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FULTON RELOCATION** page 3

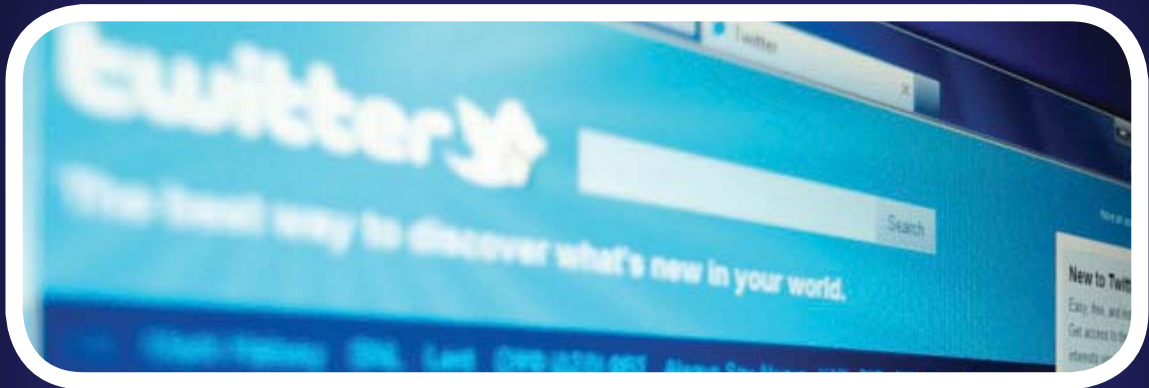
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Church gives \$1m for Fulton relocation

Suva, Fiji

The General Conference Executive Committee has pledged \$US1 million to help relocate Fiji's Fulton College at the "Spring Meeting" at Oakwood University, Alabama, US.

General Conference president, Ted Wilson, told church leaders from around the world it was a very important project. "I was in Fiji recently and witnessed firsthand the exciting opportunities this relocation will give to the mission of the church."

The college is moving because of a court order that it can no longer use the land it was built on.

Delegates and leaders from all 13 world divisions of the church voted to appropriate the \$US1 million for Fulton. Fulton College offers courses in three main areas: teacher training, business management and ministry.

The college was established in 1940 on an existing lease of land but it became clear Fulton would have to relocate

when the lease ran out. By relocating to Sabeto, close to Nadi, the college can offer students a better Christian tertiary education.

"We're really excited that the leaders of our Church have made this appropriation," said Pastor Waisea Vuniwa, president of the Trans-Pacific Union. "Church members from throughout the Trans-Pacific will be greatly encouraged by this support."

The Spring Meetings are one of two world meetings Adventist administrators hold each year.—*David Gibbons*



Pastors Vuniwa and Wilson look over blueprints.

Sanitarium leads food-label reform

Berkeley Vale/Auckland

Sanitarium Health & Wellbeing has proposed a new product labelling system in response to industry calls for better nutritional information on food packaging.

Sanitarium's Healthy Eating System takes "traffic light labelling" to a new level. It highlights positive and negative nutrients, and makes recommendations on frequency of consumption. It has been designed to give shoppers the information they need to improve their food choices.

Sanitarium's Science and Technical manager, Dr Greg Gambrill, said the aim of any front-of-pack labelling should be to improve eating habits in line with public health policy initiatives. "We have developed and researched a concept that does that. It goes beyond ranking individual food nutrients and provides additional recommendations on the best way to incorporate food into your overall diet," he said.

The system gives a rating on the positive aspects of a particular food product. Like European traffic light labelling,

it also rates nutrients associated with chronic disease—namely saturated fat, sodium, total and added sugar.

Unlike two other systems currently being advocated in Australia, the Healthy Eating System advises how often a food should be eaten—"Eat Often", "Eat Occasionally", or "Eat

Sparingly"—in line with the Australian Dietary Guidelines. Sanitarium has been working on the system for the past two years, and has released it along with consumer research by The Leading Edge. This research compares its effectiveness to the European traffic light labelling system, generally preferred by public health advocates, and the Daily Intake Guide, advocated by many in the food industry in Australia and New Zealand.

"Consumers found the Healthy Eating System easier to understand and more useful," Dr Gambrill said.

"Importantly, for public health equity, the new system did not appear to be confusing or difficult to understand for high-risk or marginal groups (based on analyses by ancestry, education levels, gender or health levels)."

Sanitarium has called on key stakeholders associated with the issue of food labelling to consider the important design aspects of front-of-pack labelling systems and the clear health benefits a well-designed, policy-aware system could offer.

Sanitarium said it would retain no intellectual property rights on the Healthy Eating System, and that it has decided to freely share the system in the interests of better public health.

Sanitarium CEO Kevin Jackson said empowering people to make informed food choices was consistent with the company's enduring commitment to health and wellbeing.

"As a major food manufacturer we believe we have a responsibility to work with public health to create a food supply that supports [everyone] to live healthier lives," Mr Jackson said. "The more people understand about the foods they are eating, the more this can drive positive change."—*Sanitarium Health & Wellbeing/Jarrold Stackelroth*



Consumers will be able to see at a glance, if their food is good for them.



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Seventh-day Adventist Church

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"The IRONMEN pushed themselves in the 10km run, carrying a team member the whole way."

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knows experiences and shares
our hope in Jesus Christ!

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A merry heart . . .

Kevin Price

As Adventists, our "Health Heritage", based on inspiration and the early adoption of superior health behaviours, provided the basis for our "Adventist Health Advantage". It's because of our understanding of wholistic health that we recognise the impact that the spiritual, social and emotional aspects have on our physical health. Also, poor physical health drains us emotionally and spiritually, while poor emotional health will drag us down physically and spiritually. We "get" the connection!

This year, our Health Week focus is on emotional health. The theme is built around Dr Darren Morton's readable book *Seven Secrets for Feeling Fantastic*. Dr Morton, a senior lecturer in the Faculty of Lifestyle Education at Avondale College, explains how our emotions are impacted by what we think, say, do, eat and experience. Because we want you to feel fantastic, Adventist Health, Avondale College and Sanitarium Health & Wellbeing are providing every Adventist church and school across Australia and New Zealand with copies of Dr Morton's book, as well as a DVD on the topic.

There has been confusion in the past about what contributes to or detracts from emotional and mental health. The recent Sabbath School Bible Study Guide, "Jesus Wept" was, for many, a refreshing change of emphasis. In October our church will stage its first International Mental Health Conference at Loma Linda University, in the US. Your contribution to the Health Offering on May 7 will also facilitate the development of resources and the provision of training in this vital area.

I recently analysed Christ's miracles. He was very interested in fixing emotional and mental health problems. The wisdom chronicled in Proverbs tells us "a merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22, KJV). Do we need to be reminded that happy emotions are a life enhancing natural medication? I think we do.

In this edition, Eliezer Gonzalez looks at the single-mindedness of Jesus (page 14), while Kriselle Dawson asks whether we have lost touch with our Adventist health emphasis (page 11).

Pastor Kevin Price is health director of the South Pacific Division.

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WA books on PNG school desks

Manjimup church, WA, through a partnership with Manjimup Rotary International, has sent a shipping container full of books to Ramu, PNG. The people celebrated its arrival and admired the full range of different types of books for their new community library.

—*Manjimup Bridgetown Times*

Redfern city kids go bush

City kids learnt how to hunt and gather during a special weekend designed to help them connect and identify with their culture. Youth from The Block in Redfern, NSW, and surrounding areas left the big smoke of Sydney for Ingar campground for a few nights under the stars. All 13 youngsters were thoughtful and respectful of their elders, and were fully involved in the activities and experiences over the weekend—even helping to set up camp, cook and clean.

—*Johnny Murison/Good News*

Hobbies develop into ministries

Ladies from Parkes church, NSW, meet once a week to pursue their hobbies, share a “cuppa” and generally spend time together. There is no structured program but they’ve packed emergency bags for a women’s shelter and made rugs for charities and simple clothing for the poor. Now they have six non-church members attending and are building great contacts within the community.

—*Imprint*



Record title

General Conference treasurer, Bob Lemon, told delegates at the annual “Spring Meetings” that for the first time in history, world tithes passed \$US2 billion dollars. Church administrators met at Oakwood University, Alabama, US, and were told that increased giving and currency fluctuations had led to the record title.

—*Jarrold Stackelroth*

Flying high

Ipswich Adventist School students, Qld, were excited when a helicopter landed on their oval. Year 7 student Nellie-Rose Hennessy convinced family friend Mike Jarvis, from Pterodactyl Helicopters, to help her with an assignment on flight. In turn, Jarvis volunteered to fly the chopper to school, with Nellie-Rose aboard.

—*Queensland Times*

Cooking for charity

A bunch of “little chefs” held a cake stall at the Trash and Treasure Market in Alexandra Hall, Vic, to raise funds for earthquake victims in Japan. The Little Chef Academy, run by the Ararat Seventh-day Adventist group, is a 10-week cooking program for mums and children aged 3 to 6.

—*Ararat Advertiser*



The Domino Effect

Geelong Adventist Youth, Vic, hosted a three-day conference called “The Domino Effect”, focusing on Matthew 24 and end-time events. The conference featured international speaker Peter Gregory and saw an attendance of over 300 people from all ages and backgrounds. “The Domino Effect” vision is of a chain reaction—people boldly sharing the truth about Jesus.

—*IntraVic*

San doctor face of road campaign

Sydney Adventist Hospital neurosurgeon and associate professor, Brian Oowler, is the face of the NSW Road and Traffic Authority’s “Don’t Rush” advertising campaign. He is helping to promote the message that every person is responsible for his or her own behaviour. You can watch the campaign at <www.rta.nsw.gov.au>.

—*San News*

Blue Hills wins ANZAC award

Blue Hills College’s 2010 Year 6 class, NSW, entered the winning project in the Department of Veterans’ Affairs annual competition. It included a poppy wall, where students each made their own poppies, and a big ANZAC puzzle the children took turns to complete. The prize included a commemorative plaque and a cheque for \$A1000.

—*Northpoint/The Northern Rivers Echo*

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IRONMEN finish together

Newcastle, New South Wales

The hard-training IRONMEN Newcastle Men's Ministry team received pledges of more than \$A10,000 for crossing the finish line at Newcastle's Hill to Harbour fun run/walk. The unique thing about the IRONMEN's participation was the idea to stretcher a team member for the 10-kilometre course.

"It began as a challenge to keep each other accountable for our physical weight and health issues," said Sam Scanlan, co-ministry leader for the team. "It has grown into what will most likely be an annual event on the IRONMEN calendar. The 10-kilometre Carry has become a metaphor for the IRONMEN group. It's a physical reminder of what we stand for as a group—supporting men and equipping them with tools to be men of integrity, men of courage, men as husbands, and men as fathers in their vocations, homes, organisations, churches and communities."

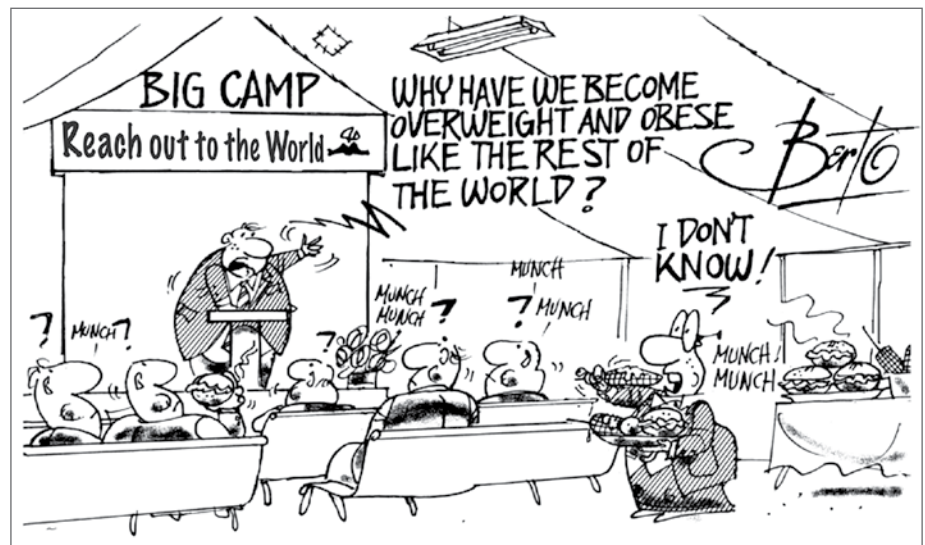
The name of the IRONMEN ministry comes from Proverbs 27:17—"As iron sharpens iron, so one man sharpens another." The group is based at the "All Nations" Multicultural Seventh-day Adventist Church in Newcastle. Group members report the tough pre-event training regime reaped dividends in terms of kilos lost but the IRONMEN wanted to see others benefit from their efforts as well. In the lead-up to the run, they sought sponsorship and received pledges of more than \$A10,000. The money will be split equally between Father Chris Riley's Youth Off the Streets organisation and the IRONMEN ministry.

"As men, we have a big influence on our families and our children," co-ministry leader, Reye Raea, said. "A lot of the problems facing the young people in the program stem from the failure of men."

This rationale motivated the decision to stretcher-carry some of the youth that are in the care of Youth Off The Streets. In turn, the young people carried IRONMEN team members, representing the great work Youth Off The Streets is doing in helping them turn their lives around. —Kent Kingston



Team members carried one of their own.



Refer to *Super-sized Adventists*, page 11.

Adventists back cigarette-package plan

Wahroonga, New South Wales

Church leaders have hailed an Australian government plan to mandate plain cigarette packets with larger health warnings. Federal Health Minister Nicola Roxon announced the initiative and showed mock-up packaging at a media conference. "Gone are the days when people can pretend that cigarettes are glamorous," she said. "Gone are the days when gold embossing can imply luxury or pale green can imply they are light or safe."

Kevin Price, Adventist Health director for the South Pacific Division, said the government is on the right track. "Anything that slows down the uptake of tobacco products is a marvellous thing," he said.

"The tobacco companies are going to fight this one because they are selling an illusion..." he warned. "To use plain paper packaging—it'll be just a dark green with pictures of what tobacco can do to you—that will actually

take the glamour out of smoking."

While the government plans to reduce smoking rates in Australia to 10 per cent, Pastor Price is concerned that aggressive tobacco marketing and lax legislation in developing countries will produce a tsunami of disease. "If you go into some of our Pacific countries—such as the Solomons or Fiji—40, 50 per cent of people are smoking. There are even countries where it's up around 60, 70 and 80 per cent. So this [plain packaging law] is an initiative that any country around the world should be looking at seriously."—*Kent Kingston*



Examples of the proposed packaging.

More Adventist news than ever before

Sydney, New South Wales

Adventists now have a new source of Adventist news. There are now more news stories about the church than ever before—all in the one place. Twitter, an online social networking instant messaging service, runs about 100 Adventist news stories every week.

This new news service is run by Adventist Media in Sydney, and includes Adventist stories from all around the world. Its Twitter name is Adventist_News and the stories are short—you can read 10 of them in a minute.

Since Adventist_News began, it has been quoted on 33 websites around the world. While all the stories are in English, other websites are translating them for use in other countries. Twitter has a limit of 140 characters for each message, so Adventist_News stories only give the "bare bones". Even so, most stories have a link to more details about each story. To find the stories on Twitter, visit <http://twitter.com/adventist_news> or simply type #SDAnews into the Twitter browser search bar. There is also a link at the <<http://record.net.au/>> website.—*David Gibbons*



All the latest Adventist news is now available on Twitter.

Conference challenges culture of denial

Newport, New South Wales

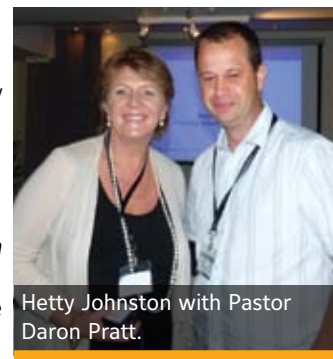
The inaugural Safe Place Services (SPS) Professional Development Conference, "Transforming Church Culture" was attended by 85 delegates from across Australia and New Zealand. The conference was the first time that church leaders, volunteers, victim-support professionals and para-ministries of the church, have come together to address the topic of sexual abuse within the church.

The conference affirmed the progress that the church has made in challenging a "culture of denial" over the past decade, and advocated the need for ongoing action to transform the Church's culture into an intentionally "safe church" environment for all children, youth and vulnerable adults.

The church began training leaders across Australia and New Zealand 10 years ago. Initially, the focus was on pastors and teachers but has now shifted to local churches. SPS has also worked with other denominations to produce an inter-denominational Safe Church training manual.

"The SPS conference was the most informative and powerful conference I have been to," said Suzanne Hadfield, coordinator of the Safe Places Ministry for the Greater Sydney Conference. "It not only addressed the useful ways we are eradicating abuse but also empowered us with extremely respectful ways to give a voice and healing to those in the church who may have been abused."

The conference featured keynote presentations from Patrick Parkinson, Professor of Law at Sydney University and author of the book *Child Protection and the Churches*, and Hetty Johnston, a well-known child protection advocate and founder of the Bravehearts organisation.—*Pablo Lillo*



Hetty Johnston with Pastor Daron Pratt.



Army of youth

When 300 Adventist young people hit the Liverpool (UK) streets to share their faith, they caused such a stir that a police helicopter began monitoring their movements. The street-witnessing exercise was the culmination of a youth training weekend. Thousands of homes were reached, with 52 persons requesting Bible studies.
—BUC News



Trending down

Researchers in the US say their new mathematical model shows that, like “dying” languages, religion is headed for extinction in Australia and eight other countries around the world. The study says people claiming no religious affiliation are the fastest-growing religious minority in many countries around the world. —American Physical Society



Connecting

People in more than 100 communities around New Zealand have taken the opportunity offered by the first-ever “Neighbours Day” to get outside, throw a street party or fire up the barbecue. The Methodist-based Lifewise organisation says “Neighbours Day” is about building stronger communities and making neighbourhoods more friendly, fun and safe.
—Lifewise



Health pioneer dies

Dr J Wayne McFarland, a Seventh-day Adventist health advocate who co-authored the *Five Day Plan to Stop Smoking* (which drew millions to seminars in the 1960s), died on March 14 at a retirement facility in Loma Linda, California. He was 97. General Conference health leaders have praised McFarland’s legacy. —ANN



Last days warning

A Shia Muslim group in Iran, “The Conductors of the Coming,” has produced an end-times video that has been endorsed by Iran’s presidential office. The video points to world events and says the Islamic messiah, or Mahdi, has been hidden but will soon appear. —Assist News Service



Jury’s out

Controversy has erupted over a collection of 70 small lead books that are claimed to date from before the oldest-known biblical manuscripts. The books contain Christian symbols, and are written in Hebrew and an undeciphered code. Some scholars say the books are an incredible find, while others say they’re a hoax. —Archaeology Daily News

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*The quality of your life is
determined by the quality
of your emotions*



adventist health week May 1-7, 2011



Dr Darren Morton is a Senior Lecturer in the Faculty of Lifestyle Education at Avondale College. Avondale College and Adventist Health are supplying a free copy of Darren’s book “Seven Secrets for Feeling Fantastic” to each Adventist Church and School across Australia and New Zealand. Would you like to hear Darren’s talk on this topic? Sanitarium Health & Wellbeing and Adventist Health are providing a free DVD. Just email your contact and postal details to: healthinfo@adventist.org.au or call 02 9847 3368 (Aus) 09 262 5642 (NZ)

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Summit focuses on reconnecting

by Nathan Brown

The Australian Union Conference is planning a number of ministry initiatives to reconnect with “former and missing” church members following a recent summit. A group of church administrators, pastors and members spent the weekend of March 18 to 20 exploring the stories, challenges and opportunities of disconnected or inactive members of the Church.

“It was a good beginning,” says Pastor Chester Stanley, president of the Australian Union Conference (AUC). “We hope this will be a catalyst for encouraging and inspiring our local conferences and churches to pick up this focus. [It’s time] for all of us to do some serious work and be intentional about reconnecting with people who once were with us.”

AUC general secretary Pastor Ken Vogel introduced the urgency of this ministry with a report on the church attendance census, conducted in 2009. These figures showed average attendance at 59 per cent of the total membership figure across Australia. Some conferences recorded attendance at 50 per cent or lower, when compared to official church membership. While not an absolute figure—based on a one-off count—Pastor Stanley considers this figure is “indicative” of the size of the challenge that needs to be addressed.

Summit participants had the opportunity to learn from the experience of the North American Division (NAD) through presentations from Pastor Paul Richardson, coordinator of Reconnecting Ministries for the NAD. “We are making progress,” he says of the 17 years he has been ministering with this focus. “Last year in North America, 41 per cent of our membership said they were influential in inviting someone back to church. There is a receptivity there—what we do with it depends on the congregations. A number of conferences now have reconnecting coordinators in local churches and are prioritising it in the life of

the church. More churches are now reporting that they are paying more attention to the back door than ever before.”

According to Pastor Richardson, public evangelism has its place but cannot be the Church’s only focus. “God has brought people to our congregations for a purpose and good stewardship says we must care for those we have,” he says. “Retention is now being seen as a critical factor in the health of our churches.”

The NAD’s Reconnecting Ministries hold regular training events, develop focused leadership materials and have hosted satellite events. Pastor Richardson was excited to see the energy being given to these people at the AUC summit. “It isn’t that I have all the answers,” he explains, “but collectively, in the body, it is amazing what can come out of it.”

“I am very impressed with what the AUC team have done to plan for this summit. They have been really intentional, and have received input by emails and letters from more than 50 former and current members. They committed to making a plan and then doing something with that plan.”

“We have not been very strategic about this in the past and we need to reprioritise this,” adds Pastor Stanley. “It needs to be more than a program—it needs to be based on a genuine love for people. There are a lot of great people out there who we would love to have back as active members of our family.”

“I would love to think that summit participants went away with some realisation of what we might be able to do to stop people drifting away. I hope they will have the desire to put this on the agendas at conferences and local churches to connect with these people, to have conversations with them and to bring them back to the community of faith.”

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

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OPINION*

Melinda Boyce

Brotherly love, only on the good days

It manifests itself differently in every person, but depression has one clear defining symptom: segregation. Mentally and physically, self-imposed and forced; in one way or another, sufferers are isolated from themselves and the community.

When everything you see and do is shrouded in darkness, a seemingly logical step for many is physical isolation.

I have two brothers that I love with all of my heart, whom I have and will continue to stand by no matter what. I can't imagine any situation where I would turn them away—let alone when suffering from a disease that they did not ask for, nor want. So why are we so quick to push away our brothers and sisters in Christ who have no control over this affliction?

Depression doesn't discriminate, and yet we do. Old, young, tall, short, weak, strong, doctors, lawyers, teachers, builders, parents, children, Christian, Muslim, Atheist, Agnostic and Seventh-day Adventist; everyone is susceptible.

Mental illnesses are physical illnesses, not states of mind, but so often we choose to disregard this fact.

My father, one of the strongest men that I know, has battled with depression for many years and continues to do so. He's not weak. He's not damaged and hasn't given up on God. God is healing him with many of His instruments: prayer, counselling and medicine. My housemate, on the other hand—a very strong, courageous young woman—finds prayer and talking as her best form of healing. It's not easy, but it's her choice. God uses all treatment options to His advantage. I have absolutely no doubt that He is working through medicine, counselling, prayer and support.

In my opinion, as a Church and as individuals, we need to follow Christ's example and love our brothers on the bad days too. Depression isn't going to go away, but our church members are leaving or avoiding our churches in droves because when the bad times come, we've a tendency to close the door.

It's time to uphold our brothers and sisters and support them, just as Christ would.

* Views represented in Opinion reflect those of the author and not necessarily those of the Seventh-day Adventist Church.

Melinda Boyce writes from Victoria.

OPINION POLL

What is the biggest health problem for Adventists today?

- Lack of exercise
- Over-eating
- Eating meat
- Too many sweets

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(250 words or less)

Super-sized Adventists

by Kriselle Dawson

MY HUSBAND, BRAD, ENJOYS RELIGIOUS discussions with his workmates. During one such discussion, a colleague blurted, "I could never become a Seventh-day Adventist! They're a bunch of hypocrites!" Shocked, Brad asked the man to elaborate. "I've been watching Hope channel and 3ABN and believe Ellen White's health teachings to be correct, but the overweight presenters and Church administrative staff featured suggest they are not practising what they preach!" he responded.

Unfortunately, we can hardly argue with his point. Our church is growing—and I don't mean in numbers, I mean in size. The article "Adventist Health Studies Past, Present and Future" included the recent Adventist Health Study (AHS-2), the most extensive Adventist study yet with 96,000 Adventist participants from across the US and Canada. The study indicates "the average Adventist in AHS-2 is overweight with a body mass index (BMI) of 27, where a value of greater than 25 defines overweight. Adventist Church members have largely followed the nation in this regard."¹

Why have we become overweight and obese at a similar rate to the rest of the western world? What has happened to the Adventist health message? I would like to propose several theories for this phenomenon:

1. There are now fewer vegetarians within the Adventist church. According to the AHS-2 study (2002-2006), 45 per cent of participants were vegetarians. If this is indicative of the Adventist population, there has been a decrease since the first Adventist study (which began in 1958), where 50 per cent of participants were vegetarian. BMI tends to increase proportionally to the amount of animal protein in the diet.¹

2. Adventists, like most in the Western world are over-worked. In many families both husband and wife work to support a comfortable lifestyle, but at what cost? Sure we have more 'things', but we have less free time, which tends to result in hastily prepared meals with poor nutritional value and insufficient physical activity.

3. There has been an increase in the consumption of fast foods. The CARDIA study, which concluded in 2005, reported that fast-food increased the risk of obesity. During the study, participants who consumed fast-food two or more times each week gained an average of 4.5kg. "The CARDIA study factored in and monitored lifestyle factors including

television viewing, physical activity, alcohol consumption, and smoking, but determined that increase in body weight... from fast food intake seemed to be largely independent of these other lifestyle factors," said David Ludwig, director of the Obesity Program at the Boston Children's Hospital. Perhaps this is because a single fast-food meal frequently contains sufficient calories for an entire day.²

4. We have become less physically active. An article appearing in Science Daily on April 14, demonstrated that physical activity is instrumental in assisting weight loss, in conjunction with a healthy and reduced-calorie diet. The research was conducted by scientists at Oregon Health & Science University and revealed that there is an inbuilt compensatory mechanism in our bodies that causes a person to reduce physical activity when commencing a diet or caloric intake is reduced.³ Therefore, diet and exercise must be combined to achieve weight loss goals.

Why does it matter that our Church population is growing larger? Being overweight or obese is strongly correlated with significant health risks: cardiovascular disease, diabetes, some cancers, fatty liver disease, gallbladder disease, breathing problems, obstetric complications, and a host of others. Not surprisingly, the more overweight or obese a person is, the greater the health risks.

What is the solution? Combine a healthy, reduced-calorie diet with increased physical activity.

God holds each of us responsible for the health of our bodies. 1 Corinthians 6:19-20 says, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies." If we are in poor physical health what kind of witness can we be? How can we expect to go, teach and baptise to all the nations? R

1. G Fraser, "Adventist Health Studies Past, Present and Future" <www.adventist-review.org>.

2. Jonell Rusinko, "15-year study shows strong link between fast food, obesity and insulin resistance", Innovations Report, <<http://www.innovations-report.com/html/reports/studies/report-38361.html>>, Jan 3 2005.

3. "Diet Alone Will Not Likely Lead to Significant Weight Loss, Study Suggests", Science Daily, April 14 2010.

Kriselle Dawson is an Australian-registered pharmacist. In 2010 she volunteered as Interim Health Coordinator for the Papua New Guinea Union Mission.

LETTERS

ONE AND THE SAME
Evelyn Bean, ACT

I enjoyed Dr McIver's article "Baptism into Christ or into the church" (Feature, April 2).

I found it very enlightening that baptism into Christ and baptised into the church are indeed one and the same—into Christ's body.

RIGHT AND WRONG ANSWERS

David Millist, NZ

Thank you Mrs Collum for "Embracing Creativity" (Feature, March 5).

For those of us who struggled to succeed through an educational system that insisted there was only a right answer and wrong answers, we need all the encouragement we can get.

Thank you for reminding me I'm created in God's image and I'm creative.

CONFIRMED VEGETARIAN

Corran Vincent, NZ

While I am a confirmed vegetarian, the issue of vegetarianism versus meat eating is complex (Health Feature, April 16).

Having lost a wife and brother-in-law to bowel cancer—both were vegetarian—one can assume vegetarianism is not the silver bullet. My wife and I ate at the same table, yet she was constipated while I've never had the slightest problem whatsoever. It is a problem that is hardly, if ever, discussed.

Eating meat probably makes the problem worse, as meat eaters tend to eat less fibre, fruit and vegetables.

While promoting a vegetarian diet, we need to get away from the

presumptions of the past that only vegetarians will be saved.

BRILLIANT JOURNALISM

Eric Trouson, WA

Danny Bell's "Blunt axes" (Feature, March 5) is a brilliant piece of journalism and is most thought provoking, particularly when put together with "Advent movement gathers momentum" (Record rewind, page 20). We really need to deal with some issues differently or we will get the same result. Until we accept that, like Charles Fitch did, we may not have everything perfectly sorted and that there is much to learn, we will stay just where we are; going backwards as Danny Bell demonstrates with statistics.

We can "sharpen our axe" if we are more like Karen Collum in "Embracing creativity" (Feature, page 19) and employ some of her creativity in our presentation of our Gospel message.

In all of this we need to "get real with our relationship with the Holy Spirit".

ENDED UP IN PRISON

Daniel Jones, NSW

I became an Adventist Christian after reading a copy of *Signs Magazine* while in jail. Since turning my life over to Jesus my life has changed.

I'm amazed at the number of Adventists I have met, who, when young, turned away from God and their church family and ended up in prison.

I have also met many people who have loved ones that are "doing time". My goal is to create a network of people to support current and ex-prisoners and their families.

The first step in achieving

this is to make contact with as many people in Australia as possible that find themselves in this situation. If you're involved in prison ministry or would like to join in this ministry you can contact me at <excons4christ@gmail.com>.

PICTURE OF GOD?

David Newell, VIC

Dr Kayle de Waal in his article "Why more hurt?" (Feature, April 2) attributed earthquakes to the work of the devil.

It's well known that earthquakes are caused by the movement of tectonic plates against and past each other. This has been occurring for millenia. Are we then to believe that the Devil has been moving these plates around for a long time. While God stands by and watches His arch-enemy destroy tens and hundreds of thousands of His people?

This would surely be to grant an immense amount of almost creative power to the Devil and would not paint a very nice picture of God.

Earthquakes occur because of the way the Earth functions, and the significance of earthquakes is that we have earthquakes.

BALANCE RESTORED

Megan Johnson, Vic

Thank you for restoring balance and sensitivity in "An ever present help..." (Editorial, April 16) and Letters. It was encouraging to see a response from Pastor Greg Evans.

I especially want to affirm Ross Goldstone in "Beyond black clouds" and Janelle Isaacs' poem "Aloneness'" for their courage to share in print. Powerful testimonies.

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.



Slow food

Does the term “slow food” bring to mind images of crockpots and Sunday roasts? The slow food movement started in Italy in the mid 1980s, and is all about eating food that tastes good, has been produced in an environmentally-friendly way, is healthy and rewards the food producer fairly for their work. It originally came about as a response to our growing societal reliance on fast food.

Slow food in our fast-food culture

The basis of the slow food concept is understanding our foods and the process of growing, preparing, cooking, and experiencing the joy of eating with family and friends. It is all about celebrating food, as well as the cultural aspects of taking time to prepare and eat it.

Shopping at farmers’ markets, growing your own vegies and being aware of food miles are all components of the slow-food culture. When we buy fast food, we are often not aware of how far the food has travelled, the types of additives used or the degree of processing the food has undergone. As a result, highly processed foods, low in nutrients but high in energy can easily become part of our daily menu. Adopting a slow-food approach to eating can also offer improved health benefits because it involves more whole foods, which often provide greater quantities of nutrients than their more-processed alternatives.

How can we slow our food down?

With our busy lifestyles, there can be times when we feel we don’t have the time to spend preparing food from

scratch, or really savour our food as we eat it. However, there are some small things we can do to make the change from fast food.

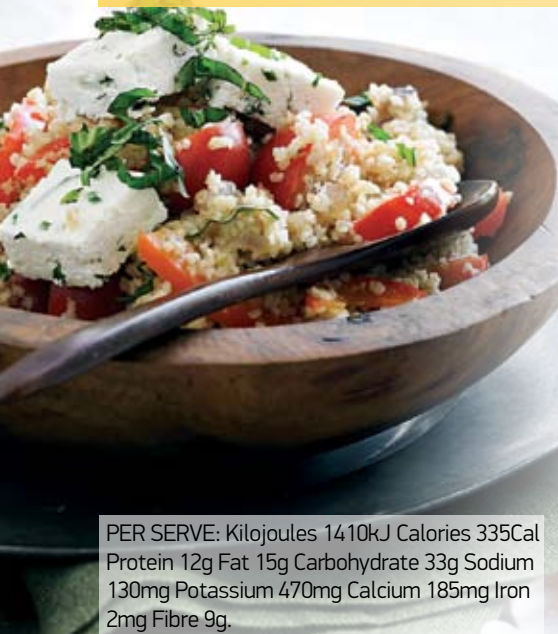
- ▶ **Grow your own.** Even if you have limited garden space or live in an apartment, you can still grow a few vegetables or herbs yourself. Get the kids involved—they are more likely to eat it if they have grown it themselves.
- ▶ **Use whole foods.** Whole foods have had little or no processing so no nutrients have been removed. They also have no (or very few) added ingredients (such as salt or sugar). Whole foods include fruit and vegetables, wholegrain breads and cereals, legumes, nuts and seeds.
- ▶ **Buy seasonal fruit and vegetables.** Try to use farmers’ markets or locally-grown produce where possible.
- ▶ **Get the family involved in preparing meals.**
- ▶ **Eat at the table.** Eating at the table with no distractions (such as TV) promotes conversation and quality time together. Eating slowly allows us to savour the taste and really enjoy our food, as well as helping our digestion.
- ▶ **Try preparing larger portions of food that can be frozen and used later.** This saves on preparation time so you will have more time to enjoy eating it.

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. To order the cookbook, visit our website <www.sanitarium.com.au> or <www.sanitarium.co.nz>.



RECIPE

Capsicum tomato burghul and ricotta salad



PER SERVE: Kilojoules 1410kJ Calories 335Cal
Protein 12g Fat 15g Carbohydrate 33g Sodium
130mg Potassium 470mg Calcium 185mg Iron
2mg Fibre 9g.

- 250g fresh reduced-fat ricotta cheese
- 1 tsp dried oregano
- 1 tbsp chopped chives
- 1 cup burghul (cracked wheat)
- 2 tsp olive oil
- 1 red onion, chopped
- 1 large red capsicum, cut into small strips
- 1 punnet (250g) cherry tomatoes, halved
- ¼ cup chopped basil
- 1 tbsp balsamic vinegar, to taste
- 1 ½ tsp olive oil, extra

1. Preheat oven to 180°C, and grease and line the base of a 19cm x 9cm (base) loaf pan with baking paper.
2. Combine ricotta with oregano and chives, and place in prepared pan. Spread evenly over base. Bake for 30 minutes until firm. Leave to cool and then turn out of pan. Chop into cubes.
3. Place burghul in a heatproof bowl and cover with boiling water. Stand for 20 minutes. Drain well in a fine strainer, using the back of a spoon to press down on burghul to remove liquid. Spoon into a large bowl.
4. Meanwhile, heat the oil in a large non-stick frying pan and cook the onion for 5 minutes until soft. Add capsicum and cook on a low heat for 15 minutes until soft, stirring occasionally. Add tomatoes and cook for 2 minutes to heat up. Toss mixture through burghul along with basil. Whisk together remaining oil and vinegar, and mix through salad. Top salad with baked ricotta cubes.

Preparation time: 45 minutes. Cook time: 40 minutes.

The single-mindedness of Jesus

by Eliezer Gonzalez



THE SIMPLE DEFINITION OF A CHRISTIAN IS TO BE a follower of Christ. Within the church, we can all agree to that. Beyond that the church has often been split into many different understandings. But for Jesus it was always simple, because if there is one thing that stands out from the Gospels, it is the single-mindedness of Christ. In fact, Jesus was so single-minded that He was known to not worry about eating. One day He had eaten nothing and His disciples urged Him to eat. He replied, "I have food to eat that you know nothing about" (John 4:32). Jesus had a single focus and a single purpose.

It is not Christ's fault that it has ended up being complicated. It is we who have muddied the waters both by viewpoints that we have perhaps elevated to the status of

divine authority, and perhaps by forgetting to just read the simple story of Jesus. For this reason, it is important for us to look at the side issues that were everywhere around Jesus, and the nature of His single-mindedness. After all, we are told to, “have the same mindset as Christ Jesus” (Philippians 2:5).

When Jesus stepped from heaven’s glory to the manger in first-century Judaea, He didn’t exactly face a blank slate as far as religious views were concerned. Judaism in the first century was not some harmonious entity where everyone subscribed to the same beliefs. Historical evidence demonstrates is that during Jesus’ ministry, God’s church was essentially splintered into a multitude of different groups within Judaism. We probably don’t know all of them, but we can trace the outlines of the main ones. There were the disputes between the followers of Rabbis Hillel and Shammi, and between the Sadducees and Pharisees. And some Jews had so despaired of the institutions of the church that they had separated themselves to establish holier communities in accordance with their understanding of what the church should be. We know of at least one such community at Qumran, but we also know that there were many others.

In fact, Jesus stepped into a minefield of theological disputes over the interpretation of Scripture on a wide range of issues. Interestingly, in general terms, the disputes focused on principles that are still contentious within the church today. For example, the Sadducees and the Pharisees disagreed over the nature of inspiration. The Sadducees probably insisted that only the first five books of Moses were inspired, and the Pharisees arguing that the rest of what we now consider to be the Old Testament was also inspired. The Pharisees also considered the “oral law” to be authoritative, and of course the Sadducees could not go along with that.

There were also extensive disputes within the church about what it took to be a “real Jew.” These disputes centred over standards related to Sabbath-keeping, and issues of how to live holy and pure lives. Sound familiar? In fact, issues of purity were a major focus of many of the debates within Judaism. These disputes were the issues on which the scribes and the Pharisees sought to “entrap” Him.

The astonishing reality is that the gospels show Jesus actually spent most of His time, in a sense, avoiding these kinds of issues. It is not that Jesus didn’t have a view on them; He certainly did. However, He did not take the positions that people in the church of that time took, and He never gave these issues the importance others gave them.

This must have been very irritating for many of the religious-minded people of the time, especially the leadership of the church, since for them, these were often the most important issues. Jesus’ single-mindedness earned Him

the enmity of those who thought that their issues were the most important issues of all. And when they did get Jesus to respond, His answers were typically from “left-field” to where they were standing, and altogether outside of the paradigms of the religious disputes of the day.

A clear example of Jesus’ attitude is found in the Matthew 15 and the corresponding account in Mark 7. Some Pharisees and scribes had come from Jerusalem to ask Jesus some hard questions about theology and church standards. Mark 7:2 tells us that one of their key concerns was that they had seen that Jesus’ disciples did not wash their hands before meals. Now, they weren’t concerned about good hygiene here (although from this perspective, it is always a good idea to wash your hands before eating!) In the context of first-century Judaism in Judaea, this was a very important issue for some, which had to do with being holy or unholy; in other words, it had to do with theology and church standards. This might be hard for us to understand in our modern 21st century culture, but perhaps it would be equally hard for a Pharisee of those days to understand why we turn some of our church questions into issues of theology and church standards as well!

When the Pharisees and scribes asked Jesus why His disciples did not wash their hands, (Mark 7:5) Jesus never gave them a straight answer. The Pharisees found it offensive that Jesus would not support their side of the issue in this particular theological dispute (Matthew 15:12). Jesus didn’t mince words; He called those so-called leaders who focused on these kinds of issues, “blind guides,” because they just didn’t get it. The disciples obviously didn’t get it either, because later on, they asked Him about it. Jesus explained to them that He wasn’t concerned with the external things (“whatever goes into man from outside,” Mark 7:18); rather, His concern was with what was “within” (Mark 7:21–22).

These kinds of issues, whether in their Jewish versions, or their modern “Christian” manifestations, were just not what Jesus was most interested in. It’s not hard to find out what He was interested in, the source of His energy and passion, to which He devoted almost all of His time. His message was simple: “the kingdom of God is near. Repent and believe the good news!” (Mark 1:15) His passion was single-minded: “to seek and to save what was lost” (Luke 19:10).

It is interesting how Satan is always looking for ways to make the simple look complicated. It shouldn’t be that hard to work out what it means to be a follower of Christ. He was single-minded—we should be too. ↻

* Unless otherwise indicated all Bible verses are from the New International Version.

Eliezer Gonzalez is a member of Reedy Creek church, Qld Eliezer has an MA in theology from Avondale College and an MA in Early Christian and Jewish Studies from Macquarie University.



OPENING HIS WORD

David McKibben

The work of the Holy Spirit

Nearly all of Jesus' teaching and promises about the Holy Spirit took place in the upper room in central Jerusalem on the Thursday evening just hours before His death at Calvary. He knew that he would soon be leaving them, so He wanted them to know that they would not be left on their own (John 14:18).

The Comforter is one of the significant descriptions of the Holy Spirit. What does this title tell us about His work?

-The Holy Spirit invites us to a friendship with Him.

Read John 14:16-18

In the original Greek the word translated "Comforter" literally means "someone who comes alongside". The word "another" means another helper or friend of the same kind. In other words, Jesus said that the Holy Spirit is like Him in terms of care and friendship.

-The Holy Spirit gives us assurance.

Read Romans 8:14-16

The Holy Spirit wants to help us in times of doubt and fear and give us peace of mind and security.

-The Holy Spirit helps us to pray.

Read Romans 8:26, 27

When we are lost for words, the Holy Spirit takes our heartfelt longings and presents them before the throne of God. He understands and cares.

The Holy Spirit is described as a Guide. What does this work involve?

- He leads people to Jesus.

Read John 15:26 and John 16:13, 14

- He directs people into truth.

Read John 16:13

The Holy Spirit both works on our minds and touches our emotions.

In summary, the qualities and work of the Holy Spirit are inseparable. He leads us to Jesus and the Scriptures in a personal and meaningful way.

Pastor David McKibben is senior pastor of Parramatta church, Sydney, NSW.



HEALTH WISE

Dr James Wright

Good heart health

Take care of your heart and it may continue to pump tens of millions of times over 100 years or more. My mum's did because she had found the secret to having a healthy heart. Strangely, it is almost identical to body care that prevents many cancers. The key is simple lifestyle modifications.

First, it is essential to maintain a healthy body weight. Ideally, don't get fat in the first place. Weigh-in daily and measure your girth at navel level. It should be 93 cm and less for men and 80cm or less for women. We get fat by eating more than the body can burn up as energy. Avoid foods that are high in fat and carbs. Don't buy them, so you won't get tempted. Stick to fruit, veggies, legumes (peas, beans, lentils), eggs, low-fat dairy products, non-sweetened cereals (Weet-Bix, rolled oats, muesli), wholemeal bread, nuts and fish. I am a vegetarian but if you are not, remove all fat from meat cuts and grill. Avoid pastries, cakes, pies, chockies, sweets, fast food and products that are high in salt. Take a 30 minute walk each day. This means 7,000 steps-10,000 is even better. Being overweight leads to diabetes and increased blood sugar, which corrodes arteries. Products high in cholesterol, animal fat and butter lead to obstruction and poor circulation. A heart attack and death are common. If you have an elevated blood pressure, losing weight, reducing salt and avoiding alcohol and smoking help reduce the risk of heart attack.

Unwell? Go to <docwright.com.au>. Enter symptom and click for immediate help. If symptoms continue, see your doctor.

MY MINISTRY IDEA

"Never Give Up!" is the underlying principle of Elwyn Scale, his wife, Helen, and their family. The "Breaking the Chains" program run by the Scales at Delhantie Park Youth Care Centre in Victoria consists of wilderness adventure camps, activities involving the "Pinnacle of Terror" mobile unit, and health and family therapy. These programs, use adventure therapy and buckets of love, and get incredible results. Through nature, God's great lesson book, much can be achieved. Through extreme activities, the frontal lobe of the brain, which controls emotions and feelings is developed, helping young people develop strong characters to meet life's many challenges.



"For more than 30 years, it's been a privilege to share the gospel through this unique method of adventure therapy, intertwined with health and family tools," says Elwyn. "The humbling experiences of seeing these broken lives be restored and renewed, in the power of God's Spirit, has been miraculous."

A highlight every year is the "Desert Busters" outback safaris. In harsh conditions, up to 50 young participants hike 100 to 150 kilometres. They struggle with backpacks, blisters, little water and chafed legs-it's real character building. In the evenings, after sharing wonderful vegetarian meals around the campfire, there is reflection time, a "burying the hurts" ceremony, friendship bonding, problem solving activities and team building games. Finally, there is time to draw close to God as participants lie back, looking at the beautiful starry heavens.

At 70 years of age, Elwyn doesn't plan on slowing down. With many more camps and activities planned, he says nothing is more gratifying than serving Christ, his community and the church. -Kent Kingston



Desert

by Maneesha Walsh

I found myself surrounded by nothing but sand and stars. All I had was a swag, an orange, five matches, and a pen and paper. "What on earth was I doing?" The question rattled in my head as I wrestled with God. That's when it dawned on me—I was completely alone. There was no one within six kilometres of my current location—wherever that was.

Blindfolded and taken into the desert while it was pitch black, I was absolutely lost. Would I be found? Would I ever get away from this bare landscape? I didn't know it yet but this experience would change my life forever.

What was I going to do? I thought. *I'm completely helpless in the middle of nowhere. I might as well just go to bed and wait for someone to come and get me.* But the purpose of this experience was to discover more about myself, not to catch up on my sleep!

I made a fire, enjoying its warmth and light. Is this what God is like? A warm and bright fire that brings security and hope? A fire that burns and never goes out? A fire that allows its cinders to be spread across the universe, lighting other small fires that begin a blaze. God is everywhere!

As I sat by my camp fire, I began to think about my current situation, my family and friends, and my relationship with God. I also thought about the kind of person I would like to become—I don't want to look back on my life and wish I'd done things differently. I want to live a life of obedience to Christ, led by Him wherever I go.

It was impossible to sleep. The stars lit up the sky like it was day. There seemed to be more stars than space in the sky. It was so magnificent that I couldn't close my eyes in case they vanished. It was spectacular. Is that what God is like? If it was possible to look at Jesus, would we not be able to take our eyes off His magnificence? He is like

nothing we have ever seen and we would not want to turn away from Him.


Earthquake? I thought as I woke from my sleep. Still in a daze, I ripped open my swag and saw a herd of cows stampeding around me. They stopped, one by one to stare at this strange thing emerging from the ground. We stood and stared at each other for what seemed like an eternity.

It was then that I stopped thinking about myself, as I turned saw the most beautiful sunrise I'd ever experienced. If the cows had not woken me, I would not have seen this breathtaking sunrise. Both the sky and the land were filled with an orange glow that made everything look new. I climbed a small sand dune near my camp and began to write.

I wrote a letter to God about the things I had done and the things I wanted to do. I wrote about my sorrows and worries. I wrote about the good times in my life and asked God to lead.

As I wrote, I realised I had been writing about myself and what I wanted without focusing on what God could do through me. It was then that God spoke to me in the desert and said, "Stop! Help! Serve! I AM with you".

God doesn't always use lightning bolts to make us realise He is with us. Sometimes, He confronts us through the small things, like fires, stars and sunrises. My God confronted me in ways I never expected and my life is an example of what He has achieved through me. He can do great things through you as well. His promise is, "Never will I leave you; never will I forsake you." (Hebrews 13:5).

Today, I look back on my life and see God working in me. Thanks to this solo experience, I am forever changed. 

Maneesha Walsh is studying Communication and International Development Studies at Avondale College, New South Wales.



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MYSTERY HISTORY REVEALED



RECORD 22 January 2011

Bill Gates said it was the Old Papatoetoe church in Wentworth Ave, Papatoetoe, New Zealand.

Terry and Narelle Liggett agreed, saying it was taken in the 1970s or early 1980s. "The hall on the right was built mid 1970s and the trees in front of the hall were planted when the hall was built. After the Papatoetoe congregation moved to Puhiniu Rd, Papatoetoe, the South Auckland Samoan Congregation worshipped there until they sold it. The buildings no longer exist, as they were demolished. A Hindu temple was built there a couple of weeks ago."

Angie Gibson and the Samuelu family added that the photo "looks to have been taken in mid-late 1970s. South Auckland Samoan occupied this building from 1987 and, from the plants and trees in the photo, we are guessing that this photo was taken much earlier than 1987."



RECORD 5 February 2011

From left to right: Albert H Piper, Kata Rangoso, Sasa Rore and Pana Heoko. The three islanders are actually from the Solomon Islands.



RECORD 5 March 2011

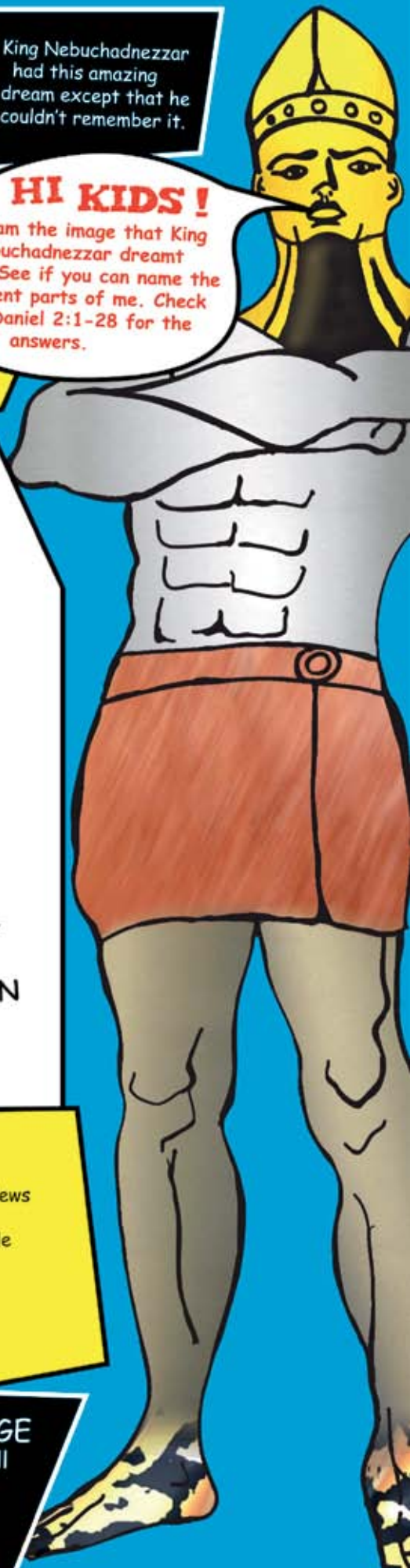
This photo has not been identified! We didn't receive any feedback for this photo so just in case you missed it, have another look. Thank you for your responses and keep sending in your information!

Kids' Space

King Nebuchadnezzar had this amazing dream except that he couldn't remember it.

Daniel was a wise man who prayed to God for help. God showed Daniel the meaning of the dream. Daniel told everyone that God helped him understand the dream.

HI KIDS!
I am the image that King Nebuchadnezzar dreamt about. See if you can name the different parts of me. Check out Daniel 2:1-28 for the answers.



1. HEAD OF _____
2. _____ & _____ OF SILVER
3. THIGHS OF _____
4. LEGS OF _____
5. _____ OF IRON & _____

Bible Text

"I want to... tell people the Good News about God's grace" (Acts 20:24).
Write down the names of two people you will share Jesus with!

Person 1 _____
Person 2 _____

GRACELINK MESSAGE
We worship God when we tell others about Him.

"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, South Pacific Division (PAU)
L. Jim Gibson, PhD - Director, Geoscience Research Institute
Gerhard Pfandl, PhD - Assoc. Dir. Biblical Research Institute
Other Adventist scientists and theologians

Don't miss this faith-affirming celebration of Adventists' belief in the Biblical creation. Embracing true science and theology means a dynamic life-changing encounter with our Creator and Saviour.



**SNAP
SHOT**

with Dr Barry Oliver

Unity and diversity

Sitting in church, I think back over my past few Sabbaths. In succession, I had worshipped with my home congregation at Avondale College, NSW; been blessed with the members of our church family at South Australian camp-meeting; opened the new Life Development Centre with members of Springwood church, Qld; attended Spencerville church in suburban Washington DC, US; and was now at Oakwood University (for Americans of African descent) in Alabama. In the meantime, I had visited the Papua New Guinea Union in Lae, chaired the Councils of Pacific Adventist University and Avondale College, the Board of Sydney Adventist Hospital, and been to the General Conference. The life of a Division president is never boring!

But I was not thinking about being bored or otherwise. I was thinking about this amazing church of ours. As human and imperfect as it is, whether I am in Lae or Washington; Tanunda (South Australia) or Huntsville (Alabama), there is a sense of oneness, fellowship and togetherness, across all of these very different congregations. Let me call it "unity".

But I fear I take this unity for granted. Having grown up in the church, I probably don't value it as I should. I have come to realise most other organisations don't have it in the same way we do. Notice that I did not say "uniformity". We are not uniform in many ways but we need to be united in the ways that really count: our allegiance to God and our community of faith; to the Bible as the word of God, and to its teachings as understood and articulated in our fundamental beliefs. I thank God for unity—in diversity!

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

In 1957, Jim Beamish and Pastor Austin P Cook came to Canberra, ACT, to run evangelistic meetings. They doorknocked the O'Connor area, inviting folk to attend their meetings.

Mr Beamish found me in the yard tending our sick dog. After the invitation, I asked my first Bible question: "If Adam and Eve had only two sons, how was the world populated?" He referred me to the Bible and we looked at Genesis 5:4 together.

Prior to our meeting, I had thought to send our four children to Sunday school. A Presbyterian minister who came doorknocking offered to take the children to Sunday school. I agreed but he never returned.

When Jim Beamish asked if he could introduce my husband, Ron, and me to Pastor Austin Cook, I said yes.

They visited the same night and spoke about the Sabbath—pointing to our kitchen calendar, where it showed that Saturday was the seventh day of the week. I believed and said the children might as well go to church on the right day. They were sent, with sixpence each to spend on the way home.

It wasn't long before Ron and I followed the truths taught from the Bible and believed the Seventh-day Adventist Church to be the Remnant.

In 1958, we were baptised and blessed to have Jesus in our hearts. To have our sins forgiven, was like a dream come true.

I praise God for allowing us to become His children and join the Seventh-day Adventist Church 53 years ago. We've been blessed with 11 grandchildren and 19 great-grandchildren. —*Evelyn Bean*



I was born in China and grew up there. I was really proud of the education I received, which was heavily based on Confucianism and Marxism. Like most of my fellow students, I firmly believed that there was no God.

In 2008, I was given the opportunity to participate in an exchange program and study at the University of Western Australia in Perth. The first people I met there were an Australian couple, Sven and Marilyn Östring.

One thing that made me really curious was the fact that before we started to eat, Sven would always say a prayer. I thought to myself, *It is already the 21st Century but there are still people who actually believe in God? Seriously?! In a developed country like Australia?* But instead of treating their Christianity as a cultural phenomenon, I somehow felt a strong respect for their beliefs. I paid close attention and asked lots of questions. I guess I was really attentive and receptive simply because I felt that these were really good people with good hearts. Sven later took me to some Bible-study groups and church, and we studied the Book of John chapter by chapter. I was deeply interested.

Back in China, I went to a Bible study with a group of Chinese students at my university. Some of them were Adventists, too. I was eventually baptised in an Adventist church in Hangzhou, my home city. A lot of things have changed about me since I started believing in God. One significant change is that before, I often asked myself, "What's the point of living?" I no longer ask this question because I know I'm living for my heavenly Father. —*Robert Xia*

ANNIVERSARY



Bladin, Pastor Grant and Pamela, celebrated their 50th wedding anniversary on 12.3.11 at Roches Hotel, Grafton, NSW. They were married 11.3.61 in Anglican church, Melbourne, Vic. Their children, Ross, and wife, Jo, Tracey, and husband, John, Michael, and wife, Carissa, Narelle, and husband, Daniel; 11 grandchildren; and two great-grandchildren and their partners were able to attend on the night. Grant and Pamela both worked in sales. Grant joined Sanitarium in Lewisham in 1973, and then went to Avondale College. He went on to work in North Qld, NT, SA and back to Qld, retiring in 2000. In answer to their prayers for a warmer climate for Pamela and a church for them to worship in, they were led to Coutts Crossing in 2009.



Hirst, Pastor George and Barbara, were married 26.3.1951 at Leeds, England. They celebrated their 60th wedding anniversary on 27.3.11. The day commenced with a recommitment service in Para Vista church, SA, conducted by Pastor Jim Zyderveld, followed by a celebration party in the Birdwood Lutheran church hall. They have five children, 11 grandchildren and nine great-grandchildren, with another four due this year. George has served as a literature evangelist and a Sanitarium worker, who was ordained into the ministry in 1989. He continues to minister in Port Lincoln church in his retirement. With Barbara at his side, he has served the church for 52 years. Along with family and friends, we wish them God's richest blessings and many more years together.

POSITIONS VACANT

Marketing officer—Avondale College (Cooranbong, NSW).

The marketing officer provides support to the assistant marketing manager and broader marketing team in the effective operation of the marketing department. The successful applicant will assist the marketing team in the recruitment of students to Avondale College and in marketing the programs, mission, ethos and culture of Avondale. In addition, they will support the marketing team with general administrative functions, including developing course information, and updating marketing and promotional material to assist enquiry and enrolment centre staff effectively manage course enquiries. Responsibilities include presenting Avondale to prospective students, parents and other stakeholders at schools, expos, camp-meetings and other promotional opportunities. The successful applicant will also ensure prospective students visiting Avondale campuses have a memorable and informative experience of the College. For selection criteria of the above position, please visit <www.avondale.edu.au>. For enquiries, phone Gaby Spalding, HR officer, on (02) 4980 2284. Applications, addressing the selection criteria, with contact details of at least three referees, should be emailed to <employment@avondale.edu.au> or posted to HR Officer, PO Box 19, Cooranbong NSW 2265. Avondale College is an equal opportunity employer and reserves the right to make a delayed appointment, not to appoint, or to appoint by invitation. Applications close **May 13, 2011.**

Site manager—Seventh-day Adventist Aged Care (NNSW) (Alstonville, NSW)

is seeking to appoint a site manager for its retirement village at Alstonville. This key management and leadership role within the organisation reports to the managing director. The role has overall responsibility for the day-to-day management of both the village (86 self-care units) and a 50-bed residential aged-care service. It involves ensuring services meet quality and compliance standards, and are financially sustainable. Applications addressing the criteria in the job description, can be sent to the managing director at <davidknight@aacnsw.com.au>. For a copy of the job description, email <davidknight@aacnsw.com.au> or phone (02) 4977 0000. Applications close **June 27, 2011.**

For more vacant position or to receive regular email updates go to <adventistemployment.org.au>



POSITIONS VACANT For more vacant positions, go to <adventistemployment.org.au>

■ **Assistant manager—ACA Health Benefits Fund (Wahroonga, NSW).** We are seeking a qualified, highly-competent and experienced accountant with excellent managerial skills to join our management team. To do this role effectively you will need a CA or CPA qualification; a minimum of five years accounting experience; proven exposure to organisational management; and proven ability to effectively manage a team. You will need to multi-task, and focus on both the finance and operational aspects of the business. Previous experience in the insurance or health industry would be ideal. For more information, contact Jody Burgoyne at <info@acahealth.com.au> or phone 1300 368 390. Applications in writing should be forwarded to Jody Burgoyne, Manager, ACA Health Benefits Fund, Locked Bag 2014, Wahroonga, NSW 2076. Applications close **May 12, 2011.**

■ **Systems administrator/trainer—ACA Health Benefits Fund (Wahroonga, NSW).** ACA Health Benefits Fund is currently seeking a highly-competent and experienced systems administrator to join our member services team. You will primarily be responsible for managing the efficient operation of the fund's software systems, ensuring the member services team can provide excellent service to members, and facilitating continuing development of the fund's products and services offered. You will also be responsible for the regular training of other staff in all aspects of the business, as well as some reporting activities. For more information, contact Jody Burgoyne, at <info@acahealth.com.au> or phone 1300 368 390. Applications in writing should be forwarded to Jody Burgoyne, Manager, ACA Health Benefits Fund, Locked Bag 2014, Wahroonga, NSW 2076. Applications close **May 12, 2011.**

■ **Director of Marketing and Advancement—Avondale College (Cooranbong, NSW).** The director of Marketing and Advancement is a senior administrative position primarily responsible for fundraising; relationships between Avondale and its external constituencies; relationships with Avondale's support groups; and marketing and public relations for the organisation. For enquiries, phone Michelle Crawford—HR manager on (02) 4980 2296 or 0407 309 020. For selection criteria of the above position, please visit <www.avondale.edu.au>. Applications, addressing the selection criteria, with contact details of at least three referees, should be emailed to <employment@avondale.edu.au> or posted to HR Officer, Avondale College, PO Box 19, Cooranbong NSW 2265, (02) 4980 2284. Avondale College is an equal opportunity employer and reserves the right to make a delayed appointment, not to appoint or to appoint by invitation. Previous applicants need not reapply. Applications close **May 13, 2011.**

■ **Principal—Hills Adventist College (Sydney, NSW).** This position is for commencement in January 2012. Hills Adventist College is an expanding multi-campus college serving the Hills District in Sydney. The successful applicant will be responsible for the day-to-day operation of the school. He or she will be able to lead teachers, parents and students in a dynamic and growing Seventh-day Adventist Christian community. The principal is responsible for the general wellbeing of all the school stakeholders, including the academic and pastoral care of students, and the management of staff and parental involvement. The principal is supported by a dedicated group of staff, both teaching and non-teaching, and also by the central education and finance administration teams at the Greater Sydney Conference Office. Hills Adventist College will be expanding to the senior secondary years in 2012, and the successful applicant will need to be supportive of the school's vision and plans for future development. The successful applicant will have excellent communication, organisational and professional qualities, and will provide leadership and vision for the school community. Requests for criteria and expressions of interest should be sent to Dr Jean Carter at <jeancarter@adventist.org.au>. Applications close **June 4, 2011.**



Salomon, Keith and Rose, celebrated 60 years of marriage with family and friends at their home in Pine Mountain, Qld. They were married 8.2.1951 in Ipswich church. As a builder, Keith has applied his skills in the construction of the Ipswich, Harrisville, Esk and Rosewood Adventist churches, while Rose's musical talents have always been appreciated in the various churches they have attended. Their sons and daughters-in-law, Terry and Janet, Vic and Gaylene, and Jaime; and grandchildren, Peter, Ramon and Cassidy, wish them God's blessing for their future happiness. Messages of congratulations were received from the Queen, the Governor-General and the Prime Minister.



Watts, Horrie and Margaret (nee Rowsell) were married 8.2.1951 in East Prahran church, Melbourne, by the late Pastor W T Hooper. The couple met at Avondale in 1946 while Horrie

was studying Theology and Margaret, nursing. After two years as married students at Avondale, they began their lifetime of service. It ranged from pastoral, youth leadership and mission service and took them all across Australia, to Vanuatu and to Bougainville in the South Pacific. They continue "in service" in their local community. Horrie and Margaret celebrated at Crowne Plaza and later at their home in Newcastle, with close friends and family. They thank the Lord for each other and His continual presence through their 60 years of marriage—and for the love and care of their children, Judi (dec), Loren and Sandra, Debra and Peter; and precious grandchildren, Jared and Rhianna, Jena and Joel, Jasmin, Callan and Tarryn. Looking forward to the next generation!

WEDDINGS

Clampin—Di Florio. Aroon Clampin, son of Barbara and Ian Clampin (England), and Rebecca Di Florio, daughter of Alison and Tony Di Florio (Perth, WA), were

married 13.2.11 at the Botanical Gardens, Perth. *Steven Goods*



Hadfield—Bocking. Ben Hadfield and Suzanne Bocking were married 4.2.11 at Camden Lakeside Country Club, NSW. Relatives and friends from NZ and Australia celebrated with them. Their wedding service was a powerful testimony to their friends of the power of God's transforming grace in human lives. They will reside in Sydney, where Suzanne will continue managing "Safe Places" for Greater Sydney Conference. Ben and Suzanne give God all the glory and praise for bringing them together.

Alex Currie



O'Neill—Weeks. James O'Neill, son of Patrick O'Neill and Lorraine Discombe, and Shannon Weeks, daughter of Lisa Weeks, were married 20.2.11 in the family home. It was a quiet, private ceremony between James and Shannon from Minnesota, USA.

Wayne Krause



Segovia—Winchcombe. Kevin Segovia, son of Patrick and Jessica Segovia (Hobart, Tas), and Karlene Winchcombe, daughter of Pastor Karl and Natalie Winchcombe (Burnie), were married 30.1.11 in Glenorchy church. God was the centre of their beautiful wedding celebration, witnessed by family and friends.

Karl Winchcombe



Watson—Bank. Glen Gillespie Watson, son of Geoffrey and Carolyn Watson (Sydney, NSW) and Bettina Sigrid Bank, daughter of Steve and Sally Bank and Sigrid Bank (all of Christchurch, NZ), were married 5.1.11 under a big tree at Observatory Hill, Sydney, with a panoramic view of Sydney Harbour Bridge. The couple will reside in Sydney.

André van Rensburg

12.4.1994 at the age of 79. Jim was the loving husband of the late Olive. He is survived by his children, Diane, and husband, Guy, Graham, and wife, Vicki; his grandchildren; and the great-grandchildren he loved so much. A true gentleman at rest in the Lord.

Kyle Richardson

Driver, Nola Isabel (nee Richardson), born 20.2.1930 at Kaitangata, NZ; died 26.11.10 at Auckland. On 29.12.1954, she married Fred, who predeceased her in 2005. She is survived by her daughters, Pam (Auckland) and Sylvia, and son-in-law, John; and her granddaughter, Emma (all of Sydney, NSW). Dux of her school, Nola also won many awards for smallbore rifle shooting. Raised in the Christian faith, Nola accepted the message and was baptised on 25.5.1958. Although life was not always easy, Nola's strength and trust were constantly in Jesus. She was the organist and head deaconess for Glen Innes church, NZ, for many years. Nola fell asleep in Jesus just as the sun set on Friday evening.

Clive Newson

Green, Margaret (nee Rose), born 3.7.1921 at Cunderdin, WA; died 3.6.10 at 89 years of age. She was one of 12 children, growing up in circumstances of extreme poverty and rural hardship. She married Allen in 1942. She was predeceased by Allen (2008), Terry (2002), Diane (1997) and Stanley in (1950). She is survived by her remaining children, Geoff and Lorraine; 13 grandchildren; and 31 great-grandchildren. The death of their son, Stanley, and the search for answers led them to the Adventist Church. They became members while living in Kalgoorlie in 1950. The church became a very important part of their lives, and Margaret held numerous positions. She was a hardworking and courageous lady who never lost heart or her faith despite many family tragedies.

Peter Fowler

Harker, Stanford, born 11.3.1912 at Hobart, Tas; died 10.11.10 in his 99th year, in Mater Hospital, Brisbane, Qld. On 30.8.1934, he was married to Olive Dulcie by his evangelist father. She predeceased him on 14.3.1995. He then married Ruby Judd Wallace, and enjoyed 15 years of marriage until

BAC 45th Reunion

Next Weekend

Don't forget to Register!



45th Anniversary Celebrations



May 13, 14 & 15
2011

FRIDAY NIGHT - Welcome BAC @ 7pm
 SABBATH MORNING - BAC to the Future @ 10am
 SABBATH AFTERNOON - Open school and tours
 SATURDAY NIGHT DINNER - The Glen Marquee 7pm
 SUNDAY - FETE @ BAC - 10am to 3pm

If you are attending please email us on faces@bac.qld.edu.au or go to the school website to download the registration form.



BRISBANE ADVENTIST COLLEGE
Everything with God

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OBITUARIES

Blair, Jim, born 21.1.1915; died 29.11.10. He was baptised on

his passing. He is survived by his wife; Pastor Harold and Glenda Harker; Len and Joy Harker; six grandchildren; 14 great-grandchildren; and brother, Ray. Ruby's children loved Stan too. Stan was a wonderful Bible student, husband, father, farmer, church member, deacon, elder and conference-committee member, who never tired of serving his family and friends, and telling anyone who would listen about his Lord Jesus.

*Keith Grolimund
Harold Harker, Bob Possingham*

Henderson, Vivian, born 4.7.1949; died suddenly 24.11.10 in her home in Dunedin, NZ. She was baptised by Pastor Mel Trevena in Dunedin church. She is survived by her two children, Rebecca and James; and grandchild, Sam. Even though Vivian was disabled by a stroke, she still wanted to do work for the Lord. She is sadly missed by everyone.

N Gaudelius, M Trevena

Kellett, Ward, born 31.1.1931 at Port Chalmers, Dunedin, NZ. He was baptised 1.4.00 at Dunedin by Pastor Hennie Murray. He is survived by his loving wife, Norma; children; grandchildren; and great-grandchildren. Ward was a keen worker for the Lord, had a passion for ADRA and was always willing to raise funds to help other people.

Kyle Ritchardson, N Gaudelius

Mckay, Charles (Charlie) Stanley, born 22.4.1923 at Dunedin, NZ; died 1.3.11 in Marne St Hospital, Dunedin, in his 88th year. He was husband of the late Ethel Margery; father and father-in-law to Fiona, Don and Suzanne; grandfather of Evan, Amanda and Catherine; and great-grandfather to Tayla-Jane. Charlie has remained true and faithful to his Lord throughout his years. His sincere devotion to the faith has been an inspiration to all who knew him.

Malcolm Eastwick

Mitchell Gary Leonard, born 19.1.1941; died 9.11.10 at Albany, WA. He is survived by his brother, Geoffrey (Qld); sister, Helen Shanks and Jim (Albany, WA); Uncle Kevin and Betty Mitchell; and cousins, Kay, Ben and John (all of Perth). Gary was baptised by Pastor David Speck in Perth church following the Cooke Mis-

sion in 1960. He is sadly missed and all look forward to the Resurrection morning.

Mark Goldsmith

Pahl, Beverley Frances (nee Billings), born 3.6.1939 at Brighton, Vic; died 4.3.11 at home at Mooroolbark. On 11.1.1959, she married Ron, whom she met at Avondale College. She is survived by her husband; her children, John (Leongatha), Sheryn (Lilydale) and Tricia (Saudi Arabia); and her grandchildren. A trained secretary and nurse, Bev has lived at Fulton College (Fiji), Goroka (PNG), NSW and Victoria. Her abilities, generous hospitality and genuine love for people resulted in an ever-growing extended family, and an ever-widening circle of friends. Her life touched many people from all ages and walks of life.

Mike Faber, Robyn Stanley

ADVERTISEMENTS

Bible workers course commencing June 2011. Melbourne City Church (age is no barrier). Even if you have completed a Bible-worker training course in the past, please come and be a part of this bold plan. We seek to gain a presence in the Central business district of Melbourne. Contact Pastor Rod Anderson, 0439 615 250, or download the application form at <vic.adventist.org.au>.

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and the powers who opposed them. Read about the remarkable fulfilment of the prophecies in Revelation in the history of the Christian church, in this very-readable exposition of the Book of Revelation. What does the future hold for you? Visit <www.waitarachurch.org.au>.

Outback Safari August 8–23, 2011. Visit William Creek, Coober Pedy, Flinders Ranges, fly over Lake Eyre. Great vegetarian meals. Soft adventure camp—capturing the stars. Once in a lifetime opportunity with limited seats. Contact Delhantie Ministries, phone (03) 5633 1000 or email <info@delhantie.org.au>.

Data projectors, screens, DVDs, PA systems etc. Lower prices for Adventist churches, schools etc. Australia only. Contact Trish, (02) 6361 3636; or <greenfieldsenterprises@bigpond.com>.

Law firm in Sydney. JYP Legal is a law firm run by Adventist church member Jane Park. Areas of law include property, wills and

estates, and family law. Please call (02) 9267 7171 or email <jane@successfulways.com.au>.

Medical practitioners are needed for Logan Adventist Health Association Health Centre. Full-time and part-time practitioners needed. Contact 0428 486 455.

Next Record May 21

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HOME COMING

AUGUST 26-28

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May
Book of the Month

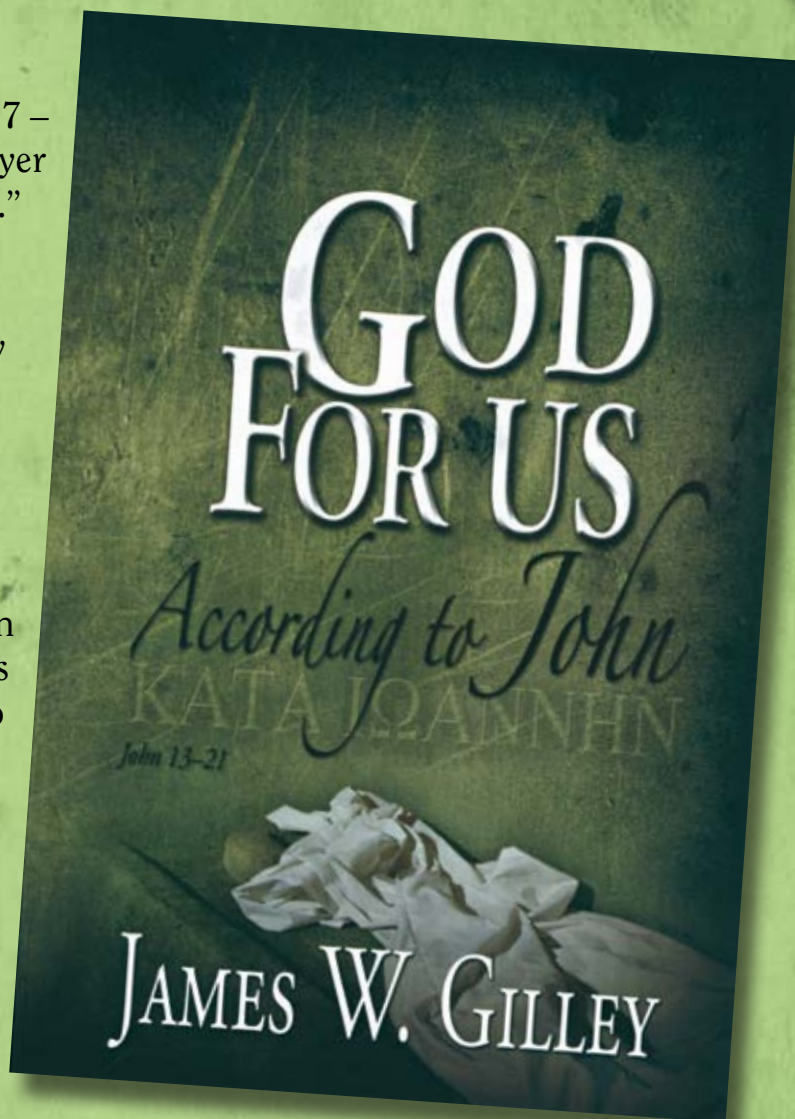
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