

**Camp Meeting**

**ANNOUNCEMENTS**

**Family Life** - Pastor Swamidass will be available for marriage/ family counseling from 1:30– 3:30 p.m. Wednesday thru Friday. Sign-up sheet for counseling session is available at the camp administration office. All single parents sign up for a drawing at 3:30 p.m. for a free book. Three names will be drawn at 3:45 p.m. Local family life coordinators, stop by to get your free gift. Family Life Advisory Committee will meet today at 5:15 pm in the Fireside conference room. Supper will be provided.

**ABC Thursday Specials**

Children’s toys, and games, 15% off regularly priced felts, toys, and games Also, for the rest of this week and on Sabbath after sunset many items will be on sale. New shipments have arrived.

**2010 Jayco G2** 32 ft BHDS Contact Sheila at 920-309-2061, site #6421. Asking \$14,500 OBO

**Camper for sale** - Make an offer Site # 7341 Call or text 920-540-7520

**Amish Picture Frames** - Summer Camp Invites you to help fund raise for more cabin. Come by the Fireside Lodge and see the beautiful craftsmanship of Amish made photo frames for sale. All prices on the frames are suggested and all proceeds go to our cabin

fund. Contact the office for more details! Prices listed are suggested donations.

**Pop-up Camper** for sale. \$1149 Site #2326 920-676-1565

**Horse Barn** area is closed. Please be respectful of camp staff working with horses.

**For Sale** - Pace Arrow class A motorhome, 2003 35’ 2 slide outs, mint condition, new tires. 3 miles away. Contact Doug if interested, 715-498-1126

**Sidewalk Sale** - Friday all day, 80% off all previous season’s clothing. Stop by the Camp Store and see what they’ve got.

**Meal Tickets** must be purchased ahead of time in the Administration Office for Sabbath meals.

**Class Change** On page 15 of guidebook: Understanding Diabetes with Rita Binford will be held today at 2:15 pm in the conference room.

**Trust Services** - Who really needs estate Planning anyway? The answer is simple, everyone. Whether you are a parent, a property owner, or a professional, you need to protect your family and assets. No estate is too small for planning. Make an appointment in the administration office today to speak to Trust Director Cindy Stephan. She will be happy to help you reach your estate planning goals.

**Fireside Lodge Cafeteria**  
**THURSDAY’S MENU**

**BREAKFAST**  
Fruit Muffins • Boiled Eggs • Prosage • Malt-O-Meal

**LUNCH**  
Spaghetti • ”Meat Balls” • Marinara Sauce • Eggplant • Garlic Bread • Boccoli • Corn

**SUPPER**  
Potato Bar • Gravy • Broccoli • Mushroom/Onion • Chili • Cheese Sauce



**Weather Forecast**  
**FOR THURSDAY**

Daytime	Nighttime
Storms 80% precip	Partly Cloudy 20% precip
<b>82°</b> HIGH	<b>59°</b> LOW

Subject to change without notice

**Previous Enigma Answers**  
Enigma 1: Salt  
Enigma 2: Hunger

# CAMP LAMP



Thursday, June 22

## I’m Doing This For My Family

Pete Rosa wasn’t feeling good. For most of his life he had been a healthy active man. But he had become less active and had gained about 100 pounds within a three year span. By the end of 2016 Pete found himself experiencing serious medical issues that sent him to the doctor. “When you gain weight you suddenly find out you have about ten serious health problems,” said Pete. “It brought tears to my eyes as the reality set in I had type II diabetes, heart issues, sleep apnea, leg problems, and a lot of other things obesity brings with it.”

Pete hated taking medications, pricking his finger several times a day, having no energy, and realizing he was losing both quality and quantity of life. He knew he had to do something.

Here are the changes Pete decided to do:

1. The first thing I did was buy a Fit Bit and start walking. I realized I was only walking 2,000 - 3,000 steps a day! So I set a small goal for 5,000 steps



*Pete Rosa, with his wife, Kristin, and four children: Bella, Amelie, Dom, and Conny, are members of the Rockford Adventist church in Illinois, but make it a priority to come to Wisconsin camp meeting each year. Pete grew up in Wisconsin, graduating from Wisconsin Academy. He now works with the Federal Aviation Administration certifying national air space.*

a day. Next I set another goal of 7,500 steps a day and reached it. The next goal was 10,000 steps. Now my newest goal is 15,000 steps. I’m not quite there, but I’m working on it.

2. Next I changed my diet. I cut way down on my carbohydrates and sweets. I used to eat sweets all day long. Plus I cut down on fats, and eat ten times more salads and vegetables than I used to.

3. Prayer is my strength. I pray at the beginning and the end

of the day for God to give me strength and help me focus on my goals for the day. I found I was addicted to my old lifestyle. Even when I wasn’t hungry I would crave to eat. It was just a very powerful urge. Funny how we pray more in the face of adversity.

4. If I catch myself losing control, I fast for a day. I don’t do it to eat less calories, or fat, I do it to get control of myself. I struggle with will-power, and resolve. We all have habits, and even when you’re facing a

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Cover Story Continued

## I'M DOING THIS FOR MY FAMILY

serious demise, habits are hard to change. Whenever I feel like I've slipped back to step one again, I fast. Fasting is super uncomfortable, and is difficult, but it builds my will power and helps me get my control back.

5. I also drink a lot of water. Usually 100 oz every day.

Pete's A1c blood sugar score was 7.1 back in January, strongly indicating type II diabetes. When Pete arrived at camp meeting this year, and read in the program guide he could get his A1c checked, he was excited. His current A1c came in this week at 5.7 which is basically out of the diabetic range. He is thrilled.

Pete's goal is not a certain weight, but to have good health. He's lost 45 pounds since January of this year and feels 300 times better than he did even three months ago.

"I'm doing this for my family," said Pete. "I have a dream of watching my grand kids grow up, and this is the only way I can make that a reality. I have to confess I know I'm not where I need to be. I have a long way to go, but I know I'm going to make it and gain the victory through prayer, the encouragement of my family, and the grace of God."

Juanita Edge  
Communications Director

Camp Meeting

## ANNOUNCEMENTS

**John Millea Concert** - Come tonight at 9:15 pm in the Fireside Lodge.

**Krueger's Health Class** - 4pm today and tomorrow will be meeting with replacement instructor Emma Loberg. Emma has been a natural remedies and massage therapist for 24 years and is an herbalist. Thursday will be Hydro-Therapy II and Friday Natural Remedies II.



**Lake to Lake Run** This year 50 people participated in the Lake-to-Lake run sponsored by camp meeting security. That's a huge increase since last year when they only had 17 participants! Seth Loberg came in first with a time of 3:53, Sam Martin was second, beating his score from last year, with 4:06 and Kyler Soper was third with 4:07. The youngest runner was Leah Kessen, 2 1/2 and the oldest was Joy Sajdak, 69.

Camp Meeting 2017

## BY THE NUMBERS

**48** fidget spinners have been sold in the camp store this week. More are on their way.

**1046** snowcones have been purchased in the camp store so far this camp meeting.

**35** Granny squares have been crocheted in the community service cabin so far this week. Only a few more to go and they'll have a lap blanket.

**20** gallons of soup were made on Tuesday for supper

### BIBLE ENIGMA 1

Alone, exposed, on rock I stand/  
An icon in a jagged land/A  
reassuring sight for most/Draw  
near, my friend, but not too  
close.

Hint: Famous song by the  
Heritage Singers

Kevin Wilkinson

### BIBLE ENIGMA 2

I'm not one to fight/But grab me  
and I'll bite/Just lean in close to  
see/And smell how Jesus gifted  
me/Though my beauty's quick to  
dim/My name was used to title  
Him

Hint: Song of Solomon 2 go  
right to left.

Kevin Wilkinson

Camp Meeting 2017

## WHO'S ALL AT CAMP?



1. Arkansas
2. Arizona
3. California
4. Colorado
5. Florida
6. Georgia
7. Iowa
8. Idaho
9. Illinois
10. Indiana
11. Kansas
12. Kentucky
13. Michigan
14. Minnesota
15. Missouri
16. Montana
17. North Carolina
18. North Dakota
19. Nebraska
20. Nevada
21. Ohio
22. Oregon
23. Pennsylvania
24. South Carolina
25. South Dakota
26. Tennessee
27. Texas
28. Virginia
29. Wisconsin
30. Washington
31. West Virginia

We also have a few here from Africa, Canada and France.

Question of the week

## WHAT ARE THINGS YOU LOOK FORWARD TO WHEN YOU GET TO HEAVEN?

In life we often encounter situations that require us to choose between different options. Sometimes the correct choice is obvious but sometimes it is not.

Inevitably we sometimes make choices that were not in God's plan for our lives. In other situations, we simply don't know if our choice was the right choice. Recently I was offered four different employment opportunities. My wife and I have prayed much about these invitations but feel impressed to stay here in Wisconsin serving at Wisconsin Academy. Was this the right decision? In eternity we will know the answer.

When I get to heaven I look forward to talking with my Savior to learn how He led me, sometimes in spite of the detours my choices have created. We serve an amazing God. He always has an alternative plan. Let His name be praised!

Roger Dunder  
Wisconsin Academy Principal

So much comes to my mind when I think of heaven, but the most important thing I long to do is to talk with Jesus face to face and express my gratitude for His grace that saved a wretch like me. I cannot wait to lay my crown at His feet.

I will like to hear the salvation story throughout the ages from the patriarchs like Enoch, Abraham, Isaac, Israel, Noah, Methuselah, and Adam and Eve, to hear how

life was during their time and how they kept the faith. I will want to hear how they dealt with their failures. I want to hear from David, Daniel, Joseph, Manoah and his wife, Amram, Jochebed, Mary (mother of Jesus), Elizabeth, Mary Magdalene, Esther among others and thank them for their example.

I will seek the prophets' side of the story. How Isaiah, Jeremiah, Ezekiel and the others managed to be spokesmen for God among such difficult times and rebellious people of Israel.

Having read 1 Cor. 2:9. I cannot wait for my faith to become sight, to behold the things that no eye has seen, nor ear heard, nor come to the mind of man, which God has prepared for those that love Him.

I am intrigued by the thought that there will be no wastage in heaven, because there will be no death there. I can only imagine that our bodies will absorb all the food we eat enough for its use; never too much to be obese or too little to lack nutrition. Our food will only be life-giving! I wonder how we will count time, 1000 years, when it will be perpetual light as there will be no night there!

I cannot wait to see the angels fold their wings when I and the redeemed from the earth sing our redemption story. Best of all, it will be a glorious moment when God sings with joy over us. Zeph. 3:17

Tom Owitt  
Wisconsin Academy Treasurer