

APRIL 16 2011

# Record


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## Pacific artefacts in the spotlight

Cooranbong, New South Wales

Five items from the Adventist Heritage Centre's South Sea Islands Museum in Cooranbong feature in the first Solomon Islands art exhibition in Australia.

*Varilaku: Pacific arts from the Solomon Islands*, at the National Gallery of Australia, includes more than 60 works from the 1860s to the 1940s, when "indigenous cultures came under the unstoppable influence of colonial administration and Christianity".

According to the gallery, the exhibition is the most comprehensive since the British Museum's in 1974. It explores traditional beliefs in ancestral ghosts, the world of spirit beings, ocean-bound raiding expeditions and the indigenous aesthetics of the self, such as the use of adornments to express identity and status.

Adventist Heritage Centre curator Rose-lee Power played a significant role in ensuring the loan of the arts, "without

which the exhibition would have been greatly impoverished," said Crispin Howarth, curator of Pacific arts at the gallery.

He describes the centre's South Sea Islands Museum

collection as "among the finest to be found anywhere in Australia". Items in the collection have come primarily from gifts donated by Adventist missionaries who served in the Pacific islands.

*Varilaku: Pacific arts from the Solomon Islands* is in the Orde Poynton Gallery at the National Gallery of Australia until May 29. Entry is free. —Sonia Larsen



Rose-lee Power with the artefacts.

## King's dream brought to life

Coffs Harbour, New South Wales

Adventists in Coffs Harbour raised a 30-metre inflatable statue in their local showground to promote an evangelistic series.

Phil White, inspired by the success of a high-profile publicity campaign that stopped building development in the open spaces around his home, had a "dream". Mr White, through the inspiration of the Holy Spirit, he said, dreamt about a method of furthering the Gospel by means of a replica of

Nebuchadnezzar's dream in Daniel 2—an image 30 metres high. He felt it would be a way of attracting media attention to advertise an outreach program in the city of Coffs Harbour.

After much internet searching, a manufacturer in China was engaged to produce a 30-metre inflatable image. The statue was dubbed "Edgar", an acronym for "Every Dynasty God Already Revealed"—the message of Daniel 2. On February 27, the image was erected at the Coffs Harbour Showground. Local media covered the story, while radio ads also ran. After three days, Edgar blew over in a severe windstorm. Luckily, he was fully insured.

Vadim Butov, pastor of Avondale Memorial church at Cooranbong, conducted a series of eight lectures from March 4 to 12. The nightly audience of 80 to 100 people responded warmly to the message of Bible prophecy and the love of Jesus, with 23 signing up for a Daniel seminar and 12 for Bible studies.

The Daniel seminar will be conducted by local pastor, Miroslav Stilinovic. —Ross Willis

## Signs asks "Why"?

Wahroonga, New South Wales

*Signs of the Times* has produced a flyer to help church members explain, from a spiritual viewpoint, the spate of natural disasters around the world.

"I heard a journalist ask the question 'why are these things happening?', on morning television and it set me thinking," said *Signs* editor Lee Dunstan. "And so we commissioned an Adventist writer to answer the question in a sensitive and spiritual way."

Entitled "Why?", it follows the success of *Signs'* Easter flyer, which sold more than 41,000 copies over two print runs.

"'Why?' comes in a handy size that you can conveniently carry around in your handbag or pocket, or place in letterboxes," Mr Dunstan said. "I've left a handful at the local chip shop and they've placed them on their counter."

More @ <[www.signsofthetimes.org.au/why](http://www.signsofthetimes.org.au/why)>.



Lee Dunstan edits the new flyer.



The church has plans to buy Edgar Mk II, given the success of the first series.



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Cover credit: Ben Turner

Steele McMahon (centre) received a Young  
Achiever Prize in song composing at the  
Manifest Creative Arts Festival.

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experiences  
and shares**  
our hope in Jesus Christ!

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## An ever present help . . .

Pablo Lillo

David was a great man, chosen by God in his youth. He slew a powerful giant. He resisted the temptation to kill Saul. He became the king of a mighty nation. He was an accomplished musician. He wrote incredible psalms that are of great encouragement to us all. Yet the Bible tells us that at times, David felt deep levels of what we now understand to be depression. At such times, his thoughts turned inward. All his hope and joy disappeared. From David's psalms we can see that there were times when he struggled to maintain his connection with God.

I am informed that there are many causes and accompanying levels of depression. It is an affliction, which confounds the mind and robs emotional strength. Depression distorts thinking. Tragically, those who struggle with depression may have such a low image of self-value that they cannot believe that they could ever be forgiven by anyone, especially God.

We are all too well aware that in our world God's presence does not mean that we are immune from accident or illness. Depression impacts male and female, young and old. It is found in all cultures and levels of society, and in those of great faith and those of no faith. The insights recorded by David in so many of the psalms still echo in our experiences today.

As editor, I apologise to those who have been deeply concerned by the Opinion titled "Low self-esteem with no depression" (March 19). While we uphold the right of individuals to their opinions—which do not necessarily represent the views of the Seventh-day Adventist Church—we recognise that we moved beyond acceptable boundaries in presenting this topic as an "opinion" for discussion. It is clear that the article distressed many depression sufferers and dishonoured competent and committed Christian mental health professionals.

At the RECORD we will ensure that we will in the future publish appropriate feature articles on depression and other aspects of mental and emotional health written by qualified and committed Adventist health professionals. Clearly, we must sensitively address all aspects of health as we live in relationship with our God and with one another.

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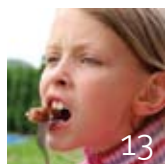
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### Mini regional in the far north

Eighty adults and over 40 children from the rural far north region of New Zealand came together for fellowship and an abundance of kai (food) on March 26. Pastor Frank Toa invited the Te Kao, Kaitaia, Kaeo, Whirinaki and Kaikohe churches who were blessed by Pastor Hillary Baatjies and a small group from Henderson church. Most stayed on for an hour of musical talent in the afternoon. —*Tish Lowe*

### Game on!

Fulton College, Fiji, has run a health week, including morning and evening presentations. About 50 students and staff visited the local hospital and cleaned up the gardens. There was even a day devoted to sporting activities, where students and staff were divided into four teams for a variety of athletic events and ball games. —*Bruce Potter*

### Flying visit

Students at Prescott Primary Northern, SA, had a memorable visit from the Channel 10 news helicopter and team. Newsreader Belinda Heggen and weather reporter Jane Reilly visited at the culmination of two weeks of fundraising, where students had donated more than \$A3300 to ADRA's disaster relief after the string of recent disasters in Australia. —*Casey-Lee Blake*



### What's in a name?

Avondale College, NSW, has officially changed its name to Avondale College of Higher Education. The College Council voted to change the name after a recommendation from the Executive Committee, to reduce confusion with other educational facilities. It is seen as an interim step in achieving university status. —*Sonia Larsen*

### Teamwork for mission

Training of Trans Pacific Union Mission (TPUM) administrators was a successful way forward for leaders in the region. South Pacific Division representatives, TPUM and local mission administrators met in Suva, Fiji. With just over 100,000 church members and a mission to make disciples for Christ, leaders were keen to understand their roles and promote a spirit of teamwork. —*Jesiel Navakalomana*

### High achievers

The *Sydney Morning Herald*, on March 6, listed Manning Adventist School as being ranked among the top achieving schools in NSW for literacy and numeracy, according to 2010 NAPLAN results. Principal Shannon Quick (pictured) attributes his students' outstanding results to the small student/teacher ratio. —*Linda Stuart*



### Baptism

At Tumbulgum church, NSW, family and friends shared the joy of Connie Bergquist's baptism by Pastor Errol Wright on February 26. Pastor Wright spoke of Connie's interest to learn and understand God's Word and her desire for Jesus to be her Saviour. —*Dawn Schofield*

### And the winner is. . .

Marlene Kruijs, from Papatoetoe church in NNZ, is congratulated by RECORD editor Pablo Lillo. Her entry was drawn in the iRecord iPad promotion. She says about the new look: "It even inspires my non-Adventist friends and family to pick it up from my coffee table and read it."

### Springs of new life

The Alice Springs church celebrated the addition of two new members recently. Elizabeth Harrison and Kemunto Ogendi were baptised by Northern Australian Conference president, Pastor David Stojcic, with Alice Springs lay pastor Quintin Dutlow attending. —*Tanya Dutlow*

### Healthy communities

The Health Team at Waitara church, Sydney, is running a CHIP (Coronary Health Improvement Project) program. CHIP is recognised as a professional and extremely effective health and healing community outreach program. There are 40 people enrolled in the program—several are new contacts from the community. —*Esther Chang/Linda Thomas. Photo: Greg Teschner*



### Human chain

Roberta Saminadame is a literature evangelist (LE) who operates a Sunday book display at a marketplace in Tahiti. She says she's amazed at how God can introduce her to one person who is a gateway to a whole network of new people who are ready to hear about Him.

—*In Touch*



### Sprinkled and immersed

After attending Justin Lawman's 2009 evangelistic meetings in Lismore (NNSW), Ken and Esther Perry continued with further Bible studies. Last year they were married and not even rain could wash the smiles from their faces during their outdoor baptism at Chilcotts Creek. Pastor Paul Geelan officiated.

—*NorthPoint/Photo:Leanne Rudwick*



### Happy birthday!

The Kariong XChange (NNSW) is an evangelistic outreach for the local community that recently celebrated its fourth birthday. The day was a joyous, fun-filled occasion, with more than 30 community kids turning up to celebrate with the group. The day's highlight was the baptisms of Brandon Davidson and Nicholas Ansell. —*NorthPoint*



### Power of forgiveness

The Whyalla Adventist Church (SA) held a health program for the local community titled "Health and Forgiveness". The presenter was UniSA lecturer Joy Penman, who said forgiveness was not only spiritually valuable but, according to numerous studies, had a significant correlation with physical and mental health. —*Whyalla News*



### Every little bit counts

Waka has health difficulties but that does not stop her from encouraging others. She attends a Salvation Army church in South New Zealand and loves *Signs of the Times* magazine. "I go down to the doctor's room and sort out the books," she says. "I make sure the *Signs* are on top." —*In Touch*



### Transformation

Carmel College in Perth (WA) has had a significant increase in Indigenous students. Chaplain Pastor Darren Garlett says, "On Wednesday evenings I get to lead out the Bible studies after our evening meal. I have witnessed the working of the Holy Spirit in the lives of the students." —*NewsWest*

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## Adventist health books in Fiji clinics

Suva, Fiji

Fiji health authorities have asked for Adventist health books to be placed in every government hospital and clinic around the country, following concern about an epidemic rise in lifestyle illnesses.

So far 36 sets of books have been delivered, with more books being ordered every quarter. Fiji's area manager for Adventist Publishing, Peni Vula, estimated the total value of the consignment at more than \$FJ85,000.

Mr Vula said health authorities were also concerned for those rural villages where there is no clinic. Negotiations are in progress for government health workers who visit these villages to use the same Adventist health books as resources. Literature evangelists and church members with health expertise will be involved in training the government health workers in using the books and in general health principles.

Over recent decades the disease burden in Fiji has shifted to lifestyle illnesses as Fijians adopt Western dietary and

exercise habits. The impact is most clearly seen in the 45-49 age-group—often parents with dependent children. "I always say it's equivalent to a Boeing 747, carrying its full capacity of 400 people, crashing each year and killing everyone onboard," said Dr Isimeli Tukana, a government health advisor in an interview with *Islands Business*. "Because that's what it is—it's like, every year, since 1996, one of these Boeing 747s takes off with 400 45 to 49-year-olds, crashes and kills them all."—*Kent Kingston*



Encyclopedia of Medicinal Plants.

## Health coordinators ready to serve

Port Vila, Vanuatu

Sixteen coordinators representing all districts around Vanuatu are now prepared to train others as health program presenters.

This year the Vanuatu Mission has once again received funds from the Vanuatu Church Partnership Project to train health presenters who will operate around the country. The Vanuatu Mission health department has fully adopted the South Pacific Division's "Health Promoting Churches Initiative" (HPCI) and its strategies as well. It is an initiative to help church members and communities live and practise healthy lifestyles.

The training took place from March 14-18 at the mission's conference room. It is the hope of the Adventist health department in Vanuatu that these 16 individuals will train others and successfully carry out the plans and strategies of the HPCI.—*Rennie Ngwele*



The mission has high hopes the presenters will make a difference.

## Resources available for all members

Ringwood, Victoria

Don Madden has taken over as the manager of the Australian Union Conference (AUC) Resource Centre after the retirement of Pastor David Pearce and his wife, Audrey.

The Resource Centre has its origins in the Trans Tasman Union Conference when Pastor Malcolm Allen, the youth director, brought back the original Revelation Seminar from the USA to be used by young people in evangelism.

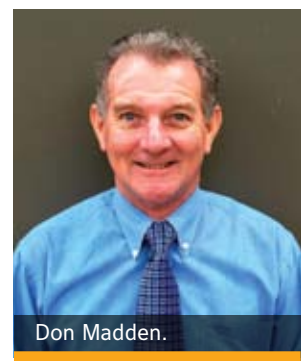
It was such a success that pastors started to use the resource and it became necessary for someone to organise the distribution of the materials. In 1984, Joe Chapman, a retired businessman, volunteered to look after Revelation Seminars. By 1993, when Pastor Pearce became the new manager, there were three seminars available. On his retirement earlier this year, there were over 200 resources available.

The AUC Resource Centre is in Ringwood, an outer suburb of Melbourne, and not only supplies resources to con-

ferences, churches and church members but also supplies Pathfinder materials for Australia, New Zealand and the Pacific Islands through the various Adventist Book Centres.

To support personal and corporate evangelism, the AUC has funded the printing and distribution of its new Resource Catalogue to all Australian churches. The catalogue is available for pastors, elders, local church leaders and laity involved in witnessing.

There are a number of new resources in this catalogue and there will be others that will become available over this next year. Both leaders and laity are encouraged to obtain a copy of the catalogue and use the resources to better witness God's love and salvation.—*Don Madden*



Don Madden.

“LET THERE BE  
LIGHT”  
GENESIS 1:3

CELEBRATION OF  
CREATION  
PACIFIC ADVENTIST  
UNIVERSITY  
MAY 6 AND 7, 2011  
AVONDALE COLLEGE  
MAY 13 AND 14, 2011

### Featured speakers include:

Barry Oliver, PhD - President,  
South Pacific Division (Avondale)  
Pr. Lawrence Tanabose - Secretary,  
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L. Jim Gibson, PhD - Director,  
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## Conference empowers church planters

Yarrahapinni, New South Wales

More than 100 people attended the 2011 “Empower” conference at Yarrahapinni Youth Centre on March 4–6.

Hosted by the Evangelism Department of the North New South Wales (NNSW) Conference, it featured guest speaker Pastor Tom Evans, associate director of the North American Division (NAD) Evangelism Institute.

The weekend focused on the success of church planting in the Texas Conference and how this can translate into local success. Pastor Evans was director of Church Planting and Stewardship in the Texas Conference for nine years. During this time, 114 churches were planted, with Texas developing a model of church planting led by members assisted by pastoral coaching. This allowed for a rapid expansion of the Great Commission (Matthew 28:16–20).

Pastor Evans' presentations focused on equipping attendees with the tools needed for church planting. Workshops were also conducted by Johnny Wong from Gateway Adventist Centre in Victoria, and Pastor Rob Steed, ministerial secretary of the Victorian Conference. Mr Wong's workshops focused on leadership, while Pastor Steed presented information about the coaching that is required for church planting. There was a strong positive response to the event from attendees.

Pastor Justin Lawman, director of the Evangelism Department for the NNSW Conference, believes that if people can stick at church planting for a number of years, it will make a significant difference in the Conference.

“Church planting is lay-people led,” Pastor Lawman said. “It's not about hiring more people, but about local churches getting involved. It's affordable and is a kind of do-it-yourself approach to building church communities.”

The emphasis on church planting is part of a strong mission focus held by the Evangelism department. The department's vision is to see the local churches of NNSW become healthy, mission-focused congregations. —Adele Nash



Pastor Justin Lawman (far right) prays with attendees at Empower.







# Festival celebrates creative arts

by Brenton Stacey

**T**HE SEVENTH-DAY ADVENTIST CHURCH IN THE South Pacific has honoured its creative artists during an awards ceremony named in honour of a pioneering filmmaker.

The Gabe Reynaud Awards closed the inaugural Manifest Creative Arts Festival. The ceremony honours the Avondale College of Higher Education alumnus and former Adventist Media Centre senior producer, who became the Church's first professionally trained director. Gabe's vision was for the church to recognise the power of art and "for artists to use their talents . . . to testify to a God who is the embodiment of creativity," said brother Daniel during the reading of the life sketch.

Manifest, coordinated by the church through Adventist Media Network (AMN) and Avondale, will now become an annual event. The focus this year was on filmmaking, song composing and writing.

Artist and Avondale alumna Joanna Darby received the Gabe Reynaud Award. Gabe's wife, Andi, presented the award. "[Joanna] has created a unique blend of art and ministry," said Andi as she read the citation. "Her visual work has artistic integrity and outstanding quality. Her verbal art is innovative, refreshing, powerful and moving. Both overflow with a passion for communicating the love of Christ, delivered with humility and compassion."

Manifest offered \$1000 for the winning entry in each category of its competition.

Glendon Harris from Alstonville Seventh-day Adventist Church received the Hope Award for *Her Story: Sarah*. The documentary explores the issue of self-esteem through Sarah Chambers, a young adult from the church who suffers adult onset acne.

Benjamin Milis and Jodie Barnes, members of Avondale vocal ensemble The Promise, received the Psalter Award for "God Is Here". The song, in an inspirational style using three-part harmony, reminds the listener of God's presence.

Former Signs Publishing Company editorial assistant Scott Wegener received the Signs Award for "Know

misunderstandings". The article uses humorous misunderstandings to challenge the reader about the beliefs with which they identify.

Nick Lindsay, Steele McMahon and Stephanie Fox each received the Avondale Young Achiever Prize. Steele even travelled from Queensland to perform during the ceremony. The Year 11 Brisbane Adventist College student and the two other winners each receive \$200 and a \$500 discount on fees at Avondale.

AMN chief executive officer Neale Schofield affirmed creatives in his keynote by reminding them their gift can "revolutionise" the spreading of the Gospel. "You may feel the Church is not ready for you," he said. "Well, the world is. Take this as a signal God wants you to do something much bigger in your life."

Dr Grenville Kent presented the charge. He spoke of the Jewish influence in Hollywood, noting how the Jews had moved from the synagogue to the cinema. Adventists need to move into a similar creative space, he said.

Another of the festival's speakers, Adventist writer Kay Rizzo, the author of 58 books, concurs. "Creativity will happen, whether we support it or not, so why should we lose it to the world?"

Manifest, hosted by Avondale from March 23-26, also included an academic lecture, at which Dr Bruce Manners presented findings from a study of Hope Channel viewers, and a showcase of AMN's new DVD-based evangelistic series *Beyond the Search*.

Inspiration came from SONscreen, an annual film festival organised by the Church in North America. Co-founder Stacia D Wright attended, presenting two short film showcases. One featured the premiere in the South Pacific of *Adopting Haiti*. The documentary tells of the evacuation of children from the Maison de Enfants de Dieu orphanage in Port-au-Prince. Director Timothy Wolfer travelled from California to introduce it.

*Brenton Stacey is public relations officer for Avondale College, NSW.*

# Beyond black clou

by Ross Goldstone

IT IS ESTIMATED THAT ONE IN FIVE AUSTRALIANS suffers from depression. Unfortunately I happen to be the one in five. In 1998, on retiring from 35 very active years of ministry, I was hit with a number of major medical issues.

The end result was a major bout of depression. My sleep patterns were dramatically changed. During the night I would toss and turn with my mind racing into many totally unrelated issues, none of which were ever resolved before the next issue flashed through my brain. Frustrated, and unable to sleep, I would get up and take long walks, arriving home as the sun peeped over the horizon.

My mind was filled with apprehensive thoughts that something bad was about to happen and I became anxious and, at times, angry. Wanting to absent myself from crowds, I spent many Sabbaths quietly sitting in the Newcastle Cathedral where I could be alone. Often tears would stream down my face for no apparent reason. If anyone had asked the reason for the tears I would have had no answer.

Life, for me, had lost its appeal and I longed to die, even asking God not to wake me in the morning. Sadly, I even contemplated taking my own life, for I thought the world would be a better place without me. In my mind I worked out how I would suicide without creating a mess for my family to have to clean up.

I was an experienced minister, my last posting being senior pastor at Avondale Memorial Church, a position I had held for nine years. Over the years I had met many people suffering from depression. I knew the signs well because depression had run in my ancestry. But when it hit me it was a different matter. Nobody really understands the ramifications of depression until one has experienced it.

Men do not like admitting depression. It is perceived as a sign of weakness—and I was not a weak person. Eventually, I made an appointment with my local GP. I wept as I told him what I was going through and wisely he diagnosed depression. I was encouraged to visit a

psychiatrist who asked plenty of questions about my family history and personal lifestyle. The diagnosis was “clinical depression” and I was prescribed medication.

The medication “kicked in” after a couple of weeks and I began to function normally again. I accepted an invitation to lecture part-time in the Theology Department at Avondale College, a challenge which I thoroughly enjoyed. I was functioning so well I decided to go off the medication.

Foolish decision. Within a month I was in the depths of depression but this time did not delay in returning to my GP. He said to me, “You may have to remain on this medication for the rest of your life”. I would prefer not to take medication but I asked myself, “Which is better? Take one tiny tablet per day and live a fruitful and contented life, or take no medication and live a living hell!”

Common sense told me to take the medication, and I do—every night.

I live with depression. Many people who know me well find it difficult to believe that I wrestle with the problem, but there are things I have put into place to help me cope. Maybe these suggestions might be helpful to other sufferers from the “Black Dog”.

Go to your doctor. Your doctor should monitor your reaction and progress. Under no circumstances withdraw from the medication without medical supervision. Should you do so the results may be very unpleasant to say the least. Having been put on medication, I took a look at my patterns of living. A balanced lifestyle is essential in the battle with depression. I had been a workaholic. This had to change. High stress levels and depression go hand-in-hand.

I determined to become boss of my mind, refusing to dwell on negative thoughts. Instead I sing a lot, laugh a lot and often repeat God’s promises throughout the day. I choose not to willingly associate with negative-thinking people. They tend to drag me down! Planning ahead is a valuable exercise for me. I enjoy taking people on trips. Making other people happy lifts my own spirits, so I plan

ds

# ALONENESS

by Janelle Isaacs

My body shudders with sobs  
 Hot tears flow down my face  
 The pain of being alone.  
 No one else can feel your pain  
 There is no way to express it  
 It rips within your own soul.  
 It pours out through swollen eyes,  
 An endless stream,  
 The pain of being alone.  
 Alone in the world, only you.  
 It does not satisfy.  
 It does not bring joy,  
 Only sadness untold.  
 Another person cannot fix it.  
 A hug may help,  
 But the aloneness,  
 It resides in me.

The pain of being alone!  
 Why is it so scary?  
 A horrible monster,  
 Can it really swallow me up?  
 "Aloneness, don't scare me!  
 I will not let you scare me no more!"  
 Wait a minute, I recognise you now!  
 You tried to make Jesus feel alone too.  
 That dark night in Gethsemane,  
 Agonising over His coming death,  
 His friends slept, they hid and denied Him.  
 He felt the ultimate weight of you upon His  
 shoulders.  
 "My God, My God! Why have you forsaken me?"  
 But Jesus conquered you!  
 So I know that I can too!

O Lucifer, Son of the Morning  
 You chose to leave the Kingdom of Heaven!  
 You wanted fame and power,  
 But it left you all alone.  
 And now, you want to make me just like you?  
 That, it will never be!  
 "Be gone Aloneness!  
 I don't deserve your company!  
 Your name says it all!  
 There is only meant to be one of you!  
 And forever will that be!"

I'm by myself but not alone.  
 There is a loving Saviour who walks with me.  
 He sends His angels to protect me  
 And many gifts to uplift me.  
 I may be the only one in the room  
 But I'm NOT alone.

Janelle Isaacs writes from Sydney, NSW.

12 months in advance and find satisfaction in bringing such plans into fruition. I try to do something kind to someone every day because by doing so I take my mind away from myself. Mowing lawns for stroke victims is both good therapy and good exercise.

Having a hobby or outside interest where you are regularly breathing God's fresh air is very helpful. I play 18 holes of golf twice a week with friends who challenge me. And I love both the golf and the challenge!

Christians, including Seventh-day Adventists, are not exempt from depression. In fact, one would suspect the statistics are very little different to that of the wider community. The Black Dog snaps at all levels of society and at all professions. None of us is immune. But we have a decided advantage. We know that in spite of how we may feel, God still loves us and values us as individuals.

I tell myself repeatedly that beyond the black clouds, God is present and loves me still so I decline to think "black" but in my mind reach up to the "blue" heavens. Abiding in His love, I live a happy and rewarding life. So may you.

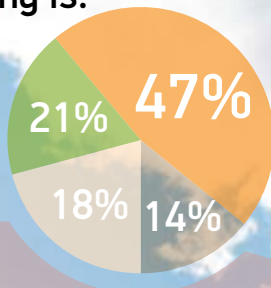


Ross Goldstone is a retired pastor who is a sessional lecturer for Avondale College, NSW.

## OPINION POLL

### The next step my church needs to take toward successful soul winning is:

- Get in touch with community
- Develop members' personal faith
- Inspire church to be more involved
- Change the methods of outreach



#### Next Poll

Are the recent events in NZ, Chile, Japan:

- Signs of Christ's soon return?
- Just part of the natural cycle?
- I don't know

Visit <record.net.au> to answer this poll.

LETTERS

**JUDGEMENTAL LANGUAGE**

Nathan Hawkins, NSW

The Opinion piece “Low self-esteem with no depression” (Opinion, March 19), showed an ignorant bias against depression as an illness.

The judgemental language and belittling disregard for the reality of some people’s condition was upsetting and far from pastoral.

**CRITICISED AND REJECTED**

Jenny Gibbons, NSW

I’m so glad the author reminded us he wasn’t a qualified counsellor.

How dare he call people with depression selfish and say they need to put their lives in order—that healthy self-esteem should not try to be attained—what rubbish.

I’ve worked in schools for many years and watched children as young as eight coming from homes where they’re criticised and rejected by the people they should trust the most—their parents. After some time feeling like this, depression sets in. They don’t understand grace and peace.

**HORRIFIC DEPRESSION**

Jack Lange, QLD

I once held a similar opinion prior to my suffering horrific clinical depression.

I was working too hard and suffering persecution as a pastor. Now I see my former opinion as being damaging to those with depression.

Evans clearly states the answer to avoiding depression is for Jesus to “increase”. This is refuted in Psalm 31:9. King David clearly describes himself as suffering a very long and

profound clinical depression.

Contrary to what he asserts, my depression increased while I looked for a spiritual solution. My help came very quickly from modern medicine and psychologists whom the Lord led me too.

**LITTLE TO DO WITH FAITH**

Bernard Chapman, WA

Pastor Evans rightly points out that depression is a big problem in our community.

In my profession as a country doctor I see many cases of depression, both in Christians and non-Christians. I would have to say in my experience that very little of this depression relates to faith issues.

Contrary to the opinion expressed, there is good evidence that both antidepressant medication and psychological treatments for depression are effective. I use both in my clinical practice, along with encouraging support from friends, family, exercise, rest, prayer and Bible reading (when appropriate with Christian patients), and find treating depression as an illness and seeing people happy and able to enjoy life again very rewarding.

I would hope your readers will seek appropriate treatment for depression when they suffer from it—as many do.

**NO UNDERSTANDING OF ILLNESS**

Lexie Lord, via Facebook

It concerns me that far too many people take it upon themselves to condemn those who seek help for mental illness.

It seems fine to be treated for other lifestyle illnesses like

heart disease, but those who need the help of mental health experts are condemned by self-righteous, judgemental people who have no understanding of this debilitating illness.

**MY PROBLEM?**

David Martin, record.net.au

Thank you for “President asks for help” (News, March 5). When I left [church] I tried to explain my reasons but was told it was “my problem”.

I hope if the question is asked, that someone will bother listening to the answer.

**HANDS TO THE PLOUGH**

Jan Austen, NSW

I was encouraged to read “Blunt axes” (Feature, March 19). I believe it’s time for us to grasp the nettle and take the bull by the horns as a Church. If we put our hands to the plough, our backs to the wall and our best foot forward, we will soon see a glorious harvest for the truth. Also, we must get behind our leaders and work together.

**OPINION**

**RESPONSE:** Greg Evans

Since the publishing of my “Opinion” article on depression in RECORD, I have become aware that a number of people were hurt and discouraged by it. I sincerely apologise for this. I shall show more care in the way I express my views.

As a pastor, I am genuinely upset at what I see as the increase in incidence of depression in our churches. None of us has all the answers, and I hope good will come out of this discussion if our Church can discover effective ways to help those who are most vulnerable.

*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.*

## Cancer and meat—is there a connection?

with Cathy McDonald



Bowel cancer is the most common internal cancer affecting Australians—one person dies every two hours from the disease. We know whole plant foods are protective but which foods increase your risk of the disease? Is there a link between red meat and bowel cancer?

While this is a highly debated and complex subject, the results of the latest research—a massive study undertaken in Europe of half a million people over nearly five years—will certainly make you think about what you eat.

### The latest on the meat-cancer connection

The European study showed that people consuming more than 160g each day (about the size of two decks of cards) of red and processed meats were at a significantly higher risk of developing bowel cancer, particularly if processed meat made a considerable contribution to their total meat intake.

It found a risk with red meat specifically—and even though the trend wasn't statistically significant, we need to keep in mind that they only looked at intakes of around 80g a day. Given that some of the popular high-protein weight loss diets promote over 200g of meat per day (up to two times the amount assessed in the research), we just don't know whether this is safe over the long term. So, it would make sense to be quite cautious about eating meat at these levels. In fact, the Cancer Council of Australia advises that excessive meat consumption is a risk factor for bowel cancer and the current World Cancer Research Fund recommendations advise a meat intake of up to only 80g per day (about the size of a deck of cards). The United Kingdom's Scientific Advisory Committee on Nutrition (SACN 2011) has just released a report advising the general

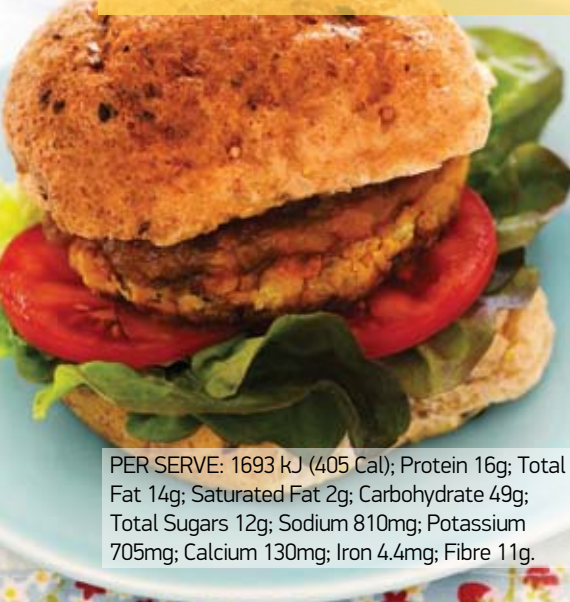
population in the UK to reduce their red meat intake due to possible links with a risk of colorectal cancer. They advise that "adults with relatively high intakes of red and processed meat (around 90g/day or more) should consider reducing their intakes to 70g/day". The message is clear—reduce your meat intake! While there is no diet proven to "cure" cancer, there are some things you can do to increase your level of protection.

- **IN MODERATION:** If you choose to eat meat, avoid processed meats. Limit servings to the size of a deck of cards and try not to char the meat. And if you choose to eat animal protein, fish is a better alternative to meat.
- **ENJOY MEAT-FREE MEALS EVERY WEEK:** Replace some or all red and processed meats with plant protein foods, like legumes, wholegrains, nuts, seeds and soy products.
- **DRINK PLENTY OF WATER:** Make an effort to have six to eight glasses of water each day, adding some fresh berries or a squeeze of lemon or lime to add flavour.
- **GET ACTIVE:** Engage in some enjoyable activity every day—aim for around 30 to 60 minutes throughout the day.
- **CARE FOR YOUR BODY:** Eliminate alcohol and cigarettes, known to increase cancer risk. A staggering 75 per cent of bowel cancer is preventable through healthy food and an active lifestyle. It's worth thinking carefully about how you can reduce your risk and live a healthier life.

Call and speak with one of our nutritionists, 1800 673 392 (Aus) or 0800 100 257 (NZ). Alternatively, email us with a nutrition question at <nutrition@sanitarium.com.au> (Aus) or <nutrition@sanitarium.co.nz> (NZ). And don't forget to order your FREE copy of *Food for Health and Happiness Cookbook*—it has plenty of delicious and wholesome recipes. You may order the cookbook by visiting our website <www.sanitarium.com.au> or <www.sanitarium.co.nz>.

Sanitarium<sup>®</sup>  
nutrition  
healthy for life service.

## RECIPE



PER SERVE: 1693 KJ (405 Cal); Protein 16g; Total Fat 14g; Saturated Fat 2g; Carbohydrate 49g; Total Sugars 12g; Sodium 810mg; Potassium 705mg; Calcium 130mg; Iron 4.4mg; Fibre 11g.

## Curried chickpea and carrot burgers

- 1½ tablespoons canola oil
- 1 tablespoon Korma curry paste
- 410g can chickpeas, drained and rinsed
- ½ cup fresh coriander leaves, finely chopped
- 1 cup fresh multigrain breadcrumbs
- 4 oak leaf lettuce leaves
- 1 medium brown onion, finely chopped
- 1 teaspoon ground cumin
- 1 egg, lightly beaten
- 1 cup grated carrot
- 2 tablespoons chickpea (besan) flour
- 2 ripe tomatoes, sliced

1. Heat 2 teaspoons oil in a non-stick frying pan. Cook onion over medium-high heat for 3 minutes until tender. Stir in curry paste and cumin. Cook for 1 minute. Remove from heat. Cool for 5 minutes.

2. Mash chickpeas in a large bowl. Add onion mixture, egg, coriander, carrot and breadcrumbs. Stir to combine. Divide mixture into 8 portions and mould each portion into a patty. Lightly coat in chickpea flour and shake off excess.

3. Heat remaining oil in a large non-stick frying pan. Cook the patties over medium heat for 4-5 minutes per side, or until golden brown and cooked through.

4. Place lettuce and tomato on each roll base. Top with two patties, then remaining bread and serve with mango chutney. Serves 4.

Preparation time: 15 minutes. Cook time: 25 minutes.



by Nathan Brown



# God was dead

**T**HE CLAIM THAT “GOD IS DEAD” SEEMS A REFRAIN with continuing appeal. While the cry was popularised by the philosopher Nietzsche more than a century ago, many philosophers and scientists continue to argue against the existence or need for God. If God was ever needed to explain the world, they argue, we don’t need Him any more—so God is dead.

Many Christian theologians, preachers and writers spend a lot of time arguing back. But Nietzsche and his followers were right once. Just once in the history of our world, this statement was true. As the crowd that dark Friday

afternoon “went home in deep sorrow” and Jesus’ friends “stood at a distance watching” (Luke 23:48, 49\*), they could truly and literally have mumbled to each other in stunned astonishment, grief and despair, “God is dead”.

God was dead. In Jesus, God became human, experienced our brokenness, suffered our death to the point where He was literally and completely dead. While I am not a fan of bumper-sticker philosophy, politics or faith, if Christianity was looking for a three-word bumper-sticker summary, “God was dead” would have to be considered, perhaps as second only to “God loves you”.

### God was dead

The New Testament writers sometimes struggled to express the wonder of the incarnation. They drew on Old Testament stories and prophecies, contemporary poetry and their own experiences of Jesus to try to convey the mystery of a Man who was God. Interestingly, they often referenced Jesus as the power behind Creation as their way of trying to explain the immensity of the presence of God in Christ: "He was with God, and he was God. He was in the beginning with God. He created everything there is. Nothing exists that he didn't make" (John 1:1-3).

Sampling from various Old Testament passages to build the argument, the whole of Hebrews 1 is a poem to the absolute Godness of Jesus. "Through the Son he made the universe and everything in it. The Son reflects God's own glory, and everything about him represents God exactly. He sustains the universe by the mighty power of his command. After he died to cleanse us from the stain of sin, he sat down in the place of honour at the right hand of the majestic God of heaven" (Hebrews 1:2, 3).

Of course, this is not to argue that God and Godness was somehow removed from the rest of the universe to be focused solely in Jesus. This is the mystery of the multiple singularity of God—God in three Persons—and we see God in other Personalities continuing to play a role in the life of Jesus (see, for example, Matthew 3:16, 17). But as part of this multiplicity, Jesus was Someone who could truly and carefully be described as "being in very nature God" (Philippians 2:6, NIV).

Jesus was God—eternal, Creator, Sustainer. Some of the disciples and friends of Jesus who stood watching His death from a distance had heard that affirmation from among themselves (see Matthew 16:13-16) and from the voice of God Himself (see Matthew 17:5). Now—on that hill just over there—God was dead.

### God was dead

Paul poetically described the descent of Christ: "Though he was God, he did not demand and cling to his rights as God. He made himself nothing; he took the humble position of a slave and appeared in human form. And in human form he obediently humbled himself even further by dying a criminal's death on a cross" (Philippians 2:6-8). It was a humility, a nothingness that stooped as low as non-existence.

In *The Idiot*, Russian writer Fyodor Dostoyevsky confronts one of his characters with a painting showing Christ just after He was taken from the cross. It was a description based on Dostoyevsky's own experience of seeing—and being deeply moved—by Hans Holbein's painting, "Dead Christ," in a Basel museum in 1867.

"In Rogozhin's picture there was no trace of beauty," Dostoyevsky writes through the experience of his character. "It was a faithful representation of the dead body of a man who has undergone unbearable torments." The description reflects on the questions raised by such a picture,

particularly how a Person who had raised the dead in the course of His ministry had been so implacably reduced and destroyed by the horror of death. God was dead.

Dostoyevsky's reflection extends to those people, outside the frame of the painting, who had witnessed this death and "must have been overwhelmed by a feeling of terrible anguish and dismay on that evening which had shattered all their hopes and almost all their beliefs at one fell blow". Death always brings shattering and shuddering, but the death of God was so much more—world-shattering, universe-shuddering but also world-changing and world-redeeming.

Author Douglas Coupland was once asked his greatest fear. He replied: "That God exists, but doesn't care very much for humans." In Jesus and His crucifixion, God reversed this great fear: God does care, very much, for humans—so much that He was prepared to sacrifice His existence to demonstrate that care, and to make possible our eternal reconnection, rescue and relationship with Him.

### God was dead

God was dead—but this astonishing and tragic truth was only true for a moment. "You killed the author of life," Peter told the Jerusalem crowds at Pentecost, "but God raised him to life" (Acts 3:15). For the disciples, this was the central fact of their lives. On Friday evening, hope was shattered. On Sunday morning, hope was resurrected, renewed and made still more glorious.

In the words of Paul, this all happened according to plan: "I passed on to you what was most important and what had also been passed on to me—that Christ died for our sins, just as the Scriptures said. He was buried, and he was raised from the dead on the third day, as the Scriptures said" (1 Corinthians 15:3, 4).

In the remainder of the New Testament, this death-defeating power is added to the credentials of the Godness of Jesus. Added to His claims as Creator, He is now the sacrificial Saviour and the Resurrected One—"the first to rise from the dead" (Revelation 1:5). The horrific murder of God, His wonderful humility and His descent even to non-existence reveal God at His greatest. In the Bible's assessment, this is further evidence that Jesus was absolutely God, at whose name "every knee will bow, in heaven and on earth and under the earth, every tongue will confess that Jesus Christ is Lord, to the glory of God the Father" (Philippians 2:10, 11).

No, God is not dead—but God was dead. Jesus died but then conquered death and in doing so transformed the history of our world and our lives. "Is" or "was" may seem a subtle difference but one of the Christian's greatest statements—and best responses to the claims that "God is dead"—should be "GOD WAS DEAD".

God was dead—for us.

God was dead—and now He's alive. R

\* Unless otherwise indicated all Bible verses are from the New Living Translation.

Nathan Brown is book editor for Adventist Media Network, Warburton, Vic.



## OPENING HIS WORD

Gary Webster

### Maximum impact living

As God's children we are privileged beyond measure in that we are living temples for our great God, through His Spirit living in us. The implications are incredible: 1. We are never alone – God is with us at all times and in all places; 2. We have all power to be strong for God; 3. We have all wisdom to guide us; 4. We can have courage to be and do for God.

**Read** 1 Corinthians 6:19; John 14:16-18; Ephesians 3:16; 1:17; Acts 4:29-31

But how come our bodies are God's temple? Oh amazing grace—Because of His unfathomable love, He purchased us at an enormous price—redeemed how I love to proclaim it, redeemed by the blood of the Lamb.

**Read** 1 Corinthians 6:20; Revelation 5:9; 1 Peter 1:18,19

Now, because God values us infinitely, we therefore belong to Him. Our bodies are not ours, but His. Which means, that as managers of someone's property, there is also a moral reason for caring for our bodies. Thus God warns, that whoever continues to wilfully defile His body temple, will be destroyed.

**Read** 1 Corinthians 6:19; 3:16,17

Finally, aside from God wanting us to have better health for our own benefit, our bodies are God's temple for the purpose of working more powerfully and lovingly to bring greater honour and attention to our wonderful God, as His Spirit is allowed to have greater control of us physically, mentally, socially and spiritually. This was why Daniel and his friends were so effective in drawing attention to God. By eating and drinking according to the principles of God's Word, they were placed in a situation where they could be used by God to bring prophetic messages of His love to people who did not know Him. Thus people like Nebuchadnezzar discovered God's saving grace. Why not start to make a maximum impact for God yourself, by letting your body be His living temple?

**Read** 1 Corinthians 6:20; Daniel 1:8-21; 4; Leviticus 11:1-23; Proverbs 20:1; 23:29-35

*Pastor Gary Webster is director of the Institute of Public Evangelism.*



## HEALTH WISE

Dr James Wright

### Vegetarianism (part 2)

Proteins are the building blocks of the body; an essential ingredient to all tissues and organs. Fortunately, protein is super abundant in nature.

Meat is a very rich source but many prefer a vegetarian lifestyle. This includes myself, and Mum, who lived to 100 years. I personally have an ethical problem with meat. Why should an animal be killed to feed me? Not right, my brain says.

However, there are alternative proteins, and the most readily available source is gluten, the protein portion of wheat, and also barley and rye. Although seemingly bland and tasteless, any enterprising cook can convert it into tasty dishes. Many enjoy their "gluten steaks".

A major advantage of gluten is that it contains no fat. Animal fat is very high in cholesterol which can elevate blood levels. Cholesterol narrows arteries. This may lead to impaired blood supply to the brain and heart. Mini strokes, angina, or, worse still, a heart attack, may commonly occur, frequently without warning. If sudden, it may be lethal.

Gluten is virtually fat free so avoids the risk of obesity. Obesity may lead to diabetes and high blood pressure which can result in other diseases of nearly all body organs. Go for gluten!

*Unwell? Go to <a href="http://docwright.com.au">docwright.com.au</a>. Enter symptom and click for immediate help. If symptoms continue, see your doctor.*



## MY MINISTRY IDEA

Greetings from on the road between Mundrabilla and Madura on the Nullabor Plain!

When I was in Ceduna I had an amazing experience. I was making a call on my mobile in the Foodland supermarket car-park when I noticed an Aboriginal lady get out of a car. She seemed to look at me like she knew me. Eventually she came across with a tall Aboriginal man and said, "We recognise you from the Christian satellite channel—we saw that hat!" I had never met them before.

The man, Winston Hubert, explained he was from the Pilbara area in Western Australia and enjoyed seeing the people and places on my programs. The lady, Naradene Hubert, was from Ceduna. I asked, "Where did you get the Christian satellite from?" They said the man from Busselton (Bob Harders, an Adventist) put it in for them. I asked, "How did you get in contact with Bob?" They said Vivian McKenzie (one of our Adventist members from Port Augusta) had told them about it. "We need encouragement," Naradene said. "There is not much Christian support for us here in Ceduna." I gave them some *Good News* magazines (an Adventist missionary paper for Aboriginals and Torres Strait Islanders) and they gave me their address so they could be added to the mailing list. They asked for six copies so they could give them to family members. We had a prayer together as we stood there in the Foodland carpark. God answers prayer. Most days we pray that God will lead us to people and lead people to us, and that He will help us to be in the right place at the right time to be of service for Him. —Don Fehlberg





# New beginnings

by Nicholas Ellis



I WAS BORN INTO THE ANGLICAN CHURCH AS MY father serves as an Anglican Priest. In South Africa, I worked as headmaster at Bishop Bavin School in Bedfordview, Johannesburg, a school dedicated to academic excellence. My wife, Ann, worked as head of upper primary. We were married in the Anglican school grounds by my father as our lives revolved around school, church and family.

In 2005 we migrated to Australia and chose to live in Adelaide to be closer to family. We moved to Henley Beach and attended an Anglican Parish in Glenelg. Even though we attended church every Sunday, we didn't feel at home. Our children felt like they didn't belong.

While looking for work in Adelaide, I put my name on an independent schools list as a relief teacher. It wasn't long before I received a call for an interview from Carl Neuhoff, education director for the South Australian Conference. I had never had anything to do with Seventh-day Adventists before, so I was apprehensive about the interview. Before the interview started, Mr Neuhoff asked if he could pray for me and for God's presence during the interview. I walked away impressed that someone from another denomination would pray for me.

I started teaching at Prescott College in Prospect soon after the interview and immediately felt that people there wanted to get to know me. My wife Ann was teaching at an Anglican school that our children were attending. Whenever I invited Ann to attend functions at Prescott College, she always felt welcomed and that people wanted to get to know her.

In 2008 there was an opening at the same Anglican school my wife and children were attending. The position was head of information technology (IT), providing support for four schools. I so much wanted the new job—as my family was all in the same school, just as it was in South Africa. When I received confirmation of my appointment I was overjoyed, as my family means everything to me.

The change in school was the start of a new journey for

my wife and I. I quickly noticed the great divide between the two schools. Ann said she believed I was sent to work at her Anglican school so I could see the difference in lifestyle. I realised that Prescott College was a Christ-centred school offering students and staff a Christian environment to work, study and serve. I had made a huge mistake in leaving the Adventist education system and was starting to regret it. Yet somehow, I feel as though it was part of God's plan for my life.

Within six months of starting my new job as head of IT, Ann and I applied for teaching positions at Prescott College. It was time to return. College principal Craig Mattner was more than welcoming. We were excited to be working with Adventists and have our children learning more about Jesus.

Peter Charleson, one of the teachers at the school, would regularly invite us to the Para Vista church. More than that, he would pray with me. Prayer changes lives, hearts and minds. We visited Para Vista church as strangers and walked away feeling as though we were family. They were caring, friendly and shared their love for Jesus with us.

We were baptised in June, 2010, by Pastor Roland Talamai-vaio-Amituanai, Prescott College chaplain and Family Ministries director. Our children love attending church—we're a family who enjoys worshipping together. At church the members make it their duty to reach out and make you feel welcome. We feel blessed to call the Para Vista church home—it's a place that is spiritual and academic.

I believe the Seventh-day Adventist church has a great message for the world, but I don't think they communicate their identity and values too well. Yes, our schools are Christ-centred with high academic standards, but I wish they would shout louder in the marketplace.

I used to be the headmaster of an Anglican school in South Africa where the motto is *Christus Supra Omnes*—meaning Christ above all. I found out very quickly that Prescott College not only embodies the motto but lives it. ↻

*Nicholas Ellis is head of Information and Technology at Prescott College, SA.*

# GREY NOMADS CAMP

6–14 May 2011

Stuarts Point Convention Centre

The NNSW Conference annual Grey Nomads Camp for 2011 will be held at the Adventist Convention Centre, Stuarts Point, NSW from 6–14 May, 2011. The event is open to people from across Australia and is an excellent opportunity for retirees to meet and fellowship together.

**Enjoy a Big Camp spiritual experience geared specifically for Grey Nomads, and be inspired by guest speaker Pr Carl Cosaert, from Walla Walla University in North America.**

Accommodation is limited to private caravans and tents. Additional accommodation is available in nearby public campgrounds.



For more information or to make an application, please contact Bob Dale, General Secretary NNSW Conference on (02) 4951 8088, email [bobdale@adventist.org.au](mailto:bobdale@adventist.org.au) or visit our website

[nsw.adventist.org.au](http://nsw.adventist.org.au)



North New South Wales  
Conference



OPINION\*

Lloyd Grolimund

## Back to the pioneers

There is a call in Adventism for the Church to return to the doctrines of our pioneers. It's called Historic Adventism. Those making the call are alarmed at the spiritual state of the existing Church and what they see as a paralysis in its mission and faith. They blame this on the doctrines the Church has left behind or changed. The call to Historic Adventism is gaining traction among some God-fearing people.

I am also alarmed at the spiritual state of Laodicea that has paralysed our Church into inertia. We are under pressure spiritually, and secularism has a stranglehold on us. From Pentecostal worship with flashing lights and beating drums, to a Church struggling financially and going backwards numerically, there seems to be plenty to worry about. The Church appears to be dying. The appeal to go back to Historic Adventism when the Church was alive, vital and growing is attractive.

But is that what we really want? The early Adventist Church was a developing movement. Our doctrines were in their infancy. The Second Coming, the health message, the sanctuary, the truth of the trinity, righteousness by faith, and even the Sabbath were only partially, if at all understood. God was taking a small group of people from different religious persuasions and was moulding them into a powerful movement whose mantra was to preach the Gospel. That didn't happen instantly. It took decades. God is still developing us today—yes, even theologically! It's called Present Truth!

We don't base our faith and doctrines on the pioneers. Yes, we build on their lives and work. We thank God for their sacrifices. We pray for the same Spirit that transformed and led them to do the same for us. But what we believe is built on the solid rock of Scripture. We are a Bible believing people! Everything we preach and teach comes from the Word, not the pioneers. Rather than a call to Historic Adventism, it should be to the Bible!

\* Views represented in Opinion reflect those of the author and not necessarily those of the Seventh-day Adventist Church.  
Lloyd Grolimund writes from Sydney, NSW.

## MYSTERY HISTORY



### Do you know?

- The date the photo was taken
- The people in the photo
- The event or gathering

Send to [heritage@avondale.edu.au](mailto:heritage@avondale.edu.au)



# JAMBO KIDS!

King Saul was jealous of David. However, David respected King Saul because God had chosen him to be the first King of Israel.

We need to be like David and be kind to people even when they're not kind to us.

You can read some of this story in 1 Samuel 18:5-9, 1 Samuel 19:9-10 & 1 Samuel 24:1-22.



WHAT'S HAPPENING IN THE PICTURES?



## Gracelink Message

We can do good even when others aren't nice to us.

Sharing health and hope for a better life

Sanitarium  
health & wellbeing

## Manufacturing Manager Berkeley Vale

This is an opportunity to work with the makers of Australia's most loved breakfast cereal in a critical role that leads one of the largest food manufacturing facilities in the southern hemisphere.

The role leads our complex manufacturing plant on the Central Coast in NSW with over 300 people and offers challenge in all areas. It is responsible for production, maintenance and working with support units to deliver key projects.

You will need to demonstrated achievements in driving operational efficiency and change management initiatives within a credible lean manufacturing environment. Ideally you are currently in a plant leadership position and are an inspirational leader and motivator who empowers people to deliver integrated quality outcomes.

We are an organisation driven by our mission and values. If you share our passion for what we do, what we make and you can align with our Christian based principles this will be a great opportunity for you.

For more information and to apply on line visit our website

<http://www.sanitarium.com.au/>.

**BIBLE TEXT** Fill in the spaces with these missing consonants:

L T T W R G Y N D N G S N B C M D

\_ E \_ U \_ O \_ E \_ O \_ E \_ E A \_ \_ I \_ O I \_ \_ O O \_

Galatians 6:9

\*Hello in Swahili (Africa)



with Dr Barry Oliver



### Health and wellbeing

On March 18, 2011, an article in *USA Today* stated that the Seventh-day Adventist Church is the fastest growing denomination in the United States. That is gratifying indeed. One of the significant reasons given was the emphasis that Adventists place on health and wellbeing. The article referred to a number of studies on longevity, conducted over an extended period of time. These studies have been reported elsewhere and are the subject of the recently produced documentary, *The Adventists*. If you have not seen it, I suggest you get a copy from your Adventist Book Centre or Conference/Mission health director.

The Church continues to make a considerable impact on the community when it comes to health and wellbeing. Sanitarium has recently rebranded itself as the "Health and Wellbeing Company". It has commenced the roll-out of its "Kitchen" food centres and "Sanctuary" health centres. We continue to operate our hospitals with considerable impact on our communities. We have had a very successful "Adopt a Clinic" initiative and now an "Isolated Medical Outposts" initiative is being promoted and supported at our camp meetings.

But I have a problem. I have a real concern that individually many of us do not value our long-standing emphasis on health and wellbeing. While we do not want our emphasis to be associated with legalism, it is a tragedy of epic proportions for this Church (and for each of us) if we lose, by neglect, our God-given heritage. Our Church is special because we recognise that God values the whole person. Let's keep it that way!

*Dr Barry Oliver is president of the South Pacific Division of the Seventh-day Adventist Church.*

### COOBER PEDY, South Australia

Lani Tuionetoa

With my husband, Alani, we arrived in Coober Pedy in late 2009 to work on a church plant sponsored by the Australian Union Conference and South Australian Conference. We were in Sydney and my husband was volunteering with the Manly church as a Bible worker. We said no to the call a number of times but God made us realise that we should follow the call of Abraham to the desert. I was really a city person and we had just finished college. I had a job and we were comfortable but God was gracious to us in giving us another chance to accept the call.

Now we love it there and we would not want to come back. The church has purchased an underground church. Most Sabbath mornings we have 15 to 20 adults and, if we had space, we would have more than 40 children. The church is growing so rapidly. There are as many as 80 families who have invited us to come to their homes to tell them about Jesus. We had five Bible workers spend time with us last year and one of them has stayed with us this year.

Spending time at the Australian Lay Training School was not something I initially wanted to do either. I have spent a lot of time arguing with God but He keeps being gracious and leading us gently. I realise again how merciful God is and I have enjoyed the opportunity to learn. This training has given me a bigger vision of the story of the Church and its mission.

I think this is such a wonderful step for the Church to take in teaching people to become disciples in God's work, and to be active in the church and community. This course really breaks it down—in theory and in practice—and I am very humbled and grateful.



### HAMILTON CENTRAL, New Zealand

Ben Martin

I'm the pastor of the oldest church in the Hamilton region in North New Zealand. Hamilton is a satellite city for Auckland and has a growing and diverse economy, being the second fastest growing urban area in New Zealand.

The Hamilton Central church is known as a family church. We have many young families and as a consequence, our

children's Sabbath school classes are always full. We run Kids' Church once a month, encouraging as many unchurched children from our local Adventist school to get involved.

Our focus has been to connect widely with the Hamilton community through health programs like vegetarian cooking classes and the CHIP program. We also run a mothers' play group and feed the homeless.

Over the next five years I'm encouraging our church members to "Just bring One—Just keep One". This new initiative encourages members to invite friends to church not just once, but consistently. I want our members to invite their friends to every event we organise, from church camps to Sabbath School.

I'm passionate about our church being recognised in the Hamilton region as a family church. We need for the community to see that they're accepted into our church family.

## 100TH BIRTHDAY

**Lipski**, Lilla, born 5.12.1910 in Bialystok, Poland. On 31.8.1936, she married Pastor Jerzy Lipski in Lwow, Ukraine. During World War II the couple were living in Piotrkow Trybunalski, Poland, where Pastor Lipski filled the role of a church minister. After the war they worked in western Poland in Jelenia Gora, Wroclaw, Katowice and Gliwice. In 1957 Pastor Lipski became the president of the Polish Southern Conference. In 1961 they migrated to Australia and settled in Adelaide, where Pastor Lipski organised the church community at College Park. Lilla has been a widow since 2004. She celebrated her 100th birthday with her church family at College Park.

## APPRECIATION

**Hall**, Debbie Jae. Robert, Matthew and Rachel Hall would like to extend their sincere gratitude to everyone who was able to attend the funeral of Debbie Jae Hall on 21.3.11. Everybody's support and presence was greatly appreciated as many of you came a long distance and helped with food, flowers and set up. And to those who were able to visit and help care for Debbie before her passing, thank you also!

**Hardy**, Glenise Carolyn. Pastor Norm and family thank all of you who have shared your empathy through words and acts in response to Glenise's illness and death. Glenise was a

wonderful wife, loving mother, devoted grandmother and precious daughter. Amid the mystery of suffering and pain, your expressions of loving care have been a window into the graciousness of our God. Thank you. "... absolutely nothing can get between us ..."

## WEDDINGS

**Nalder-Fowler**. Johann Delarey Nalder, son of Michael and Jennifer Nalder, and Melissa Anne Fowler, daughter of Andrew and Julie Fowler, were married 23.1.11 at Woodville Chapel, Woodville, NSW.  
*Mike Faber*

**Sanders-Stephenson**. Stephen David Sanders and Sharon Lee Stephenson were married 23.1.11 at Soldiers Memorial Gardens, Strathalbyn, SA.  
*Allan Croft*

**Vasquez-Cifuentes**. David Vasquez, son of Jose and Ana Marina Vasquez (Vic), and Mabel Cifuentes, daughter of Jorge and Maggie Cifuentes (Vic), were married 30.1.11 at Elizabethan Lodge, Blackburn.  
*Richard Araya-Bishop*

## OBITUARIES

**Barritt**, Lorna Annette (nee Schumann), born 30.11.1925 at Dulwich Hill, Sydney; died 5.2.11. On 3.3.1948, she married Henry Clive Barritt. Lorna and Clive served God and their church in Tasmania, NZ, Fiji, Victoria, ACT and NSW. She is survived by her

husband; their three daughters, Wendy Morris, Ruth Webster and Beverly Christian; her sons-in-law; nine grandchildren (one predeceased) and their spouses; five great-grandchildren; and her sister, Freda Moore. While Lorna's life was devoted to her family, she did nevertheless find time, as the girls left home, to work for the Victorian Conference, Sanitarium and Sydney Adventist Hospital among other places.  
*Ian Howie, David Bertelsen, Bruce Manners, Ray Stanley*

**Bush**, Heather (nee Adair), born 11.10.1951 at Crows Nest, NSW; died 10.2.11 at Holgate. On 12.12.1972, she married Lindsay Bush at Chatwood. She is survived by her husband; daughters, Becky, Mia and Heidi; and grandchildren, Taine, Mikayla, Savannah and Marcelo. An adoring wife, loving mother, proud grandmother and caring friend, Heather was loved by so many. She passed away, looking forward to the day when we'll meet again. She wants to see you there!  
*Wayne Krause*

**Cobbin**, Winnie Ethel Isabel (nee Heaton), born 13.8.1925 at Cardiff, NSW; died 25.1.11 at Toronto hospital. She is survived by her

husband of almost 62 years, Rex; her children and their families, Dexter and Ann Cobbin (Broken Hill, NSW), Darlene and Leo Gordon (Coolongolook), Kerralyn and Paul Bullock (Albury), Kendell and Lanelle Cobbin (Canberra, ACT); 13 grandchildren; and 17 great-grandchildren. Win provided support to Rex in their ministry, having lived in 36 different places in 38 years. In each place Win nurtured a loving home environment with her sunny personality and attention to detail. Her nursing training at Sydney Adventist Hospital provided her with an added opportunity for ministering to others who were drawn by her disarming compassion and concern, irrespective of race, gender or creed.  
*Kendell Cobbin, David Bertelsen*

**Gould**, Eric, born 18.7.1923 at Singleton, NSW; died 13.2.11 at Cooranbong. He is survived by his wife, Joan; children, Kaye (Sydney), Perry (Cooranbong) and Murray (Balcolyn); and three grandchildren, Angela, Peter and Max. Eric operated a farm machinery business for several years in Singleton and upon retiring, settled in Cooranbong where he continued his passionate interest in playing for a brass band. Eric loved his Lord and served as a

## POSITIONS VACANT

■ **Senior receptionist, enrolment and admissions officer, part-time counsellor-Macquarie College (Wallsend, NSW)**. Macquarie College invites applications from candidates who have appropriate qualifications and experience to fill the following positions: senior receptionist; enrolment and admissions officer; and part-time counsellor. Applications should include a curriculum vitae, a statement addressing core competencies and responsibilities, as well as contact details of three referees. Position descriptions are available on the college website for the respective roles <[www.macquariecollege.nsw.edu.au](http://www.macquariecollege.nsw.edu.au)>. Applications to the Principal, Macquarie College, PO Box 517, Wallsend, 2287. Applications close **April 20, 2011**.

■ **Stock controller/data entry clerk-Signs Publishing Company (Warburton, Vic)**. The Publishing Ministries of the South Pacific Division, located at the Signs Publishing Company in Warburton, has a full-time position (36-hour week) for a stock controller/data entry clerk for the Pacific Islands. This job would involve keeping track of and ordering stock for literature evangelists in Samoa, Solomon Islands, Papua New Guinea, Vanuatu, Tahiti, New Caledonia and Fiji. You must be committed to the Church and its mission, have excellent data entry skills, a good knowledge of MS Word and Excel (computer literate). You must love communicating with people, have good organisational skills and be self-motivated. Mail your CV/resume to John Brereton, PO Box 201, Warburton, Victoria 3799, or email <[losenasilolo@adventist.org.au](mailto:losenasilolo@adventist.org.au)>.

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## VOLUNTEERS!

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faithful deacon at the Avondale Memorial Church for a number of years. He was a gentle, kind Christian who was blessed with a generous nature. Eric will be missed very much by his wife Joan, family and friends.

*Roger Nixon, Rodney Gray*

**Hardy**, Glenise Carolyn, born 8.11.1950 at Bunbury, WA; died 22.2.11 in Canberra, ACT, after a long illness. She is survived by her loving and devoted husband, Norm; her parents, Bob and Jesse Hall; children, Kerrin and Lyndell; and six grandchildren. Glenise met Norm at Avondale College and their lives of service were as active lay people and in full-time ministry. Their service included overseas mission service. Wherever Glenise served, every person touched by her life was drawn to her loyal faithfulness. She is missed by family, friends and colleagues. But the grief is offset by the assurance of the Resurrection at the soon return of Jesus.

*Ken Vogel, Gary Webster*

**Kuyper**, Anthony Frank, born

26.5.1938 at Rotterdam, Netherlands; died 21.9.10 in Perth, WA. On 19.3.1967, he married Gloria Epps. He is survived by his wife; and his children, Julie Bell and Justin Kuyper and their families; and his grandchildren, Aidan, Taylor, Tyson, Emily and Kaitlyn (all of Perth, WA). Tony was a self made, kind, generous man who lived for his family. He was never afraid to turn his hand at any new venture and whether it was his work or his hobby he gave it his all. He was always helpful to anyone who needed it and in his latter years was involved in long hours in his limousine business, serving others, doing the job he loved most. His courage and fortitude in his long illness was an inspiration and example to everyone.

*Andrew Skeggs, Uili Mauga*

**Lucas**, Carol Ann, born 3.2.1941 at Geelong, Vic; died 18.2.11 at the Base Hospital, Warrnambool. She was baptised in 1955. She is survived by her husband, Ramon; father, Walter; daughter, Carolyn; son-in-law, Brian; and grandchild, Alexandra.

After the war, they moved to Ararat, then later to Merino and Warrnambool where they enjoyed regular church fellowship. Carol was a founding member of the Health Food Shop which was opened to provide funds for a church school in Warrnambool. Apart from serving the church, Carol volunteered her services at the Warrnambool Base Hospital for 12 years and then to Flagstaff Maritime Village where she was able to combine two of her great loves—Australian history and needlework. She loved Jesus very much.

*Nikola Trajkov*



**Ludlow**, Peter James, born 27.11.1929 at Sydney, NSW; died 28.7.10 at Bundaberg Hospital, Qld. On 16.3.1954, he married Enid Hosken. He is survived by his wife (Bundaberg); his children and their families, Ruth Dingwall (Cardwell) and Paul (Bundaberg); his brother, John; five grandchildren; and four great-grandchildren. Peter grew up in Lakemba, Sydney. He was the youngest of four boys. For much of his life he worked as a builder and a farmer. Peter was a willing worker and was always praising his Lord.

*Ernie Wojnar*

**Makosz**, Esther (nee Przybylko), born 30.11.1934 at Lipnica Dolna, Poland; died 24.11.10 at Modbury Hospital, SA. On 26.4.1964, she married Alek William Makosz, who predeceased her in 2010. She is survived by her children,

Danuta, Ruth and Lydia; and her two grandchildren, Natalie and Josh. We will remember Esther as strong in faith, loving Christ and taking every opportunity to witness about Him.

*Jan Pollok*

**Mitchell**, Bradley Dale, born 10.7.1985 at Wangaratta Hospital; died 3.2.11 at Carboor, in his sleep at home. He is survived by his parents, Dale and Jan Mitchell; sisters, Rachael (all of Carboor) and Hannah (Wangaratta); grandparents, Alva and Loris Mitchell (Carboor) and Merle (Wangaratta); Kay and Rob Durumsma; Glen and Anthea Mitchell; Wendy and Bryan North; Ross and Jenneene Mitchell; Brett and Vicki Mitchell; Rhonda Adams; and Gary Bell. Bradley was just 25 years old. A young man full of hopes and dreams, he will be remembered for his good nature, his love for life and his family.

*Branimir Schubert, Malcolm Reid*

**Nowicki**, Benjamin Ireneusz, born 12.7.1957 at Bielsko-Biala, Poland; died 17.1.11 in Adelaide, SA. On 27.4.1986, he married Drusilla Akerman at College Park. He is survived by his wife; his parents, Helen and Peter Sawczuk (Melbourne, Vic); his children, Nathaniel, Chantelle and Anneliese (Adelaide, SA); his sister and her husband, Dorothy and Mark Damm (Adelaide); two sisters-in-law and families; seven nieces and nephews. He was a talented musician, passionate dentist, dedicated father and church worker, and loving husband. He will be sadly missed by all who knew him.

*Jan Pollok*

**Pahl**, Gertrude Pauline (nee Sowman), born 5.9.1909 at Nelson, NZ; died 5.12.2010 at Noosa, Qld, aged 101. She was predeceased by her husband, Errol; and Paul Bryant. She is survived by her children, Noeleen Bryant-Hook (Milton) (Hornsby, NSW) and Pauline Margaret Harney (Noosa, Qld); grandchildren, Gregory Bryant, Jennifer Wright (both of Sydney, NSW), and Robert Harney (Noosa, Qld) and spouses; great-grandchildren, Lincoln and Ashley Wright (Sydney, NSW) and Sarah Harney (Noosa). She was one of 10 siblings, of whom three survive her, Nicol Sowman, Joy Mayers and Mouri Sowman (NZ). She enjoyed walking on the

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beach, good food, reading, family and meeting many people. She will be sadly missed by young and old, as her life was rich in Christian graces.

*Paul Richardson, Keith Grolimund*

**Powell, Donovan Henry (Don)**, born 10.9.1925 at Kadina SA; died 12.2.11 in Melbourne, Vic. On 10.5.1950, he married Nadine. He is survived by his wife; and his children, Bronwyn Hughes, Russell (all of Melbourne) and Debra Powell (Ballarat). Don spent 10 years as a missionary teacher working in Fiji, Tonga and Vanuatu. He was passionate about educating young people and tutored students who had trouble with reading until his 80s.

*Dave Erickson*



**Powell, Valma Annomer**, born 14.12.1913 at Warburton, Vic; died 20.2.11 at Yarra

Junction. On 21.12.1935, she married Vernon Powell who predeceased her. She is survived by her children, Lynette Bastian, Robyn Burke and Judith Skinner; her grandchildren, Brock Bastian, Amber Bastian-Levi, Shane Ball, Charles Campbell-Jones, Stephen Skinner, Warren Skinner, Kirrily Hight, Rachel Whitehead; and great-grandchildren, Makisa and Tepa Bastian. After the war, Valma worked as a colporteur for several years, helping to provide for her family.

*Ed Tottenhofer*

**Scragg, Dorothy Walker**, born 17.4.1913 near Cowra, NSW; died 11.1.11 in the Kings Langley Nursing Home, Sydney. Dorothy married Ernie Mercer in her 20s but her husband died just 18 months later. She then trained and worked as a nurse for many years. In 1961, she married Walter Scragg Snr who predeceased her. During the late '80s, Dorothy moved into the Adventist Aged Care facility at Kings Langley where she became well known and loved. Dorothy died with the hope of a glorious resurrection when her Saviour returns to claim her.

*Bill Sleight*

**Sullivan, Brett**, born 2.11.1970 in Perth, WA; died 1.1.11 at Rockingham. He was predeceased by his brother, Michael on 8.4.1984. He is survived by his

parents, Mike and Carol Sullivan; his sister, Marnie Chaplin; and his grandparents, Ellen Sullivan, Nancy and Cliff Hawkins (all of Perth, WA). Brett was a larger than life larrikin, who loved people and children enjoyed his company. He openly confessed his faith in God. The struggles of life for Brett are now over as he rests in peace.

*Steven Goods*

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### Next Record April 30

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\* Following the release of the Millennium Project Report to the UN Secretary-General in 2005 regarding a practical plan to achieving the Millennium Development Goals to halve world poverty by 2015, Jeffrey Sachs, Director of the UN Millennium Project and Director of the Earth Institute at Columbia University, said that it would cost about 50¢ out of every \$100 of rich world income (GNI) each year for the next 10 years. <sup>1</sup> Name changed to protect privacy.

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