some paperwork with an address on it." I was horrified and relieved at the same time. Evidently, I had carried the box to the car but with purse, backpack which was holding my computer, lunch box and key in my hand I had set the box on the back of the car until I had everything else situated inside.



Marianne lives not too far from the office so she delivered my wayward slippers on her way home from work. What a blessing to have honest, concerned people go out of their way to help. I purchased a letter book of Bible promises from the ABC and put a KIND bar on top explaining how kind she had been to go out of her way to help.

There is a little road rash on the soles of the feet but nothing else that I can see. One slipper even had the stuffing from the toe missing so I am sure they had been roughed up a bit. God is good answering even before I knew to ask.

Article and photos by Jacquie Biloff

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**NOTE:** The Dakota Conference has a new website as of November 1, 2017. Church Connect, who is supporting the conference and many church websites in the North American Division, upgraded from a 2.0 to a 3.0 and will not support the 2.0 website after January 1, 2018. Many features will look the same on the new website but some have been upgraded. The URL address remains the same, which is [www.dakotaadventist.org](http://www.dakotaadventist.org). Please visit the website (we are still working on the cemetery galleries).

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 N Washington Street, Bismarck, ND. **The ABC will be closed from December 22, 2017 through January 1, 2018.**



Bismarck

|                     |          | <u>Retail</u> | <u>Retail</u> | <u>Special</u> | <u>Special</u> |
|---------------------|----------|---------------|---------------|----------------|----------------|
|                     |          | <u>Case</u>   | <u>Single</u> | <u>Case</u>    | <u>Single</u>  |
| <b>CANNED:</b>      |          |               |               |                |                |
| Chili               | 12/20 oz | \$49.06       | \$4.52        | 42.38          | 3.92           |
| Fried Chik'n        | 12/13 oz | 58.88         | 5.42          | 51.26          | 4.77           |
| Swiss Stake         | 12/13 oz | 58.88         | 5.42          | 51.26          | 4.77           |
| Tender Rounds       | 12/19 oz | 68.70         | 6.33          | 60.15          | 5.63           |
| Chick'n Bites       | 6/19 oz  | 52.99         | 4.68          | 46.99          | 4.16           |
| CL Chops            | 6/19 oz  | 31.83         | 5.86          | 27.33          | 5.24           |
| CL Terkettes        | 6/19 oz  | 31.83         | 5.86          | 27.33          | 5.24           |
| CL Hostess Cuts     | 6/19 oz  | 31.83         | 5.86          | 27.33          | 5.24           |
| Roma                | 6/7 oz   | 45.39         | 8.36          | 39.06          | 7.43           |
| <b>Food Service</b> |          |               |               |                |                |
| Chili               | 12/50 oz | 117.77        | 10.84         | 104.54         | 9.69           |
| Swiss Stake         | 12/47 oz | 147.21        | 13.55         | 131.17         | 12.25          |
| <b>Frozen:</b>      |          |               |               |                |                |
| Dinner Roast        | 12/16 oz | 87.52         | 16.12         | 77.52          | 13.99          |
| Chicken Roll        | 12/16 oz | 109.02        | 30.11         | 97.02          | 27.90          |
| Corned Beef Roll    | 8/8.5 oz | 116.16        | 32.09         | 104.16         | 29.90          |
| Smoked Turkey Roll  | 12/12 oz | 109.02        | 30.11         | 97.02          | 27.90          |
| Wham Roll           | 12/12 oz | 116.16        | 32.09         | 104.16         | 29.90          |

sales dates: December 1-31, 2017  
quantities may be limited

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

## QUOTE of the MONTH

"Elder Norman Johnson's sur name was so unpronounceable (German) that he took the name Johnson (after all, he was in a Norwegian community). He was an evangelist and his sidekick was Hilliar. That is what put the Manfred Adventist Church on the map. He brought in all the husbands of the wives who were attending. In the Manfred Church the women sat on left side of church and men on the right side until the new converts came in in 1954 and sat with their wives. It caused a great uproar."

– Arthur Fischer, age 99, to Jacquie Biloff when researching information about the Original Manfred Adventist Cemetery, the Eigenheim Adventist Cemetery, and the SRA Adventist Cemetery.

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## Nov 30 Dispatch Photo



The above photo was taken by Chrystal Rittenbach near Jamestown, ND using a cell phone.

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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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Dakota Adventist Academy



Dirt Kicker Charity Run



Dirt Kicker Run Facebook

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