

Lamp Letter

Vol. 18 No. 4
November 2016

Diet, Disease, & Denise

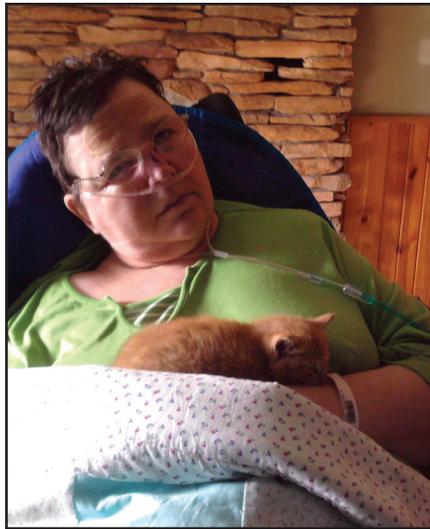
A whole foods plant based diet saved my mom's life. At age 43, my mom, Denise, was put into a nursing home due to complications from Multiple Sclerosis. She remained there for 13 years. She was wheelchair bound, incontinent, on many medications, and her health was declining. In 2011, mom was unresponsive and taken to the emergency room three times. She was having up to 20 seizures a day, followed by unresponsive episodes.

A few months later mom was diagnosed with severe sleep apnea and placed on a bi-pap machine. "I'm not sure how she's still alive," commented the doctor. "She needs to have someone with her 24/7." I began staying in the hospital with mom, leaving only if a nurse or aid were in the room.

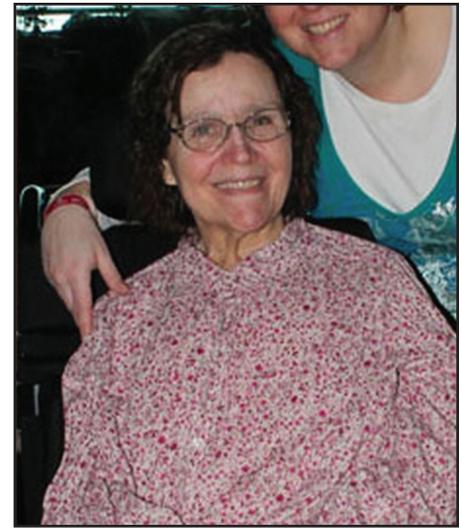
Within four days I was told she had only months to live. I was devastated. I was not ready for her to die. She was so young yet! When the nursing home called saying they could not take my mom back, the hospital staff said I had two options: move mom several hours away to one of two in-state facilities that would accept her level of care, or take her home. I brought her home.

I will not lie and say it was easy. I cried myself to sleep the first month, wondering if I had made the right decision. Mom was bed bound, non-communicative, non-cognitive, incontinent, on two liters of oxygen, a bi-pap machine, pureed food and thickened water. She was obese and had no quality of life. Within a few weeks mom was put on hospice.

My husband and I have a great appreciation for God's original plan for our diet. So, after some careful research into the connection between diet and Multiple Sclerosis, my husband and I determined to make the necessary changes to save mom's life. We began by feeding Mom fresh fruits and vegetables, whole grains, legumes and a



This is my mother, Denise, when she first came from the hospital to live with us in September of 2011.



This is Denise today, restored by the power of God through His simple plant based diet.

few nuts with fresh water between meals. I would sit in her room feeding her all these brightly colored foods, which she greatly enjoyed.

One morning about six weeks later, I walked into Mom's room and she started telling me about what she was watching on TV. I was amazed! This was communication and memory at work, something we had not seen in years.

Month by month Mom continued to improve: Weight was coming off, no more need for oxygen, the bi-pap went away, medications were eliminated, cognitive ability was coming back, communication skills were returning. She even started feeding herself, and finally no longer needed pureed food or thickened water to keep from choking. When mom was due for hospice recertification six months later, they told us she no longer qualified. Praise the Lord!

It has been five years since we brought mom home to live with us, and we continue to see improvements. She is now a greeter at church and shares her wonderful smiles and love with whomever she meets. Mom has her own ministry now - the ministry of love.

Once we put Mom on a plant-based diet, God worked a miracle, and changes came quickly! Doctors are amazed.

Diet and disease go hand in hand. My mom is living proof.

Tracey Bergeron
Wisconsin Rapids SDA Church



Mike's Sabbath Schedule

November

- 5 Madison Community
- 12 Milwaukee Northwest
- 19 Church Planting Rally
- 26 Madison East

December

- 3 Fox Valley
- 17 Rice Lake
- 24 Holiday

January

- 14 LUC President's Meetings
- 21 Men's Conference
- 28 Lay Minister's Training
- 31 Holiday

February

- 4 Conference Office Retreat
- 11 Portage District
- 25 AHS Conference of Mission

To request speaking appointments contact Mike Edge at mgedge@wi.adventist.org.

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Forgiveness

I stand in awe at Jesus' words on the cross, "Father, forgive them for they know not what they do." As Jesus hung there He knew their hearts. He had heard their hatred, He had felt their anger, He had seen into their evil hearts. Yet, He pled for their forgiveness. Wow!

Jesus does not offer forgiveness only to those who "don't know what they are doing," but to those who have intentionally walked away from Him, have rebelled, have committed sin on purpose. The prophet proclaims in Isaiah 53:6, "All we like sheep have gone astray, each of us has turned to his own way; But the Lord has caused the iniquity of us all to fall on Him." God is willing to forgive the sins of those who have committed intentional sin. If not, none of us would have hope.

Jesus instructs us to forgive others, in the same way that God has forgiven us. This means that we need to forgive those who have hurt us intentionally or unintentionally; forgive, whether they deserve it or not, forgive, even if they don't ask for it.

Forgiveness is a mental decision. It is a resolution to let go of the pain caused by another person, and allowing God to carry out justice. Forgiving the one who has hurt you is not dependent upon the other person asking for it, it all has to do with you.

Forgiveness is a choice to no longer allow the unkind words or actions of another control how you feel. Those who will not forgive are the real losers.

Forgiveness is a process. Healing starts with the choice to forgive. It may take time, but it is worth the effort.

I challenge you, and myself, to forgive others, not because they deserve forgiveness, but because we deserve peace. The forgiveness that we offer someone not only frees them, but frees us as well. Forgive the neighbor, fellow church member, relative, work associate, who has caused pain, and enjoy the blessing that God has in store for those who forgive.

Let's bask in God's forgiveness, and pass on the gift of forgiveness to others.

Michael H Edge

Wisconsin Conference President

Take a Step Forward in Your Own 2017 Health Path!



drinking more water, making more time for God in your life, and much more.

Everyone wants to be healthy! As we seek to care for our minds and bodies, God can more effectively reveal His beautiful character through us. So don't delay. Make 2017 the year you start Walking the Health Path.

You should see a little brochure called "Walking the Health Path" in your church soon. This little paper is about encouraging you to take steps toward a healthier life. Steps like getting enough rest, simplifying your life,

If you don't have access to one of these brochures, contact your church health ministries leader, or Health Ministries Coordinator Juanita Edge at 920.484.6555. The Health Path brochure is also available online at wi.adventist.org/health.



Marshfield Holds 6-Day Health Screening Event



Joseph Bergeon of the WI Rapids Church organized three area churches to conduct a 6-day computerized health-age screening at the Central Wisconsin State Fair in Marshfield.

"I like the health screenings because they help people become more aware of where they are in life with regard to their physical and mental health," said Joseph. "Our conversations often drift to the attendees personal life and many are receptive to prayer. The information shared by the attendees is then used by the local church for follow-up programs."

Paul Presley of the Fox Valley church said, "I learned how to interact with people on the level of seeing how the health and gospel message go hand in hand. It was awesome!"

Natallie St. Bernard of the Wisconsin Rapids church said, "Health screenings open the door to spiritual conversations. It's a sure way to get you out of your comfort zone and positively impact others."

Juanita Edge
Health Ministries Coordinator

WYC Retreat Reaches Out to Local Community



WYC, Wisconsin Youth for Christ, held their annual retreat at Camp Wakonda September 9-11. Holding true to their theme, "To the Least of These," they held two outreach events during the weekend in Westfield: a Health Expo and a flower/prayer canvassing event.

During the Health Expo, the WYC young adults took blood pressures, gave massages, conducted a health survey, shared much literature and held many valuable conversations with attendees. WYC President, Jacqueline Jackson, said, "Demonstrating our care for people's health is definitely an effective way to share the love of Jesus Christ."

For the canvassing event, the young adults visited door-to-door in the town of Westfield handing out flowers, literature, and offering to pray with and for the people they met. "Literature bags were restocked many times," said Jackie. "Glory be to the Lord!"

Juanita Edge
Health Ministries Coordinator

Green Bay Teaches Vegetarian Cooking



The Green Bay church invited Mike and Amy Krueger, lifestyle educators of the Living Faith company, to present their 4-session "Health the Designers Way" program as a health outreach program.

Quite a few people from the community came and appreciated receiving not only new healthy recipes, but instruction in the eight laws of health: rest, exercise, water, diet, fresh air, sunshine, temperance, and trust in God.

Juanita Edge
Health Ministries Coordinator

Monroe Cheese Days Festival Health Expo



Along with providing free health screenings, Brittney Meier and her crew of helpers distributed 600 hand-packed bags filled with health tracts, Signs Magazines, popcorn, bottled water, a Bible study card, and a business card from the Monroe church pastor.

Guests providing contact information are sent a follow-up gift cookbook and a one-year subscription to Vibrant Life Magazine. The book, Ministry of Healing, along with tracts on various health and religious topics were also freely shared. "We had great conversations and contacts before, during, and after the Cheese Days Festival," said Brittney. "This is health evangelism!"

Juanita Edge
Health Ministries Coordinator



MOST MILES IN 2016

First: Waukesha church	27,670
Second: Green Bay church	8,804
First: Three Angels school	24,746
Second: Wisconsin Academy	11,700



In 2016 we walked 126,179 miles! Our goal was to walk around the world three times and we walked around over five times! Way to go, Wisconsin!

The Walk4Life 2017 goal is to collectively walk around the world six times between January 1 and June 30. Learn how you can join the walking team and start reaping the benefits at wi.adventist.org/walk4life.



Bryce Johnson Shares His Personal Testimony



First Timothy 1:15 says, "Christ Jesus came into the world to save sinners; of whom I am chief." Do these words ever describe me! In high school I started doing drugs and partying. This decision was the most detrimental thing I ever did. Not only did it lead to doing stronger drugs, but it cost me most of the relationships I held at the time.

At that same time I also got caught up in the new age movement and conspiracy theories. I felt deceived by the world. I developed a deep longing in my heart to know truth. This belief system motivated me twice to run away from home and see the world. If I wasn't being watched over by God I would surely be dead by now. Both times I made it back safe, thanks to my parents who love me so deeply.

Drugs influenced one of my greatest sins of all, allowing my little brother to smoke pot with me. This led to me getting kicked out of the house and being homeless for a short period of time. Though I was not supposed to, I came back soon after to my mom's house. My brother, Cole, and I ended up fighting and he called the cops on me.

After that I found a park bench, and there I went through the deepest amount of suffering I've ever experienced. I could hear Satan laughing at me saying, "Look at all this I made you do, and you thought it was you." I felt so convicted at that point, I finally accepted the extent of the damage I had done to the ones I loved. That was the turning point.

As I got closer to God, through miracles and repenting, I finally accepted Jesus as my Lord and Savior. God helped me beat my depression and fear of life. Thank you Jesus for saving me from my sins on the cross of Calvary. Thank you, everyone here at church, for your prayers and for not giving up on me.

Bryce Johnson
Chippewa Valley Church

ACS Accepts Generous Quilt/Blanket Donations



Two Lutheran and one Catholic church in Sturgeon Bay regularly call us (David and Marlene Rawls) to come pick up quilts and baby blankets they are making for the Green Bay Adventist Community Services Center. Stefanie Ward, the Green Bay ACS leader, has been sending cards and letters of thanks to these kind folk and their respective churches. They just seem elated that we are willing to deliver these items to a place where they can be used locally.

Years ago this project began with a Lutheran relative of mine (David Rawls) making quilts for Adventist orphanages. Today these Lutheran and Catholic ladies admire the work of our Adventist church, and look forward to touring the Green Bay ACS center soon.

We humbly ask the Lord to show us how to witness to these dear souls as they work to help our community. We believe the Lord is using our church as a conduit in order that His message can be shared with others in these last days of earth's history.

David Rawls
Sturgeon Bay Church

Richland Center Dedicates New Church Windows



Between 50 and 60 people gathered at the Richland SDA Church Sabbath, September 3, to dedicate their new stained glassed windows, and rededicate themselves to the worship and service of God. The theme of the windows, "The Gospel in

Wisconsin Pathfinders at Lake Union Camporee



All In...I'm In, was the theme of the weekend! Over 2,600 Pathfinders from all over the Lake Union displayed their Pathfinder best!

The displays were exuberant, the food is never a disappointment, and the Class A uniforms were crisp and always ready, even for the 7:00 am flag raising.

Wisconsin represented with our roughly 300 in attendance showing our Wisconsin best! It was an amazing weekend filled with great messages from our world Pathfinder leader, Jonathan Tahel. He charged us each night with being completely sold out to serving, loving, and glorifying Jesus!

If you missed out then you should plan to be there in five years with each of us ready to sing our Pathfinder song and look extra sharp with the rest of our Pathfinder brothers and sisters!!

Eric Chavez
Conference Youth Director

Stained Glass," highlights creation, the ten commandments, the first advent, the cross, the resurrection, the three angels, and the second advent. The service included a brief history of the church by Verla Pauls, sermon and dedication by Pastor Garbi, President's address and prayer by Mike Edge, and music meditation by Dale Sinnett on the piano, Pastor Sam Garbi on violin, and Arpad Muranyi on cello.

"On this occasion of our dedicating artwork in this house of worship," said Pastor Garbi, "we also, as God's true temple, rededicate ourselves to God's worship and witness today, which is our reasonable service."

Juanita Edge
Communication Director



Adam Case, New Ministerial Director



Adam Case has accepted the position of Ministerial Director for the Wisconsin Conference. While Adam is not new to Wisconsin, he comes to us from the Nevada/Utah Conference where he served as senior pastor of the Wasatch Hills SDA Church.

Adam received his Master of Divinity from Andrews University, and is currently working toward his Doctor of Ministry, with an emphasis in leadership, at Andrews University.

In addition to ministry, Adam enjoys camping, hiking, walking, running, biking, R/C planes, sports, photography, and spending time with his family.

Laurella, Adams wife of 17 years, holds a masters certificate in Family Life, and is a dental assistant. She enjoys outdoor activities, scrapbooking, sewing, Pathfinders, choir, and just about anything creative or musical.

Adam and Laurella have one 10-year-old son, Joshua. He loves cars, cars, and cars. He also likes skits, plays, classical music, and tinkering with instruments.

“My family and I are excited to be returning to Wisconsin,” says Adam. “I am passionate about ministry and ministers. I believe that healthy priorities for ministers are 1) God 2) Taking care of themselves mentally and physically, and 3) Taking care of their families. When these areas are tended to, the pastor is enabled to serve God and his church at the highest level.

“Wisconsin has a history of great pastors and I look forward to coming along side them to join them in serving their districts and moving the gospel forward in our conference.”

Juanita Edge
Communication Director

Frederic Dedicates Church Free of Debt



The Frederic SDA Church held special services September 10 to celebrate the dedication of their church facility which is now debt free. Head elder Larry Stotz lead in the mortgage burning ceremony as Pastor John Redlich, the other church elders and the Wisconsin Conference officers assisted. Over 60 people were present for the Sabbath morning service, including representatives from all three churches in the Frederic district.

President Mike Edge held the morning service, the Frederic Church Chorale sang, “May All Who Come Behind Us Find Us Faithful,” and building chairman, Mark James, gave a history of the project, revealing many answers to prayer and much evidence of providential guidance. In a responsive style reading, members of the Frederic church rededicated themselves and their church facility to, “worship, prayer and Bible study, selfless service, seeking and saving the lost, building strong families, and being faithful to the mission and teachings of the Seventh-day Adventist Church.”

The weekend also concluded a special 10-days of prayer, in which the church facility had been open to the public for prayer and Bible study 24 hours a day.

Juanita Edge
Communication Director

FINANCIAL UPDATE

In this special year of evangelism well over 100 meetings or outreach activities have taken place with many more planned before year end. We have appropriated over \$170,000 to the churches in support of these efforts as of August and will most likely top \$200,000 in appropriations by year end. It is exciting to hear the stories and see how God is working all over this Conference. Many seeds are being planted. I would like to thank you for your faithful giving to Wisconsin Budget as well as the tithe that helps make these special opportunities available.

The Wisconsin Academy wastewater project is near completion. Two of the three systems are now in place, and the system should be fully functional by year end. We are also working with the DNR on the closure of the old system. It looks like we are going to come in on budget with this project at around \$350,000 for all costs, including studies and architectural expenditures. While this is a substantial amount of money, it is far less than the almost \$2,000,000 projected at one time. God has certainly blessed us in this process. The benefits of this system to WA will be a huge reduction in maintenance, operating, and labor costs.

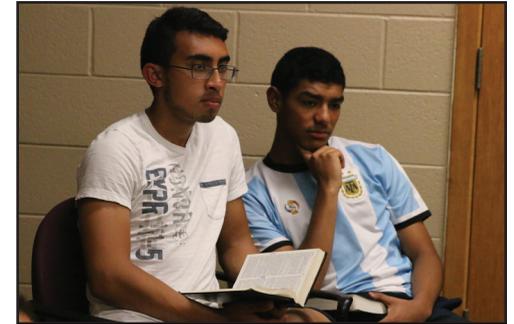
The major payment for this new system will be paid by the end of October. We have needed to borrow approximately one half of the cost of the system (\$150,000) with the balance borrowed internally. We have received offerings toward the project through September of \$32,276.90. If you have not yet fulfilled your pledge or would like to contribute to this project, send your donation directly to the Conference marked WA Wastewater Project. Or, if you prefer you may give through your local church and mark your tithe envelope WA Wastewater.

Brian Stephan
Executive Secretary/Treasurer

FINANCIAL SNAPSHOT			
	2016	2015	% Change
September Tithe Income:	\$496,020	\$522,043	-4.98%
YTD Tithe Income:	\$4,693,554 (39 wks)	\$4,685,265 (39 wks)	0.18%
September Wisconsin Budget:	\$20,813	\$24,719	-15.80%
YTD Wisconsin Budget:	\$211,528 (39 wks)	\$222,022 (39 wks)	-4.73%



Half of School Attends Voluntary Bible Studies



Our small group Bible study on Wednesday nights is no longer small! Currently, over 35 students attend, studying Bible prophecies and end time events.

A group of students have been meeting each Wednesday night since last January to study the Bible and pray together. What started with a small group, grew to 12-15 students regularly attending at the end of last school year. Studies usually last about 30 minutes. It's been wonderful to watch God work!

With such interest in Bible studies this year, we have divided into two groups. Our original group is studying end time events. A second group is covering Bible beliefs and prophecies.

God is active and alive at Wisconsin Academy. Please continue to pray that the Holy Spirit will breathe His life into the work. Pray especially that He will work miracles in the lives of these students who are reaching out to Jesus.

from the pen of inspiration

First Principles of Education

Our ideas of education take too narrow and too low a range. There is need of a broader scope, a higher aim. True education means more than the pursuit of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious development of the physical, the mental, and the spiritual powers. It prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come.

"The source of such an education is brought to view in these words of Holy Writ, pointing to the Infinite One: In Him "are hid all the treasures of wisdom." Colossians 2:3. "He hath counsel and understanding." Job 12:13.

"The world has had its great teachers, men of giant intellect and extensive research, men whose utterances have stimulated thought and opened to view vast fields of knowledge; and these men have been honored as guides and benefactors of their race; but there is One who stands higher than they. We can trace the line of the world's teachers as far back as human records extend; but the Light was before them. As the moon and the stars of our solar system shine by the reflected light of the sun, so, as far as their teaching is true, do the world's great thinkers reflect the rays of the Sun of Righteousness. Every gleam of thought, every flash of the intellect, is from the Light of the world.

"In these days much is said concerning the nature and importance of "higher education."

The true "higher education" is that imparted by Him with whom "is wisdom and strength" (Job 12:13), out of whose mouth "cometh knowledge and understanding." Proverbs 2:6.

"In a knowledge of God all true knowledge and real development have their source. Wherever we turn, in the physical, the mental, or the spiritual realm; in whatever we behold, apart from the blight of sin, this knowledge is revealed. Whatever line of investigation we pursue, with a sincere purpose to arrive at truth, we are brought in touch with the unseen, mighty Intelligence that is working in and through all. The mind of man is brought into communion with the mind of God, the finite with the Infinite. The effect of such communion on body and mind and soul is beyond estimate."

Ellen G. White
from "Education", p.13-14

Journey to Bethlehem

Mark Your Calendars for this year's "Journey to Bethlehem" Christmas Pageant, a live, dramatic retelling of the birth of Jesus on Friday, Dec. 9, from 5:00-8:00 pm and Saturday, Dec. 10, from 5:00-8:00 pm.

Your journey will take place on the campus of Wisconsin Academy:
N2355 DuBorg Rd.
Columbus, WI
Dress warmly. The marketplace is indoors, but some of your journey will be outdoors.





All-School Service Days Reach Community



Students and staff recently completed our second all-school service day of the year. Students painted signs and removed caulking at the Columbus pool, pulled weeds and trimmed bushes at the Conference office next door, picked up litter on the highway, weeded campus flower beds, and raked lawns. We also distributed flyers advertising a showing of “The Conscientious Objector,” a documentary on the life of Adventist medic Desmond Doss. Service days are an important part of our “Fit To Serve” curriculum, preparing students “for the joy of service in this world and for the higher joy of wider service in the world to come.” (Ed 13)

Students Donate Blood at Fall Red Cross Drive



On October 4, we had 23 donors present during the first of our two annual Red Cross blood drives. Twenty units of blood were collected, potentially saving 60 lives. We knew we would have a smaller drive this fall because many students can't donate due to their travel to the Philippines on the spring mission trip. They'll be able to donate at our spring drive. We also had about 18 students help as volunteers checking donors in and assisting people after their donation. The cafeteria pitched in with yummy snacks for donors too, so it was a school-wide effort. Students were happy to serve our community and help save lives!

Students Train to Serve at Leadership Retreat



Recently, Wisconsin Academy sent twelve student leaders to the annual Secondary Student Leadership Conference at Camp Au Sable. Our student leaders spent the weekend with student leaders from across the Lake Union. Student Association leaders, student pastors, class officers, and yearbook editors met to be trained, share, and brainstorm together. After worship and a hike around Lake Shellenbarger on Sabbath, the WA student team met to share ideas they had gathered. We are excited to see how God will use His leaders to bring their fellow students into a closer relationship with Him.

Snapshots of First Quarter at Wisconsin Academy



Students evaluate human impact on local ecosystems in Miss McWilliams' Environmental Science class.



Spanish teacher and girls' dean, Willyta Wamack, helps a student during Spanish class.



Students climb up the bluffs at Devil's Lake State Park during a Sabbath afternoon outing.



Students sing and share with residents at The Meadows assisted living facility on a Sabbath afternoon



The entire student body canoeed down the Wisconsin River one Friday, pausing for a picnic on a sandbar.



Youth Director Eric Chavez preaches during the first of four Weeks of Prayer.



Wisconsin Conference of
Seventh-day Adventists
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Calendar of Events

November

- 8 Pastors' Web-X
- 18-19 Church Planting Rally
- 20 Hispanic Women's Banquet
- 23-24 Office Closed for Thanksgiving
- 29 Board of Education
- 30 Executive Committee

December

- 3 JAHWI Youth Rally
- 9-10 Journey to Bethlehem at WA
- 10-11 Hispanic Departmental Training
- 22-29 Office Closed for Christmas

January

- 2 Office Closed
- 4-5 Pastor/Teacher Meetings
- 6-8 WI Winter Youth Retreat
- 11-22 10 Days of Prayer
- 13 JAHWI Leader's Retreat
- 16 Office Closed MLK Day
- 20-22 Men's Conference
- 28 Pathfinder Bible Experience
- 27-29 Lay Minister's Meetings
- 31 Board of Education

February

- 1 Executive Committee
- 10-12 Lake Union Youth Congress

- 17-19 Pathfinder Winter Retreat
- 19 Adventist Lay Seminary
- 20 Office Closed - President's Day
- 24-26 Hispanic Women's Certification

Why Have a Will?

Having a will is arguably one of the most important things you can do for yourself and your family. While each person's situation varies, here are some reasons to have a will.

You decide how your estate will be distributed. If you die without a will, there is no guarantee that your intended desires will be carried out.

You decide who will take care of your minor children. The court will take it upon itself to choose among family members or a state-appointed guardian. Having a will allows you to appoint the person you want to raise your children.

Make gifts and donations. The ability to make gifts to the Lord's work in Wisconsin is a good reason to have a will because it allows your legacy to live on and reflect your personal values and interests.

Contact Cindy Stephan, Planned Giving and Trust Services Director for an in-home visit today at 920-484-6555 x311.

INTRANSITION

Jean-Marcel Clouzet has accepted a call to pastor in the Kansas/Nebraska Conference. He and his wife, Tammi, were serving in the Wisconsin Academy District.

Carlos Molina is moving to Mexico to serve as Professor of New Testament Theology at the University of Montemorelos. He and his wife, Diana, have been pastoring the Milwaukee Central District.

Outdoor Education for 5th and 6th Graders



Shrink wrapping students? Yes, in a physics class called: A world Under Pressure, a first at Outdoor Education. 5th and 6th graders learned about animal tracking, filtering lake water, orienteering, and trees. First aid class taught by Dr. Veronica Minier included lots of fake blood and bruises. Students learned from God's second book, enjoyed lively songs, participated in inspiring worships, and devoured good food. It was awesome!

Linda Rosen
Education Superintendent