

RECORD



“Today’s media has created a social climate of distorted body image, which has led to an epidemic of eating disorders and body hatred”—Cyndi Tebbel, 2001

Health promotion targets distorted body image

Traff Fowler, Adventist Health researcher

Being bombarded with images of the ideal body shape for men and women in the media plays upon our insecurities. We can become dissatisfied with our own bodies and our attractiveness. Body image involves our perception, imagination, emotions and physical sensations of and about our bodies.

This reaction is psychological in nature, and includes how we see ourselves, how we feel others perceive us and how we feel about our bodies. Body image changes with time and is a product of social learning, continually reinforced through popular culture. The distorted body image perpetuated by the mass media places undue pressure on men and women to focus on their body shape and appearance, often at the expense of good health.

As the former editor of Australia’s *New Woman*, author and spokesperson Cyndi Tebbel knows of this process all too well. She gained notoriety when, as editor of *New Woman*, she produced a groundbreaking edition of the magazine that focused on body image. *(Continued on page 3)*

In this issue

Taking Charge of Your Health: *In detail*

Why bother with health promotion?

KidSpeak: Talking about heaven



Health and spirituality link

Health and spirituality: Is there a link?

Sitting at the dinner table with a group of health professionals attending a medical conference, I ordered a vegetarian meal but politely declined the offer of wine. During the meal one of the guests turned to me and asked, "Do you abstain from meat and alcohol for religious reasons?"

The person asking was aware of my Sabbath observance and assumed that my diet may be linked to my religious beliefs. I paused for a moment to consider what the most appropriate answer may be to this sincere inquiry. Should I respond by saying that it was primarily health reasons and espouse the scientific evidence for vegetarianism and alcohol abstinence, or should I disclose that my choice of food reflects not only my interest in good health, but also my spiritual focus?

The relationship between health and spirituality raises some important issues for us as Seventh-day Adventists. After almost 150 years of emphasis on health, there's evidence that some Adventists seriously question its relationship to spiritual matters. From a sociological perspective it seems inevitable that in any social structure a generation will arise questioning the established beliefs and value systems. Yet several developments bring special significance to the health discussion.

Socially we live in a world increasingly preoccupied with matters of health and lifestyle. Surveys indicate that in the West the highest priority and strongest desire in people is to be first of all healthy, then to be happy, to hold a good job, to enjoy peace of mind and, last, to be wealthy.

Never before have people invested so much time and money in procuring health information and health services, and make lifestyle changes by exercising, drinking

water and eating vegetarian food.

Scientifically we see convincing evidence of the intimate relationship between the body and mind. Research continues to probe the mysteries of the brain, and to map areas that may be specifically associated with our spiritual experiences.

Prestigious medical and scientific journals are publishing research articles on the effects of prayer and faith on human fertility, healing and wellbeing. In response to the words *health* and *spirituality* an Internet search engine found some 240,000 web sites in just three seconds.

In the religious sphere Buddhists, Mormons, Hare Krishna's and Muslims all emphasise the importance of health in spiritual development, while religious groups without a health focus admit that it is a missing link in their spiritual development. As Adventists we need to ask Is this the time to abandon our vision on the relationship between health and spirituality, or is it time to proclaim it more enthusiastically? We have been blessed with great biblical insight on this issue.

At Creation, God gave humankind dietary laws for their wellbeing. He repeated these laws immediately after the Fall. He reminded Noah of their existence and later revealed more detailed health laws to Moses, who was to record them for the benefit of posterity.

But to Moses, God also gave a succinct explanation as to why His health laws were so important. God said, "I am the Lord your God; consecrate yourself and be holy, because I am holy" (Leviticus 11:44, NIV).

The heart of the health laws is holiness. On the basis of Scripture we have a unique insight into the relationship between health and spirituality, and a noble motive

for living a healthy lifestyle.

The theme of health and holiness is not only evident in the Pentateuch, but also in the writings of Isaiah, Ezekiel and the New Testament authors. It is reflected in the experience of individuals like Daniel and his friends, Samson and John the Baptist.

From these accounts we learn that when God calls men and women, a nation or a church to fulfil a special mission, He prepares them for the task in a wholistic manner, with health and holiness closely intertwined.

Holiness means wholeness and completeness—physical, mental, spiritual and social. Interestingly, the biblical concept of health also refers to wholeness and completeness not only in our own being, but also in our relationship to God, to fellow human beings and to the world we live in. On that basis health is an important aspect of holiness. Clearly health is more than just a doctrine or religious observance.

May we always remember that God is the only source of life, health and holiness. He invites us to be His holy people, consecrated to do His work, keeping our bodies as His holy temple (1 Corinthians 3:16, 17). For this reason whatever we eat or drink, or whatever we do, may it all be done to His glory (1 Corinthians 10:31). Let's share this good news with others.

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Our vision is to...
know
experience
and share
our hope in Jesus Christ!

Body image

TARGETED

An Australian survey found 60 per cent of teenage girls believe they would be happier if they were thinner (Body Image and Better Health Program, Victoria 1997). A similar survey in 1999 found that 43 per cent of men say they are extremely or somewhat dissatisfied with their bodies.

(Continued from page 1)

Ms Tebbel featured a size-16 model on the cover of *New Woman*. When a major cosmetics company pulled its advertising from the magazine as a result, she was encouraged to discontinue “promoting unhealthy behaviour.” She subsequently resigned and was commissioned to write the book, *The Body Snatchers: How the Media Shapes Women* (Finch Publishing, 2001).

Ms Tebbel is now a freelance editor and writer, and her work has been published in *The Australian*, the *Sydney Morning Herald*, the *Sunday Telegraph*, *Elle Australia* and other publications. She continues to speak on body image and the media.

Ms Tebbel is one of several presenters on the topic of body image in a new health-promotional program, “Acceptance.” This program aims to educate people about the distortion of body image in today’s popular culture and targets the propensity to place too much importance on body shape at the expense of healthy behaviours.

“Educating children about how the media and advertising industries operate is crucial in helping them develop the tools to analyse the many messages that falsely claim success is dependent on conforming to a ‘media image’ that is extremely rigid, and often impossible to attain,” says Ms Tebbel. “Promoting diversity in all aspects of life is vital if we are to ensure that young people become informed consumers and remain confident about their worth, regardless of their size, shape, colour, religion or ethnicity.”

“Acceptance” is one in a new series of seven programs currently being produced by Adventist Health together with Adventist Media, titled *Taking Charge of Your Health*. This series includes seven 30-minute DVD or video programs for satellite broadcast and

for free community use.

Each program deals with a contemporary health issue, showcasing how lifestyle principals can help people live a healthier, happier and more fulfilling life. The programs target health behaviour on three levels: the science behind the issue, a plain-language statement and take-home message, and practical ways to adopt the lifestyle principles. A wholistic framework of health is promoted in the series, with a focus on the biological, psychological and social aspects of health.

In “Acceptance,” leading UK body image and eating disorder researcher Jane Ogden, professor of health psychology at Kings College, London, opens by dispelling the myth of the universal body shape. We all have different body types and shapes, and thin does not necessarily mean healthy.

It has been estimated that the current female body shape portrayed in the media represents less than 1 per cent of women in the general population. In fact, many researchers believe advertisers purposely normalise unrealistically thin bodies to create an unattainable desire that further drives product consumption and increases profits (*Body Image and Advertising*, 2000).

The by-product of this profiteering is distorted body image and low self-esteem in millions of people worldwide. No wonder there’s increasing pressure on advertisers to better represent the larger population of diverse body shapes and sizes.

However, the media doesn’t just distort the body image of women. “Acceptance” aims to highlight trends for men to succumb to the body-image trap. Dr Jenny O’Dea, dietitian and researcher at Sydney University, will show how media portrayal of body image has changed over time from full to slim figures in women, and the

increasing importance of male body image.

In a recent study, Dr O’Dea has found an increasing trend for men to risk their health to achieve the media standard. The pressure on young men to look good is almost as strong as for young women, and men are less likely to be aware of sensible weight loss methods, resulting in a greater propensity to perform risky health behaviours.

Along with how the media perpetuates body image, “Acceptance” also deals with some of the risky health behaviours that can arise as a consequence of distorted body image. Jeni Pearce, a New Zealand-based dietitian and sports therapist, considers the dangers of fad dieting and the overall failure to address underlying problems of weight gain. She also notes the ease in which fad dieting can lead to eating disorders.

Dr Gary Eggar, developer of the Gut Busters program, will look at some contributing factors to overeating such as genetics, stress and mood, culture, exposure to cues and conditioning.

Dr Deanne Jade, a psychologist and principal and founder of the National Centre for Eating Disorders in the UK, also addresses the link between emotions and eating behaviour. Eating behaviour may be a response to emotional cues or triggers such as anger, depression and lack of control.

Dr Jade and Professor Ogden will also present practical ways in which to curb emotional eating, and to accept your own body shape and size.

Taking Charge of Your Health is currently in production, with interviews being conducted with health professionals across the globe. The series also addresses lifestyle balance, priorities and stress management, exercise and active lifestyle, eating smart, building resilience to at-risk behaviours and social health.

Please support this innovative and worthwhile project by giving generously in next week’s (May 17) Health Offering.

Why health promotion?

Traff Fowler, Adventist Health researcher

The main health causes of impairment and death in Australia, New Zealand and in the West are now chronic diseases that cannot be cured, but have to be managed. The Australian Institute of Health and Welfare estimates that two-thirds of all deaths in Australia are caused by three main chronic diseases: heart disease, cancer and stroke (AIHW, 2001).

These diseases are often referred to by researchers as “lifestyle diseases,” as they are all associated with (although not directly related to) unhealthy lifestyle behaviours.

Increasing cost of poor health

In the year 2000, total health expenditure in Australia was an estimated \$A60.8 billion (about 9 per cent of Australia's total income or GDP). This figure has been growing, on average, at 3.6 per cent per year, adjusted for inflation and population growth. It is expected to continue rising due to increasing medical costs and ageing population.

One proposed solution is to focus on health promotion and disease prevention through educating people on the benefits of maintaining a healthy lifestyle. This type of approach accounted for only 4 per cent of last year's total health expenditure.

Meeting a community need

The *Taking Charge of Your Health* series is focused on meeting the need for health promotion within the community. As a church that has always promoted the importance of healthy lifestyle behaviour, we see more than ever an increasing social need for and openness to this message.

The *Taking Charge of Your Health* series not only addresses health education and practical applications for lifestyle change, but also the reasons and motivations behind unhealthy behaviours, and the barriers these create to behaviour change.

In an age where increasing confidence in our modern medical system has left individuals assuming less responsibility for their own health, this series is promoting the simplicity of making healthy lifestyle changes, and empowering the community once again to *take charge of their health*.



Taking Charge of Your Health

The *Taking Charge of Your Health* series includes seven, 30-minute DVD or video programs for satellite broadcast and for free community use. Each program deals with a contemporary health issue, and showcases how lifestyle principals can help people live a healthier, happier, and more fulfilling life.



Balance
wellness

Balance educates on wholistic concepts of health and wellness, and how lifestyle choices determine quality of life. It highlights the importance of establishing balance in the physical, social, emotional, intellectual and spiritual aspects of life, as well as addressing ways in which balance can be implemented in line with personal values, and ways in which to effectively accomplish behaviour change.

Priorities deals with stress in our lives, highlighting the importance of our reactions in responding to and coping with stressors at home or in the workplace. This program introduces various techniques to help in coping with responses to stress, and also examines the link between chronic stress and depression.



Priorities
stress management



Maintenance
physical activity

Maintenance attempts to “de-athleticise” exercise and fitness, and addresses the importance of maintaining an active lifestyle for quality of life. It educates on the benefits of and barriers to exercise, and includes many practical tips on how to include regular activity into a balanced lifestyle.

Survival examines nutrition and the need for variety and balance in our diets. The program highlights the importance of regular meals, plant-based foods and hydration, while educating against unhealthy behaviours such as upsizing. It includes many practical segments on how to achieve balance and variety at the supermarket, in the kitchen and when eating out.



Survival
nutrition



Acceptance
body image

Acceptance targets the increasing trend to place too much emphasis on body shape and image at the expense of healthy behaviours. The program educates on the media's role in body-image distortion, and deals with a number of unhealthy behaviours that can result from this distortion. Practical tips for resisting these unhealthy behaviours and learning to accept our bodies are also given.

Choice focuses on the importance of social support in developing resilience to addictive and at-risk behaviours. The program uses life experience accounts along with professional opinion to educate on factors for at-risk behaviour, the nature of resilience and the importance of belonging, mastery, independence, generosity and significant others in the shaping of resilience and self-worth.



Choice
at risk behaviours



Connectedness
social health

Connectedness addresses the importance of relationships for lifestyle balance and physical and emotional wellbeing. It examines connectedness on the family, social and community levels, as well as giving practical examples on how to enrich relationships. The effects of societal breakdown and the benefits of belonging to a spiritual community are discussed. As well, the links between spirituality and health are examined.

Tale of two churches

Name withheld

While holidaying interstate, I attended a sister church. As I approached it, I could hear the “noise” emanating from inside. However, I was stunned to find it packed with a younger generation, with the older generation in the minority. Once the service began, there was hardly a sound; no youth sat at the back chatting. We felt as though all of them were enjoying their worship and were glad to be there. We felt warmth and love, even though we had not been approached or welcomed.

On the following Sabbath we attended another church. We were welcomed at the

door. It was sparsely populated by a few senior folk, although some younger ones eventually drifted in. A fellowship lunch followed, to which we were invited. However, once there we were left to our own devices. The only folk to mix with us was another visiting family. We eventually left, unnoticed, before sweets were served.

Upon returning to my home church, I pondered which of the two churches I most enjoyed attending, my own church, unfortunately, being more akin to the latter.

I know which I would like my own to emulate and, unfortunately, can see why it has trouble attracting new members.

Building up blokes

Bob Sonter, NSW

“Give the blokes a go!” (Letters, April 19) raises pertinent points about the need for ministries targeting men’s spiritual needs.

I applaud the church’s initiative in establishing a Women’s Ministries Department, but a similar need does exist for men. A key argument used in launching its women’s ministry was that women comprised more than half the membership, but were under-represented. It was felt that because of this under-representation, existing ministries favoured men.

Both men and women have gender-specific spiritual needs, but one needn’t wait for church administration to organise a men’s ministries. My home church (Gateway, in Cooranbong, NSW) has established a Men’s Ministries Department and, although in its infancy, it is having a major impact on men’s lives.

For those seeking an excellent resource on this subject, I recommend *Wild at Heart*, by John Eldredge (available at ABCs). Take the journey it outlines, then find men of like mind and organise some events where you can share your story.

Note: Views in Letters do not necessarily represent those of the editors or the denomination. Letters should be less than 250 words, and writers must include their name, address and phone number. All letters are edited to meet space and literary requirements, but the author’s original meaning will not be changed. Not all letters received are published. See masthead (page 2) for contact details.

Just a coincidence



KidSpeak—Adventist children speak about their world

Featured this month are children from Cairns church, Northern Australian Conference, who were interviewed by Janine Robinson.



Name: Nathan Thomas
Age: 12 years old
I can't wait to get to heaven. I've got lots of questions to ask Jesus! It will be great to live where everybody is nice to each other and there will be lots of happy families.



Name: Lachlan Vickery
Age: 4 years old
When I get to heaven I'm going to sit on Jesus' knee and we will sing songs together. It will be fun and there will be lots of animals for me to play with.



Name: Sarah Eigl
Age: 7 years old
Heaven will be great because I'll be able to talk to Jesus face to face, instead of praying to Him. I just want to be with Him and tell Him that I love Him.



Name: Ernest Suavai
Age: 11 years old
I'm looking forward to going to heaven to spend time with Jesus, talking to Him and listening to His stories. The best part is there will be no more fighting or wars.

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Anniversaries

Menzies, Guy and Lorna (nee Williams) celebrated their golden wedding anniversary on Sunday, 13.4.03 in the tropical gardens of the home of Fiona (nee Menzies) and Wade Edgeworth, Brisbane, Qld. Long-time friends, family and extended family travelled from many parts of Australia to be part of this wonderful occasion. Many will remember the Menzies as part of the history of Cooranbong, and Guy as a major builder in the area. The many Adventist churches, conference offices, schools, retirement homes and family homes built throughout Australia are a testimony to Guy and Lorna's dedication and generosity. Years of illness have not dulled the sense of humour and tremendous family loyalty of both Guy and Lorna. They are greatly loved and honoured by their five children and spouses, and 17 grandchildren.

Winter, Arthur and Pearl (nee Singe) were married on 24.3.53 by Arthur's brother, the late Pastor Stan Winter, in the Glen Huon church, Tas. They celebrated their 50th wedding anniversary with a family luncheon at the couples' bayside home. Their children and their spouses, Brian and Terryanne, Annette, Christine and Don; their five grandchildren; Pearl's sisters, Vi (Tas) and Dulcie; Dulcie's husband, Allen (Ocean Shores, NSW); Arthur's sisters, Irene, Ruth and Dorothy; and his brother, Ron (Mullumbimby), were among the guests. Family and friends wish them God's blessings.

Appreciation

Needham, Mavis and her family wish to thank all who have shared their hearts over the recent death of Pastor Arthur Needham. The many beautiful sentiments expressed in cards, flowers and other thoughtful ways has brought a warm glow into otherwise shadowed days. We thank you sincerely.

Weddings

Fisher—Thrippleton. Benjamin Kristin Fisher, son of Ian and Petra Fisher (Coominya, Qld), and Julie Melan Thrippleton, daughter of Michael (Brisbane) and Joanne Thrippleton (Cowra, NSW), were married on 13.4.03 in the Uniting church, Fernvale. *Bob Possingham*

Lockton—Hivon. John Carl Lockton, son of Harwood and Avril Lockton (Cooranbong, NSW), and Sarah Margaret Hivon, daughter of Jim and Margaret Hivon (Coffs Harbour), were married on 6.4.03 at St Patricks of Nulkaba, Hunter Valley. *Trafford Fischer*

White—Cassells. Gregory Douglas White, son of Gary and Barbara White (Whyalla, SA), and Sarah Janet Cassells, daughter of James (Melbourne, Vic) and Christine Cassells (Adelaide, SA), were married on 13.4.03 in the beautiful setting of Carrick Hill Estate. *George Hirst*

Volunteers needed

Primary Teacher—Costa Rica—to teach Grades 1-3. Some teaching experience preferable. Living allowance, lodging and food provided. Term: 7 months, commencing May 15, 2003.

ESL Teacher—China—to be involved in English classes, lectures, testing, promotional programs and special student activities. Term: 12 months, commencing May, 2003.

Assistant Dean—Denmark. Male and female required. Living allowance and lodging provided. Must be 18–25 years old and have 3–4 years college experience. Term: 11 months, commencing August 1, 2003.

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Obituaries

Butler, Arthur Thomas, born 3.2.1910 at Horsham, Vic; died 10.4.03 at Cooranbong, NSW. He was predeceased by his wife, Violetta, in 1990. He is survived by his sons, Terry (Hervey Bay, Qld), Noel (Wangi, NSW), Grant (Brightwaters) and Wayne (Buff Point); his sister, Dorothy (Gilgandra); his 10 grandchildren; and eight great-grandchildren. He will be greatly missed by his family and all who knew him.

Jim Beamish

Findlay, Lance William Philip, born 5.2.1964 at Gin Gin, Qld; died 10.4.03 at home in Gin Gin. On 22.12.91 he married Michelle Roesler. He is survived by his wife; his son, Jessie; his daughters, Michah and Meselle. Lance was a loving husband, devoted father, supportive son, caring brother, respected sportsman and dedicated to his church. He will be affectionately remembered and sadly missed.

Bob Possingham

House, Pastor Eric Stanley, born 22.2.1915 at Kew, Vic; died 31.3.03 at Sunnybank, Qld. On 23.2.43 he married Fernena Pages. He is survived by his wife (Adventist Retirement Village, Victoria Point); his sons and their spouses, Kevin (Toronto, Canada), Dr Brian and Aija (Gold Coast, Qld) and Pastor Murray and Margaret; and his seven grandchildren. Eric was a faithful and respected pastor who ministered in many locations since 1940. *Alec Thomson*

James, Myrtle May (nee Davies), born 18.3.1912 at Nagambie, Vic; died 10.4.03 at Coronella Retirement Village, Nunawading. In 1939 she married Robert, who predeceased her in 1959. She was also predeceased by her son, John, in 1992. She is survived by her son and daughter-in-law, Robert and Patricia (Wonthaggi); her daughter-in-law, June James; her two grandchildren; and four great-grandchildren. *Margaret Manners*

Matthews, (Mac) William Macartney, born 5.8.1938 at Townsville, Qld; died 4.4.03 at Rockhampton. He is survived by his wife, Fern (Yeppoon); his children, Lawrence (Melbourne, Vic), Andrea (Sydney, NSW), Denis (Brisbane, Qld), Stew-

art (Sydney, NSW); his brothers and sisters, Ian, Donald, Leta, Kevin, Lorraine and John. Mac was a Christian brother of high fidelity; with a great thirst to encourage souls to prepare for Christ's kingdom. Even during the last decade of his life, in which he suffered a severe illness, he continued his outreach work.

Tom Turner, Russell Standish

Shaw, Douglas Edmond, Jr, stillborn on 11.3.03 at John Hunter Hospital, Newcastle, NSW. He is greatly missed by his parents, Doug and Fiona; his brothers, Joseph and Lachlan; and his sister, Tara (all of Wyee). They long to be reunited with baby Douglas in heaven.

Max Mulligan

Sforcina, Zena Jean (nee Lee), born 21.9.1919 at Subiaco, WA; died 22.12.02 in Fremantle Hospital. On 14.7.48 she married Athol, who predeceased her. She is survived by her children, Karen Gazsik (Brassall, Qld), Neil (Mandurah, WA), Errol (Westfield), Don (Beaufort, Vic) and Shelley (Auckland, NNZ). Zena lived a life of selfless and patient devotion to God, family and friends. Her most ardent desire was that Jesus might soon come and establish His peace in the world.

Wayne Stanley

Thompson, (Clive) Richard, born 20.1.1919 at Whangarei, NNZ; died 27.3.03 in Wauchope Hospital, NSW. He is survived by his wife, Jean; his daughter, Carole; his sons, David, Lloyd and John; and their families. He trained as a teacher; then during World War II he served in the NZ Air Force as a navigator. He and his wife were baptised in 1947 by Pastor Paul Claus. He taught in the Adventist education system and served in schools in Hamilton, New Plymouth, Samoa, Royal Oak and Kaitia before becoming education and youth secretary of the Central Pacific Union Mission. Later he taught in Invercargill, Papanui, Madana and Kabiufa, Papua New Guinea; then Rockhampton, Lismore, Murwillumbah and Erina. In retirement he taught Scripture in public schools until he was 81. Richard had a simple trust in Jesus and longed to see Him come; and come He will!

Barry Satchell

Timmins, Lloyd George, born 2.12.1942; died suddenly 8.4.03 at Palmerston North, NNZ. On 15.4.68 he

THE EDGE

If you're in your teens or twenties, this one is just for you!

The Edge magazine has 15 copies of a recent Dove Award winner—**Sixpence None the Richer's CD, "Divine Discontent"**—to give away. For details on how to win grab issue 35 [released last week, May 3] or go to www.edgeonweb.org



Competition closes midday, May 23.

married Pat. He is survived by his wife; his children, Dani and Rachel; their spouses; and his granddaughter, Hannah. He is sadly missed by his family, who appreciated his company, advice, work ethic and unconditional love for 60 years.

Anton van Wyk

Young, Grace, born 19.4.1909 in Melbourne, Vic; died 22.3.03 at Glen Innes, NSW. She was predeceased by her husband, Stan, in 1996, aged 91. She is survived by her five children; her 16 grandchildren; and 14 great-grandchildren. Grace was educated and married in China, then settled in Glen Innes in 1928. She was introduced to Christianity by Cecelia Hon (then of Tenterfield) and became a foundation member of the Glen Innes church and a model of faithfulness.

Barry Satchell, Ken Love

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Retirees' luncheon—Greater Sydney, NSW. All SDA retirees, whether previously denominationally employed or not, are most welcome to attend the fellowship luncheon of the Greater Sydney Association of SDA retirees on Thursday, May 15, 2003, at the Mount Colah church hall, corner of Cowan Road and Pierre Close. Program commences at 11.00 am. Guest speaker: David Haupt, manager of our Cabramatta ADRAcare Centre. You'll be thrilled to hear of the miracles God is working in the lives of many as victories are gained over drugs. Contribution of \$3 per person and finger food to share.

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25th anniversary Northpine Christian College (Qld). Past students, parents and staff of Northpine Christian College (formerly known as Pine Rivers Adventist School/Brisbane North Adventist College) are invited to join us in a weekend of celebration on June 21 and 22, 2003. For further information please phone Katy (07) 3204 6511.

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Approx. 80 minutes

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Giant book sale—Nunawading church, Central Road—Sunday, May 18, between 11 am and 3 pm. 2500 books at bargain prices, choir music (multiples), videos, SPC tin food, garden hoses, non-alcoholic wines, plants. Make a calendar note.

Interested in history of the San? Sydney Adventist Hospital Centenary History Conference at Wahroonga, NSW, Sunday, May 25, 2003. No charge, but need to register booking. Margaret Smith (02) 9487 9411; <margaretsm@ah.org.au>.

Digital photography. Like a camera but don't know where to start? Have a camera but want to improve your skills? Give Andrew a call on 0411 078 382 or see <www.ircomm.com.au>.

Finally

Faith hears the inaudible, sees the invisible, believes the incredible, and receives the impossible.