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# Record

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SYDNEY ADVENTIST HOSPITAL  
Building for the Future  
Caring for our Community

A photograph of four people (three men and one woman) standing on a grassy area, each holding a ceremonial shovel. They are wearing white hard hats and bright yellow safety vests. The vests have 'Buildcorp' written on them. They are also wearing business attire. In the background, a large white banner with blue text reads 'SYDNEY ADVENTIST HOSPITAL Building for the Future Caring for our Community'.

## HOSPITAL BEGINS REDEVELOPMENT

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**ADRA HELPS MILLION FORCED TO FLEE** page 6

**FAMILIES GIVEN A HELPING HAND** page 7





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## Avondale wins environmental award

Cooranbong, New South Wales

A renewed commitment to sustainability has earned Avondale College of Higher Education the status of bronze partner in a New South Wales Government environmental program.

Avondale received recognition of its status from Minister for the Environment Robyn Parker during a breakfast at Doltone House in Pyrmont. Public relations officer Brenton Stacey and representatives of 62 other entities that have joined the government's Sustainability Advantage Program received awards from Ms Parker.

She described the entities as "leaders in each of their sectors, successfully bringing sustainability into their operations, engaging customers and staff members in improving environmental performance and achieving solid cost, energy, waste and water savings".

All gold, silver and bronze partners achieved totalled savings of \$A23.8 million. Ms Parker said reducing costs by engaging in sustainable practices was a "no-brainer".

Avondale earned its status as a bronze partner for demonstrating commitment to business sustainability over the past year by: launching an Environmental Sustainability Policy; signing a print service contract that reduced the number of devices on campus; and replacing its boiler with a gas heating system. —*Brenton Stacey*



Ms Parker presents the award to Avondale's public relations officer, Brenton Stacey.



Local children had a great time.

## School serves community for 15 years

Cobar, New South Wales

Avondale School has sent a team of STORM CO students to serve the rural community of Cobar for the 15th year.

The 34-strong team included teens and staff from the secondary school. This year, they were assisted by local youth on their arrival. The team found it exciting to see the idea of community building as a result of all the years that Avondale School has visited the town.

On the Sunday, the students supported local churches in their worship services. Monday and Wednesday saw the team run a holiday kids' club at the Cobar Public Primary School. The STORM CO group also engaged in service projects each afternoon with individuals and organisations around Cobar. Time was spent at the local youth centre interacting with some of the older children of the town.

STORM CO stands for "Service To Others Really Matters" and the benefits are felt both by the service teams and the people being served. Before leaving, the STORM CO team invited the community to attend the annual free pancake feed. —*Susan Rogers*

## 20 years of helping the blind to see in Fiji

Vanua Levu, Fiji

An Adventist eye surgeon has completed his 20th trip helping the vision impaired in Fiji.

Dr Jerold Beeve, head of the Beeve Foundation for World Eye and Health in California, estimates that, over the years, he and his medical outreach teams have treated three per cent of the total population of Fiji for various forms of vision impairment.

This year's trip was to remote Natuvu Mission on the country's second island of Vanua Levu. Due to the remoteness of the mission, patient numbers were down this year, with 72 free eye surgeries performed in less than 10 days.

The majority of the procedures were cataract surgeries, with cataracts being the single leading cause of blindness in developing countries (70 per cent).

"What a fabulous mission trip we have all had," said Dr Beeve in a letter to his supporters. "Our team was totally

incredible—everyone working side-by-side.

"All the mission group would like for us to return. Now the decision will be where and when."

Dr Beeve, aged in his 70s, has lost none of his enthusiasm for the annual trips. "To be able to take a patch off a person's eye—whose parents died blind and they think they're going to die blind—and then you watch the reaction, it's worth all the effort that it takes . . . it's just a true pleasure that you don't get anywhere else." —*Kent Kingston*



Dr Beeve with a happy patient.





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"Dr Leon Clark (second from left) with  
some of the key stakeholders."



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## Here am I.

Jarrod Stackelroth

I've always attended church; as I grew up I was always involved. Then I left home, moved away and "church hopped"—not finding a place to settle down. Maybe you've been there. I was working for the Church, yet spiritually I was asleep in its comfort and familiarity.

I've seen the same sleepiness in our churches—unchanged year after year—the same smiling faces, only older. With the occasional revival, revamp or redesign, there's a bit of excitement, even growth—but the church soon falls back into its routine.

We come up with a host of reasons why our churches aren't growing. Society is too post-modern and secular, we say. We blame the pastor, the conference, the Joneses, the carpet! All of these possibly play a part but let's look in the mirror. How can I contribute? Discipleship is a concept I've heard a lot about in the past few years. To be a faithful disciple is to follow Christ, to believe in Him and obey His commands. It's about relationship and it is very important. But maybe we haven't taken discipleship far enough. The Great Commission (Matthew 28:19–20) tells us to "Go . . ." Go is an action word, which is a lot more dynamic than "follow". It suggests a mission, a sending out, a release. The disciples could not have spread Christianity so far, so quickly, if they had remained disciples. They became apostles, filled with the Holy Spirit. As far as I can tell, apostle means to be sent out. They are committed 100 per cent to their mission. The key here is the Spirit. He gives us power to fulfil that mission. Even Ellen White says, "The promise of the Holy Spirit is not limited to any age or to any race . . . The more closely believers have walked with God, the more clearly and powerfully have they testified to their Redeemer's love and of His saving grace" (*Acts of the Apostles*).

For me, being sent out doesn't mean we have to become overseas missionaries or start our own church in an unreached area. It is about a mindset. Isaiah was already a prophet and didn't geographically go anywhere when he accepted God's call (Isaiah 6:8). His answer should be ours—"Here am I. Send me!" To our families, our work places, our schools and our communities. A rejection of that mission is apostasy—refusing the call! At some stage in our Christian walk, we need to graduate from being disciples and be released into the mission field, looking for opportunities to grow His kingdom.

All that is required is that we "go", saying "Here am I. Send me!"

*Jarrod Stackelroth is assistant editor of RECORD.*

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### God answers prayers

Celine and Adeline Mukasine have been living in Australia for the past seven years after moving from the Democratic Republic of the Congo, in Central Africa. Their parents wanted a better life for them and God answered their prayers. Celine and Adeline attend the Aitkenvale church in Townsville and enjoy singing praises to God during worship. They also enjoy being challenged by Pastor Levi Mote's sermons.



### Camp security

Luke Tucker has been attending the Northern Australian big camp for the past 25 years. "The best thing about camp is meeting new people each year and making new friends," Luke said. "I also enjoy serving others and the church whenever I can." This year Luke has been appointed to look after security in the youth tent, making sure the technical equipment is protected at all times. "People are friendly and it makes my job easier."



### The Bible zoo

Emerson Jasper loves going to the beginners' program, *The Bible Zoo*, where he's been learning about God's Creation and the animals He made. The beginners' program is filled to capacity—an indication the church in Northern Australia is growing. "His favourite song is *Sabbath is a happy day*," his mum, Keryn, said.



### Pathfinders rise up

Thirty Pathfinders from Mackay, North Queensland, participated in the annual Northern Australian Conference Pathfinder Fair. The theme for the day was *Rise Up*. The fair was a fun-filled day which involved 127 Pathfinders, representing six clubs. Michael Wilson has been the Mackay club's director since the beginning of the year. "Previously, I served as counsellor," he said. "When the church asked me to lead, I said 'yes' because I want to make a difference in the lives of the children and youth in my church. I want to see them grow as disciples for Jesus."



### Descendants of Mona Mona

Regina Coleman, Donna Grogan, Judi Enoch and Liela Murison, all sisters, are descendants of Mona Mona Mission, a former Seventh-day Adventist mission established near Kuranda, Queensland. Their grandfather, Cozlan Assan, was a committed Muslim until he met Jesus at the age of 40. "He was a faithful follower of Jesus who loved to lead in family worship every day," Mrs Murison said. "If it wasn't for Grandad's influence and Grandma's faithfulness, we don't know if we'd still be in the Church today," Mrs Enoch said. They never miss an opportunity to worship together at big camp in Townsville, North Queensland.



### Lifetime commitment

Ron Flowers has been attending the Charters Towers church for the past 70 years. He started attending beginners as a baby and has never left. "I love being a Seventh-day Adventist," Ron said. "I have loved Jesus all my life and have served the church with passion." One would think that after 70 years, Ron would take a back seat. He still looks after the church lawns, a job he loves to do.



### Grateful

Shahnee Hunter attends Mareeba church, situated on the Atherton Tablelands in Far North Queensland. "I've been attending church all my life," Shahnee said. "I'm grateful to my grandmother for taking me to church every Sabbath and for teaching me about the love of Jesus. Nan means the world to me and I thank Jesus for her every day."



### Mission focused

Marguerite and Keith Offer felt God's calling to commit to church planting. So they left the Cairns church to serve the Edmonton church plant. They're involved with Sabbath School and Pathfinders. "My husband and I are involved in youth work," Marguerite said. "We have a passion for God's work and want to do more. We spend a lot of our time working with at-risk youth in the area."



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SA/11/2012

**ADRA helps million forced to flee**

*Cote d'Ivoire, Africa*

The Adventist Development and Relief Agency (ADRA) Australia is acting to support some of the 1 million people forced to flee their homes following Cote d'Ivoire's controversial 2010 elections and subsequent civil war.

Thousands, particularly in the south-west of the country, have gone without social, economic or health support for the majority of 2011.

Strong support from ADRA's Disaster Preparedness and Response fund has allowed the agency to respond to an urgent call to assist 20,000 people in the slums and low-income neighbourhoods of Yopougon—a city which has seen some of the fiercest fighting of the past six months.

"The community health centre in Yopougon has been repeatedly looted and vandalised," said Chris Olafson, director of Emergency Management for ADRA Australia. "It is in complete disrepair and has no medical supplies in stock."

In response, ADRA Australia has committed more than \$A10,000 to ensure 20,000 vulnerable people will now have access to vital medical care.

"This is a community in desperate need," Mr Olafson said. "More than one in five children die every year under normal conditions, let alone these extraordinary circumstances. Antiretrovirals that support those with HIV and AIDS have not been available for at least two weeks and the World Health Organisation is fearful of major outbreaks of disease including cholera."

Responses to disasters such as this, and ADRA's long-term community development work at home and overseas, is only possible because of the strong support it receives from Adventists and other community members throughout Australia.—*Braden Blyde*



ADRA is helping those who have been displaced.



Refer to Concrete thinking, page 11.

*"It's what's inside that counts"*

## Evangelism model a winner

Sydney, New South Wales

It Is Written Oceania has seen startling results after trialing a new strategy for public evangelism in Sydney.

In the past, six figure advertising budgets have produced limited success in drawing a significant non-Adventist audience to evangelistic events in Sydney. So the team at It Is Written Oceania, in partnership with the Fountain in the City Church, tried a completely different approach.

Instead of a mass advertising campaign to blanket the city, It Is Written simply sent personal invitations to all the viewers in the greater Sydney area who had previously responded to offers made on its weekly television program. A promotion for the free public lectures—held at the University of Technology, Sydney—was also played at the end of the TV program. Based on past experience, the organisers hoped for a turnout of around 50 people.

"It didn't take long before we could see a large response

was going to take place," said Adventist Media Network CEO Neale Schofield. "On the first Sabbath of the series, we had over 600 people come, mostly non-Adventist *It Is Written* viewers and friends from Fountain in the City church members." Some of those attending were past or non-attending Adventists who had seen the

program on TV and were impressed to come along.

Pastor Gary Kent, speaker/director of *It Is Written* and the presenter at the inner-city evangelistic series, said attendance had now levelled out at between 350 and 400 people and interest had remained high. He's committed to continuing the series—focused on biblical prophecy—for the next few months.

It seems inviting *It Is Written* viewers has a clear advantage over mass advertising because these people are already interested in biblical themes. An opportunity to personally hear from Gary Kent—who they've come to trust through his Bible TV program—has been a drawcard. A Hervey Bay, Qld, evangelistic campaign run earlier this year also proved popular when it was kicked off with a local appearance by Pastor Kent, before transitioning to another speaker.

"The beauty of these programs is that we could literally run 20 or 30 a year if we work with local pastors and conferences to do the follow-up seminars," Mr Schofield said. "Just do the sums: if we get even five baptisms at each one we're talking hundreds of baptisms. I'm getting ahead of myself but you can see the potential." —Kent Kingston/  
Candice Jaques



The number of attendees surprised program organisers.



Pastor Gary Kent.

## Families given a helping hand

Whangarei, New Zealand

Families in need are being given a helping hand with surprise food boxes from the Whangarei church.

The church hopes to provide a little bit of relief for families suffering economic hardship.

"The project has been running for about three years and is certainly making a difference in the community," said church Pastor Adrian Webster. "Many children are arriving at school on an empty stomach and this creates many problems, like learning difficulties and behavioural challenges."

The church gives two boxes of mostly breakfast foods to a different Whangarei school each week. Assistant Pastor Garry Hallmond said the boxes were part of the church's community outreach program.

He said the program was unique because the boxes are unexpected—families don't ask or apply for them like they would a food parcel. The schools are also able to use their knowledge to pick families who would benefit the most.

Mr Hallmond said food for the boxes was donated by church members, the Sanitarium Health Food Company and the national Adventist Development and Relief Agency.

The program is a model for other Adventist churches who are considering doing the same. "I'm very proud of some of the initiatives that are happening in our church," Pastor Webster said. "Our emphasis has been to meet community needs and our members are going the extra mile." The church also runs a free clothing program on the third Thursday of each month. —Whangarei Leader/Pablo Lillo



Garry Hallmond loads up Manaia View School principal Leanne Otene with food donations.





# MISSION IN BRIEF



### Kingdom milestone

Gateway Adventist Church in Melbourne has celebrated its 100th baptism since the church was started in March 2003. Wang Ru and Amy Liu were baptised in front of around 140 people. Twenty-one people made decisions to follow Jesus at the Easter camp. —*Johnny Wong*



### Top marks

Asian Aid's School for the Blind in India has proudly announced a 100 per cent pass rate among this year's graduates. The top three students were awarded cash prizes donated by a local business. The school has been awarded the 'Best Model School' in the town of Bobbili, where it is located. —*Kimberley Ellison*



### Life-changing

The *Try Jesus Bible Guides* have proved to be one of the most popular and effective study series the Church has in bringing people into a relationship with Jesus. Discovery Centre correspondence students say: "I studied the most incredible and life-changing Try Jesus course . . . I have truly found Jesus." —*Errol Webster*



### Health boost

Thirty days before, they were strangers. But at the graduation of New Plymouth's (NNZ) first Coronary Health Improvement Program (CHIP), the strangers were friends united with one aim: "Taking charge of their health". The relationships built between the CHIP participants and New Plymouth church members have already opened doors to further ministries. —*Marilyn Pasione*



### Busy hands, open hearts

A crafty group of ladies from the Parkes church (NSW) meets every second Monday to share a chat and a cuppa. They have also packed emergency bags for a women's shelter, and made rugs and simple clothes for charity. Six non-Adventists have joined the group. —*Imprint*



### Family affair

Kevin Smith and Nicolas David Keaton were baptised by their cousin at The Entrance church (NSW). Pastor Benjamin Townson was also able to dedicate the newest member of the family: Chelsea Smith, Kevin's baby sister. Kevin's brother and cousin helped out with guitar and vocals. —*Ben Townson*

## The Secular Challenge to Religious Freedom

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Dr Graz, the General Conference Religious Liberty Director, says, "Together, we'll explore a theme that's growing more pressing every day: "The Secular Challenge to Religious Freedom." How can we protect and promote the free exercise of religion in a society that has largely side-lined the world of faith? What happens to people whose strong religious beliefs clash with core values of secular society? The challenges are endless."

Registration will begin in September 2011 and must be done at

## [www.irla.org](http://www.irla.org)



International Religious Liberty Association





# Hospital begins redevelopment

by Jarrod Stackelroth

The Sydney Adventist Hospital (SAH) began development at its Wahroonga site with a ground-breaking ceremony that celebrated the hospital's past, while recognising the need to remain at the forefront of holistic care.

Key stakeholders in the development, including South Pacific Division officers, two local council mayors, partners in the redevelopment and current staff, attended the ceremony.

The SAH has expanded to become the largest private hospital in NSW, yet it expects a 60 per cent increase in demand for its services between now and 2026. The 25,000sqm first stage of the development will see an expansion of the clinical services building, providing eight additional operating theatres and 180 new patient beds; a new entry and arrivals building; and a multi-deck car park. Perhaps the most significant development the hospital will be undertaking is a state-of-the-art integrated cancer centre. This facility will provide comprehensive care and a simple "one-stop shop" for cancer patients. It will look after the patients from screening to diagnosis, treatment and counselling services.

During his speech, chief executive officer, Dr Leon Clark, paid tribute to those who had made the SAH what it is today, including former hospital leaders, Pastor Tom Andrews, Ian Grice and Dr H Clifford.

"Today is the start of a milestone journey in the history of the San, which is already full of significant moments," he said. Dr Clark outlined highlights in the hospital's history, including opening what is now the largest private hospital emergency care department in NSW.

"While our mission has consistently been to apply

Christian and holistic principles to demonstrate Christ's message of hope, health and healing, the San has come a long way from the 61-bed Sanitarium started in 1903 as a place where people learned to stay well," he said.

When the first stage of the redevelopment is complete, SAH will have the capacity to deliver that message to 35,000 more patients a year, with an increase in overnight registered bed numbers to 534.

Dr Clark recognised the challenges that lie ahead and asked for patience from the local community.

"However, it is a privilege to have the opportunity to be involved in a development that will honour the altruism, the skills and the vision of so many people who have in the past, or still work at, and support the San . . . and in a development that will enable healthcare professionals to continue to provide high quality care to the people in our local community."

Hospital chaplain and Spiritual Care Services manager, Kristina Mazzaferri, dedicated the redevelopment to God who "owns the hospitals on a thousand hills".

Dr Clark, representing hospital administration, was joined by a representative of the doctors, nurses and patients in the symbolic ground-breaking—Dr Jason Sharp, chairman of the SAH Medical Advisory Committee; Zuali Barrett, enrolled nurse at SAH for 10 years; and Jill Arnett, a former patient of the SAH, who now volunteers at the San Cancer Support Centre.

The new development should be finished by December 2013, the hospital's 110th anniversary.

*Jarrod Stackelroth is assistant editor of RECORD.*



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## SAVE THE DATE

Sydney Adventist College, **Prep Open Day & Readiness Day**, Wednesday 3rd August, 2011.  
11:00 - 3:00pm | 3 Macquarie Rd, Auburn

Mountain View Adventist College, **Open Day**, Thursday 11th August, 2011  
9:30 - 12:30pm | 41 Doonside Rd, Doonside

Macarthur Adventist College, **Open Day**  
Sunday 14th August, 2011. 12:00 - 4:00pm  
12 Victoria Rd, Macquarie Fields

Hills Adventist College, **Open Day**  
Thursday 18th August, 2011. 9:30 - 12:30pm  
4 Gum Nut Cl, Kellyville



**OPINION\***  
Timothy Humphries

## Christian creativity

Much has been written about the recent Manifest Creative Arts Festival and the SonScreen Film Festival held at Avondale College earlier this year.

In my opinion recognition of excellence but also interest in the creative arts has been a key driver and will continue to drive future success in this area. This represents not just an opportunity to make church-oriented creative arts more acceptable and accessible within the church, it also encourages young people to contribute within Christian and mainstream media.

A critique that is often levelled at Christians engaged in creativity is that it is not something that should be pursued as it has some undefined negative consequences. Clearly the Festival's public show of support for creativity in all forms is something that we are finally recognising and moving to address with obvious positive outcomes. This has been a long long time coming and I congratulate the Church on finally getting serious.

The Gabe Renaud Awards particularly highlighted this for me. I remember a piece he published in RECORD many years ago, outlining his passion and vision for Christian oriented media. The article left a deep impression upon my views regarding the potential the media possesses to change the world for the Kingdom. My dream is to see this new movement push for the establishment of a specialist Adventist-oriented Acting, Film and Writing School to further buttress this positive creativity.

As a media savvy generation we should not be frightened by the potential that media has to make and reflect positive change. Timothy Wolfer's Haiti documentary is proof of this.

I believe the time has come to put petty cultural cliches and close-mindedness to one side and finally proclaim the 'new media' version of God's grace within the media. Let's support those Christians that engage outside of the traditional Christian media to further advance and improve the quality of the mainstream message being put.

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

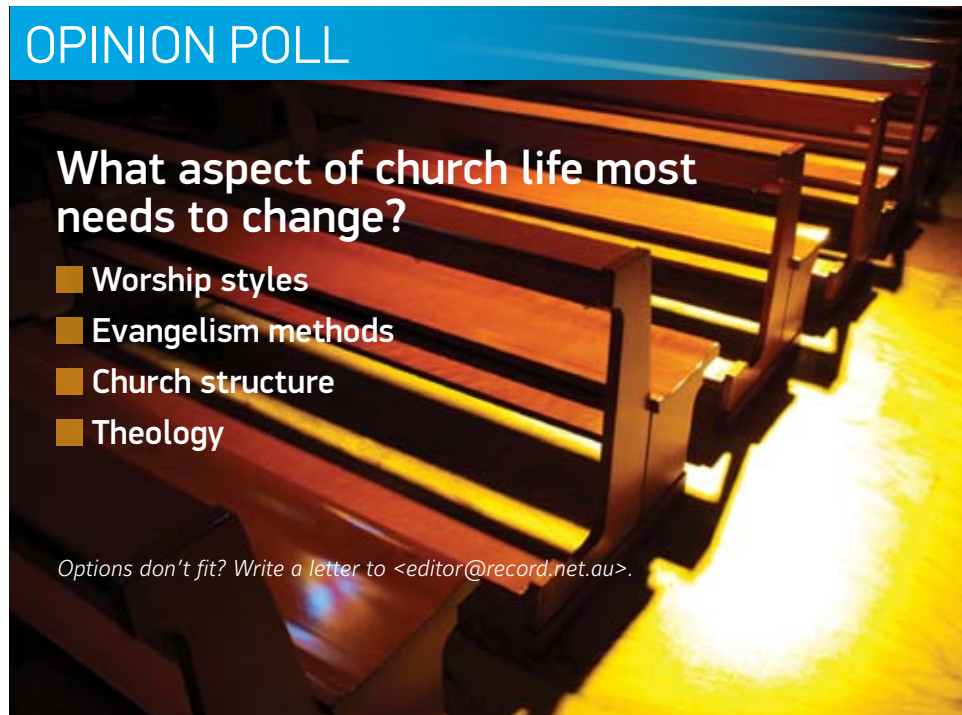
*Timothy Humphries is a writer and post-graduate journalism student and writes from Brisbane, Queensland.*

## OPINION POLL

### What aspect of church life most needs to change?

- Worship styles
- Evangelism methods
- Church structure
- Theology

*Options don't fit? Write a letter to <editor@record.net.au>.*





# Concrete thinking

by David Edgren

**W**E HUMANS ARE LIKE CONCRETE. AS ADULTS, set in our ways, change is difficult. A reformation of character or faith takes a near death experience, relationship breakdown or some other personal crisis. Changing solid concrete is possible but it takes a jackhammer.

Children, on the other hand, are like wet concrete. They are being poured into and shaped with every conversation, relationship and example. They are open to ideas, practices and new realities—trusting that the adults in their world have it all together and know where they are heading.

During childhood, our spout spews wet ready-mix anywhere the adults around us care to direct it. Because children spend the majority of their time with mum and dad, faith and values formation primarily happen in the home. Until about the age of 10, children receive and replicate what they see and hear. They, literally, become what they witness. Dad laughs at a joke, I laugh. Mum bakes a cake, I bake. They go to church, I go. The maxim, “Do what I say, not what I do” lives and breathes every day but never really works. I watch, I try, I become. This is discipleship in its purest form.

Children are disciples. Parents are disciple-makers. The four steps of discipleship—I do, you watch; we do, I teach; you do, I watch; you do, I go—is active in every home on the planet, intentional or not. The great news is that children are very malleable. If we change, they will too. If we become something new, so will they. But, we don’t like change, do we? Jackhammers are scary.

Between the ages of 10 and 12 the concrete is setting. The core moral and spiritual identity of a child has been established but they are still open to detailing and shaping. The questions asked in this stage combine physical reality with heart stuff. What does honesty have to do with homework? When can I be baptised? Why do I have to wear a helmet?

As a child moves through upper primary school, they are ready for more responsibility and authority because they are starting to understand the why at the centre of most of life’s whats. Reasons are important. Friends are becoming barometers of other worldly realities. My friends’ families are not like mine. He can do whatever he wants—nobody cares. She tells rude jokes—everybody laughs. His dad is never home. Her mum yells at her across

the carpark. When I visit, they don’t eat together. My friend is scared of his dad and says mine is weird. I think I know why. I’m different. I’m special. I’m valuable. I am loved.

Most of the faith and values integrated deep in my character and yours were formed in childhood. While emotional fine-tuning and experiential learning continue to shape our nature until the day we topple off the perch, most of the foundational structure of our moral and spiritual reality was established before the first bout of acne scarred our countenance.

Teenagers know it all. Why? Because, “We’re done being wet and we’re never gonna set.” They’ve got a strategy worked out. Be flexible. Roll with the punches. Be like dad. Don’t be like dad. “Life’s what happens while you’re waiting for the light to change.” Go a new route. Try an old one. Just don’t sit still! Then the world starts expecting them to be a slab—useful, functional and practical—ready to build on. They fight it for a while—chasing rainbows around the planet—only to return and realise responsibility is not so bad. And they set. Then they have children and it starts all over again!

There are so many verses from Scripture that we can turn to for strength and a clear direction for our lives as disciple-makers. The core truth to remember as parents is, “By beholding we are changed”. A passage which often comes to mind as my children surround me, was penned by Paul for the disciple-making parent in all of us:

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart (Hebrews 12:1-3, NIV).*

Paul invites us—implores us even—to look upon Jesus. And the ever-fixed mark of unshakeable love will shape us bit by bit as we in turn shape another into His image. This is disciple-making. This is parenting. ✂

*Pastor David Edgren is an author and Children’s Ministries director for the Victorian Conference.*



## OPENING HIS WORD

Gary Webster

### Should we speak in tongues? (part 2)

In the first part of our study, we noted that when the disciples were baptised with the Spirit at Pentecost, they all spoke in earthly languages or tongues in order to share the Gospel of Jesus. We also noted that not every Spirit-filled person receives this gift.

**Read** Acts 2:1-11; 1 Corinthians 12:28-30

Many feel, however, that 1 Corinthians 14 supports speaking in a non-earthly language (tongues of angels), also known as ecstatic utterance. What does the passage really teach?

#### 1. Edify others, not ourselves

Paul argues that the purpose of gifts is to edify or build others up. Tongues in Corinth is only edifying the speaker rather than the listeners, which Paul says is a misuse of the gift. Thus a person should only speak in tongues in the presence of others if there is someone to interpret; otherwise the person should be quiet.

**Read** 1 Corinthians 14:3,4,12,26,5,27,28

#### 2. Intelligible to listeners

Paul strongly argues that tongues must be intelligible or understandable to the listener so that, for example, they can say "amen" to what is said. If listeners must know what is being said, it is just as important that the speaker also knows what they are saying. Yet most who speak in tongues or ecstatic utterance today do not know what they are saying. They say they are "speaking mysteries in the Spirit". However, when Paul says a person "who speaks in tongues prays in the Spirit but their understanding is unfruitful", he does not mean the speaker does not understand what he or she is saying, but rather that their prayer is not understood by the listener and is thus unfruitful to the listener. This is why he then adds that when he prays and sings with the Spirit, he will also be praying with understanding (ie being fruitful to others).

**Read** 1 Corinthians 14:7-11

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



## WRIGHT HEALTH

Dr James Wright

### Q: Are vitamins useful in preventing and treating the flu and colds?

A: The question has been raging for decades, ever since Dr Linus Pauling advocated high doses of vitamin C to prevent colds 30 years ago. Current medical opinion is: "No-no value". Also, zinc may impair absorption of iron, essential for good blood. However, vitamins and minerals, as part of a healthy lifestyle, cannot be faulted. Me? I take 2000 mg vitamin C a day, plus a multi-vitamin mineral capsule. No flu for 30 years!

### Q: My four-year-old hates food. I am terrified she will starve to death!

A: Kids will not starve to death. Their inbuilt survival system guarantees that. They may eat minimally but that is usually OK. It's far better than the reverse, where many shovel down heaps of unnecessary food, especially high carbs, fats, salt and nutritional rubbish. Some kids have "food intolerance", where the system simply does not like certain kinds of food. It's a matter of trial and error and gentle persuasion.

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

## MY MINISTRY IDEA

A free car wash was held on June 5 as a community outreach by members of the Wahroonga church, NSW.

Twenty-five church members, mostly youth, ran the car wash in the church car park. They also organised a free barbecue where people could relax while they were waiting for their cars to be cleaned.

Cars of all sizes were given a thorough scrub and polish as the young people worked in teams to get the job done while also having some fun. When they were finished they gave the car owners a "goodie" bag which included a copy of *Steps to Christ*, a Wahroonga TV Ministry DVD, bookmark and Sanitarium donated products.

Youth spokesman Callum Anderson said they washed about 30 cars in two hours. "We figured it was a light and easy way to get out and into the community in a kind of relaxed environment," he said.

"They (the car owners) were very happy. They thought it was good to see some young people getting involved in the community. They have all been very happy with the results of the car washing as well."

The young people received many positive comments and the car owners were very thankful. "It's a great way for the community to meet you and for you to meet the community," one driver said.

Community outreach leader Fernand Lombart said it was a successful initiative. "We just wanted to do something good for the community, an act of kindness," he said. "They (the car owners) thought it was awesome."

Another car wash is now being planned for later this year. The outreach team also hopes to run a community health program. —Tracey Bridcutt







## 10 small steps for a healthier heart

Change in lifestyle habits is an important part of preventing or living with heart disease. Some people manage to overhaul their exercise pattern, diet and unhealthy habits with ease. Others try to make changes and don't always succeed.

Instead of undertaking a huge makeover, you may be able to improve your heart's health with a series of small changes. Once you get going, you may find that change isn't so hard. This approach may take longer, but it could also motivate you to make some big changes.

Here are 10 small steps to get you on the road to better health:

- 1. Take a 10-minute walk.** If you don't exercise at all, a brief walk is a great way to start.
- 2. Give yourself a lift.** Lifting a hardcover book or one-kilo weight a few times a day can help tone your arm muscles. In time, as this gets easier, move on to heavier items.
- 3. Eat one extra fruit or vegetable each day.** They taste delicious and are packed full of nutrients that fight disease.
- 4. Make breakfast count.** Take time to eat a nutritious breakfast. It may reduce your risk of heart disease or type 2 diabetes and help manage your weight.
- 5. Cut back on sugary drinks.** Cutting out just one sugar-sweetened soft drink each day will translate into a significant loss of weight over the year.

**6. Eat a handful of nuts.** Eat them instead of chips or a biscuit. Add them to salads, a stir fry or sprinkle over breakfast cereal.

**7. Include some flaxseeds.** A rich source of omega-3 polyunsaturated fatty acids, they are important for heart health. Crush them and sprinkle over cereal or low fat yoghurt.

**8. Breathe deeply.** Try breathing slowly and deeply for a few minutes each day. This will help relax you and lower blood pressure.

**9. Wash your hands often.** Avoid germs by washing hands. Flu, pneumonia and other infections can be hard on your heart, particularly in the elderly.

**10. Count your blessings.** Take a moment each day to acknowledge the blessings God has given you. A positive spirit has been linked with better health and a longer life.

*\* Adapted from Harvard Medical School "Healthbeat", June 2011.*

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## RECIPE

## Chickpea and sweet potato koftas



- 400g orange sweet potato, peeled and diced (you will need 200g cooked sweet potato)
- 240g can chickpeas, drained, rinsed
- 2 cloves garlic, chopped
- 2 tsp cumin seeds
- ¼ cup soy flour
- 2 tbsp plain flour
- 1 lebanese cucumber
- 4 pita bread rounds, cut into quarters
- 1 cup firmly packed fresh mint
- 1 small red onion, diced
- 3 tsp grated fresh ginger
- 2 tbsp lemon juice
- ½ cup fresh peas
- 2 tbsp canola oil
- ¼ cup tahini
- ¼ cup low-fat plain yoghurt

1. Cook the sweet potato in boiling water for 10 minutes, or until tender. Drain. Blend in a food processor with the chickpeas, onion, garlic, ginger, cumin and lemon juice until smooth.
2. Add the soy flour and process until combined. Stir in the peas.
3. Roll tablespoons of the mixture into balls, then flatten with your hand. Dip into the flour, shaking off any excess.
4. Heat the oil in a non-stick frying pan. Add the koftas in batches and cook over medium heat for 3 minutes each side, or until golden brown. Drain well on crumpled paper towels.
5. Using a vegetable peeler, cut the cucumber into ribbons.
6. Serve the koftas with the pita bread, tahini, yoghurt, mint and cucumber.

Preparation time: 20 minutes. Cook time: 30 minutes.

PER SERVE: Kilojoules 1440kJ (345cal); Protein 13g; Fat 15g; Carbohydrate 39g; Sodium 290mg; Potassium 530mg; Calcium 110mg; Iron 3mg; Fibre 8g.



# The challenge of generational change

by David Tasker



**T**HE CHURCH HAS BEEN ROCKED BY MANY controversies. Too many people have been hurt in the crossfire. The question is, “are we able to learn from these and move on, or is it necessary to withdraw into the cocoon of some past golden age?” The answer may be uncomfortable for some, but first let’s review the territory.

The controversies seem to fit a pattern beyond the borders of our Church and occur in cycles of roughly 30 years—a generation. To set the stage, let’s go back before the Adventist Church existed to the year 1800. This was the era of the great missionary movements and the formation of Bible societies. The world was opening up to the

Gospel as never before. About 30 years later, the Great Advent Awakening was unfolding—and it seemed to be gravitating towards an idea of remnancy and exclusivism—quite different to the openness of the previous generation.

Then in 1861, the Sabbath-keeping Adventists chose a name for themselves, and registered a new denomination, bucking the previous trend of not formalising faith. The previous generation had been convinced that as soon as they established themselves into a church, they would join Babylon.

About three decades later there was another stir—the Minneapolis GC of 1888. It was not the business sessions that caused all the excitement but the devotional periods,



and righteousness by faith emerged as the hot item for discussion. A Bible Conference for college Bible teachers convened a generation later in 1919 to discuss the ministry of Ellen White. Its proceedings were so sensitive that they were locked in a vault for the next 50 years.

Fast-forward to 1955 when another major upset occurs. Two visitors to the General Conference office asked the brethren if Adventists were Christian or cultists. A small committee was assembled and the answers developed into a monumental tome called *Seventh-day Adventists Answer Questions on Doctrine*. A storm arose from a statement by its editor who explained that only those on the “lunatic fringe” of the Church would disagree with the positions taken in the book. This ill-chosen statement incensed the patriarch of the age, M L Andreasen, who wrote his objections in a series of pamphlets that have since formed the inspiration for the so-called “Concerned Brethren” movement.

The next generation experienced its denominational “earthquake” at Glacier View in 1980. Desmond Ford became the lightning rod for this event. The resulting ripples split faith communities and caused huge numbers of ministers to hemorrhage from the Church. Thirty plus years have passed since that event but it still runs raw for those who went through it.

The tragic thing about this thumbnail sketch is that none of the major events mentioned since 1888 have been resolved. They all still simmer beneath the surface with small pressure groups nursing their hurts, each convinced it is their God-given right to “correct” the aberrations of our history and get the Church back on track. And to make it even more interesting, 1980 was more than 30 years ago. We are due for another “big one”.

Is this just a phenomenon of the past 200 years or do we see it in Scripture as well? We indeed see it, in the two versions of the Ten Commandments (Exodus 20 and Deuteronomy 5). When we turn the spotlight on the fourth commandment we observe a significant difference between them. Although the command itself does not change, the rationale for observing it does quite dramatically. Let me stress that point. Organic truth does not change, but the way it is appreciated from one generation to the next does.

The fourth commandment states, “Remember the Sabbath day to keep it holy” (Exodus 20:8). The reason given is “because in six days God made the heavens and the earth, the sea and all that is in them, and He rested on the seventh day (v11).” Humanity is to rest on the Sabbath because the Creator rested.

However, when the Sabbath command is repeated in Deuteronomy 5, a different reason is given. “Guard the Sabbath day carefully to keep it holy (v12)” because “you were a slave in the land of Egypt and God led you out from there with a strong hand and an extended arm (v15).” The essence of the fourth commandment remains the same, but humanity is to rest on the Sabbath because the Saviour

redeemed. Why the change between the two accounts? The law was first given at Sinai in the first few months of Israel’s escape from Egypt (Exodus 20), whereas the account in Deuteronomy 5 occurred on the plains of Moab, in the final year of the Exodus, nearly 40 years later. The two different law codes were delivered to two very different sets of people a generation apart. This may provide the key to the difference in rationale.

How would you describe the two Exodus generations? The first generation came directly from slavery. All they knew was restriction and oppression. Their knowledge of religion was largely of the imposing temples and the joyous processions of the gods through the streets of the towns. They had been bombarded with the trappings of the great sun god Ra and the animals closely associated with him—especially the bull. So the “Sinai generation” needed to be confronted with the great Creator-God, and told to “remember” that the God delivering them had created the sun, and the bull and everything else in Creation.

The second generation had very vague childish memories (if any) of Egypt. They had grown up as unfettered wanderers through a vast wilderness. Their religious experience was nurtured by the complaints of their parents against a God who did not satisfy all their food cravings and who kept them walking for years. This second generation needed to be introduced to the Redeemer and to learn how to live in a newly-formed nation in the Promised Land—one based on the unfamiliar values of God’s primacy and the sacredness of human life. So they were instructed to “keep” or “guard” this regular memorial of God’s action of freeing His people. Their Sabbath rest was to be a reminder of their own origins in slavery and a continuing challenge to treat all people justly (see, for example, Leviticus 25:41,42).

Both Exodus generations clearly demonstrate that values must be passed on but creatively contextualised for the next generation, with a rationale that makes the most sense to them. If Moses, the founding father of the nation of Israel, saw the need to repackage God’s non-changing values in a different way for the young, then it is appropriate for us to do the same, rather than sticking to traditional explanations that may become more and more irrelevant with each passing generation.

So, back to the stress points of our Church history. How locked in do we become to a generational perspective? To what extent is each generation blinkered, preventing them from seeing beyond their own experience? What would happen if we removed the blinkers, went back to the Scriptures and re-evaluated God’s unchanging truth for the present time? And when the next hot issue to challenge the generations breaks upon us, will we do any better than our predecessors? Will we prefer our ceaseless and comfortable round of activity in the wilderness or will it be the Promised Land this time? ➤

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*Dr David Tasker is field secretary for the South Pacific Division.*

A photograph of a middle-aged man with short, grey hair, smiling warmly. He is wearing a light blue button-down shirt and has his right hand resting against his forehead. The background is softly blurred, showing other people in a bright, indoor setting, possibly a classroom or a meeting room.

# Understanding and managing depression

by Gary Grant



**H**AVE YOU EVER NOTICED HOW OUR MODERN, so-called “time saving” or entertaining technologies erode our family time and opportunities to engage in a good old-fashioned chat. Person to person communicating is almost a lost art. Could it be that depression is a phenomenon of our current hectic, pressured lifestyle?

Yet do we not, in a different era, find examples of biblical characters exhibiting symptoms of depression? i.e. King David, King Solomon.

Some people who are fortunate enough to have avoided the experience of depression suggest that if you are a “practising Christian” you should never experience depression! This comment is limited and at best unhelpful. Possibly these same folk could argue that we should also be immune from cancer, chronic pain, hypertension, heart disease, diabetes etc.

So what is clinical depression and how prevalent is it in our society? Some people think of depression as feeling sad, down-hearted, disappointed or upset. In fact, we often attempt to describe depression in terms of a number or cluster of symptoms. The above emotions are quite common and reflect a normal response to situations or events we experience such as loss, hurt, betrayal and uncertainty.

Typical clinical depression is an emotional, physical and thinking state that is an intense, low mood, lasting longer than two or three weeks. It interferes negatively on one’s ability to function across a number of domains such as work, church, social and family life. The overall experience is always defined as distressing, overwhelming and incapacitating. Telling someone who is depressed that they have a lot going for themselves, to “snap out of it”, just doesn’t work.

Consider the impact of the following symptoms:

- ▶ Sleep disturbance—inability to get to sleep and early waking
- ▶ Constant thinking—where the brain never slows down
- ▶ Loss of interest in things which once gave you pleasure i.e. hobbies, sports, social gatherings, church
- ▶ Loss of motivation—lethargy
- ▶ Tearfulness or heightened emotionality for no apparent reason
- ▶ Feeling irritable, grumpy, agitated or anxious
- ▶ Difficulty concentrating, short-term memory loss, easily distracted
- ▶ Persistent sense of hopelessness, futility, guilt or worthlessness
- ▶ Thoughts your family, friends, church, society would be better off without you

In the past medical practitioners tended to perceive depression as a one dimension phenomenon. They rated it as mild, moderate or severe, depending on the number of symptoms one described and the level of intensity.

However, over the past decade considerable research has been undertaken into clinical depression and we now acknowledge that depression can be best explained as a

multifaceted and interactional experience.

When I am referred a patient with depression, I find that there may be some commonality in symptoms, yet, each person’s experience of depression is unique. In fact, some individuals may have a predisposition to depression. I explore several dimensions or roots of depression as part of my assessment:

**1) Physical Resilience**

Have they been struggling with an infection, virus or illness? Do they sleep well? Do they suffer chronic pain? What is their medication regime, their family history of depression or other mental illness?

**2) Current Lifestyle**

Any recent significant life events? i.e. redundancy, kids off to university, death, financial loss, marital or work conflict, stressful life events, unemployed, workers compensation, living in remote regions, poor living accommodation.

**3) Coping Style—Personal Resilience.**

Negative-critical personality; high achiever/unrealistic expectations; worrier; avoid conflicts; passive; poor social support; relies on maladaptive strategies i.e. denial, avoidance, alcohol or drugs, eating, anger, self harm.

**4) Spiritual Connectedness**

How do they describe their life? Strong sense of purpose and meaning; validated and respected at work/church; friends and strong social sense of belonging vs. alienation; solid relationship with Christ.

You may recognise a concern or vulnerability in one of the above dimensions or all four. What we know is that these issues or stressors if not addressed, accumulate to the point where we experience a stress overload. Depression, anxiety and anger are symptoms of a stress burden.

The experience of depression, much like the experience of pain and anger, are warnings—alerting us to the fact that there are some underlying concerns we need to address. Turning to pleasure seeking or drug and alcohol taking pursuits only masks the deep-seated, unresolved issues and over time exacerbates the problem. Avoidance or denial, blaming others or feeling overwhelmed are non adaptive and unhelpful ways to manage depression.

Yes, clinical depression is quite prevalent—possibly one in five people share the symptoms some time in their lives. The good news is that unlike some illnesses or disorders, patients can, with professional help, recover from depression. Sadly, in our current culture, a negative stigma exists in terms of mental illness. At some point in my career I witnessed many patients waiting outside the dental centre adjacent to my consulting rooms. When asked as to this practice, they stated it was easier to explain if someone recognised them.

We are so understanding, tolerant and empathetic for those suffering physical ailments but less so with individuals suffering depression, post traumatic stress, mental illness or depression.



*Gary Grant has worked as a clinical psychologist for the past 40 years in every state of Australia and also in Canada.*

## New home for old brass

A cornet that belonged to Seventh-day Adventist medical missionary and storyteller, Eric B Hare, now has a new home in the Adventist Heritage Centre.

The instrument may date back to 1902, reports descendant Phil Hare, who donated it to the centre. This is the year Eric's father Robert ended his tenure as editor of *The Bible Echo and Signs of the Times*. The publisher of the periodical, Echo Publishing Company, had its own brass band.

Robert (1858-1953), one of the first converts to Seventh-day Adventism in New Zealand, served predominately as an evangelist in Australia. He and his family were musically talented, often touring as a five-piece band. Robert played tenor on the clarinet while his wife, Henrietta, played the organ. Eldest son Reuben played bass on baritone, Eric soprano on cornet and daughter Ruth alto, also on cornet.

Adventist Heritage Centre curator Rose-lee Power (pictured) describes the cornet, which Reuben also owned, and a saxophone that may have also been Eric's, as "an amazing find considering most people discard items of no personal value without considering whether they have historical value to the church. Reuben and Eric were pioneers, advancing the message of Christ's soon return across the world. These battered instruments have a story to tell. We will treasure them."

Gwen Wilkinson, the academic registrar at Avondale and a great-niece of Eric, says she and her family see the cornet as having great meaning. Gwen's husband Steve Sleight, who plays trumpet, cleaned and played the cornet before its donation to the centre. He describes its tone as clear and mellow.

Remembered affectionately as "Dr Rabbit," Eric (1894-1982) served as a missionary in Burma and as a departmental director for the Seventh-day Adventist Church, eventually at its worldwide headquarters. However, he is best known as a teller of children's stories. He wrote prolifically, including the books *Clever Queen*, *Curse-Proof! Fulton's Footprints in Fiji*, *Jungle Heroes*, *Jungle Storyteller* and *Treasure from the Haunted Pagoda*.

*Sonja Larsen is a public relations assistant at Avondale College of Higher Education.*



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## MYSTERY HISTORY



Do you know?

- The date the photo was taken
- The church

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



# Kids' Space

## Dydd Da\* Kids

### GRACELINK MESSAGE

God leads His children as we study and obey HIS word.



When King Josiah was 26 years old he led his community back to the true worship of God. He brought a revival to Israel as they studied and obeyed the instructions in the Book of the Law. You can read the beginning of his adventures in 2 Kings 22.

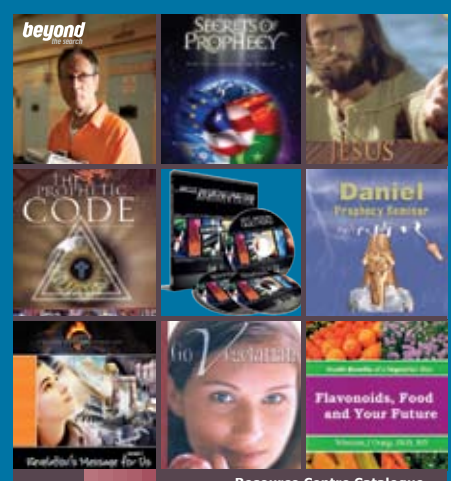
\* hello in Wales

# RESOURCES ONLINE

The AUC Resource Centre has an **online store** where you can purchase all the resources listed in their catalogue plus a range of new items, specials and clearance lines.

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



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# SNAP SHOT

with Dr Barry Oliver



## Hospital development program

We participated in a special ground-breaking ceremony at Sydney Adventist Hospital on June 23.

The hospital is about to commence stage one of a development program that will see 180 beds added to its capacity; an additional 12 operating theatres; a comprehensive integrated state-of-the-art cancer treatment and care centre; car parking; and a new main entrance.

Dr Leon Clark, chief executive officer, used the word "excited" to describe how he felt. He explained that "excited" has many nuances. He reflected on the enormity of the task ahead. It has taken a huge amount of careful planning, of projecting business cases, and, indeed, faith to commence such an endeavour.

Some have asked how such a project can be financed. "Why cannot the money be invested elsewhere? There are so many needs."

Indeed there are so many needs. But to explain, it is important to recognise that the hospital itself will finance its own expansion from the proceeds that will be generated as a result of the expansion. Church funds set aside for evangelism and the day-to-day operation of the Church will not be used in this project.

Please pray for our hospitals and clinics, and for all who serve God and the community through these wonderful institutions.



Dr Leon Clark

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

## ALICE SPRINGS, Northern Territory Quintin Dutlow

Alice Springs is the second largest town in the Northern Territory, situated in the geographic centre of Australia.

Our church has a regular attendance of 45 people every Sabbath. The church has been a part of the community for the past 30 years.

Alice Springs church has a mixture of people from Kenya, Zimbabwe, Sudan, China, Philippines and Australia. We also have a large number of Indigenous people attending.

Our members hold a variety of jobs including health professionals, journalists, accountants, teachers, clerical support, as well as students.

This is my second year at Alice Springs and I'm challenging our church to focus on reclaiming lost members, reaching the unchurched and growing our church through everyday evangelism.

Over the past two years we've had pastors Mark Wilson, Graeme Christian, David Stojcic and Rob Randle run evangelistic programs in the Alice Springs area. The programs were based on prophecy and relationships.

Unemployment, drug abuse and hopelessness are big issues in Alice Springs. I love seeing lives changed by the Gospel message and I feel an urgency to let people know they can live healthier and happier lives. It's evident that so many struggle with sin and I want our church community to reach their neighbours.

I find that when I meet with Indigenous families to discuss Christianity, I don't have to convince them there is a God. The most enjoyable aspect of my ministry is teaching them about my all-powerful loving God who is alive and well and active in Alice Springs.



## NOW & THEN



World tithe in 1910:

Just over \$US2 million

World tithe in 2010:

\$US2 billion

Source: General Conference Archives



LETTERS

**ADVENTIST STORY**

Elvira Seeman, NSW

I was impressed with the spiritual journey of Jeremiah Fruean in "Why I became an Adventist" (June 4).

It's encouraging to see such a young person willingly following God's guidance and being obedient to his earthly father.

What greater blessings can a person bring than sharing the love of Jesus with his life.

**STOP, REVIVE, SURVIVE**

Dennis Ferris, NSW

Thank you Pastor Lang and your team for the preparation and detail that went into the Grey Nomads Camp held in the North New South Wales Conference.

Those of us that attended were truly blessed with the content and the social time together.

A special appreciation for the ministry of Pastor Winter, Pastor Butov and Dr Cosaert who all led us into a greater understanding of the Gospel.

**UNFORGIVEN SINS**

Ella Downton, email

Mark Baines' article, "I. Am. Sorry" (Opinion, June 18) brought to light the issue of apologising. We have a family member who never apologises for anything; just waits and expects time to heal.

Time doesn't heal, it just breeds resentment. It's my Bible based belief that unless we seek forgiveness from those we have wronged, then God does not forgive us. Even if the wronged person has forgiven.

God has asked us to go first and make things right with each other, then come to Him and seek forgiveness.

Unforgiven sins will keep us out of the kingdom regardless of how strictly we keep the Sabbath or anything else.

**QUICK TO ACCUSE**

Joy Butler, KENYA

Thank you Kent Kingston for the refreshing editorial "The right to offend" (Editorial, June 18). You have spoken words that many have longed to hear from the Church.

As Christians, we're often too quick to accuse others of being the enemy when they disagree with our way of thinking. In the situation discussed, it's true that we become uncomfortable with many statements, promotions and comments made by other religions in our societies.

But, like Jesus, we need to be open, honest and kind at the same time. Jesus told us to love our enemies, do good to those who hurt us and pray for those who spitefully use us and persecute us.

To receive spiteful and often untrue email messages about Muslims and then to send them on is one way to please the enemy. I agree with you, let's practice the Golden Rule if we are to be true to our name—Christian.

**AWARE OF MY DEFICIENCY**

Julene Duerksen-Kapao, NZ

I could not suppress a chuckle when I read Dr Wright's advice, "How can a woman gain lovely, smooth, wrinkle-free skin?" (Healthwise, June 18) and the health feature about vitamin D on the next page. One calls the sun "skin's greatest enemy" and the next endorses the value of sunshine and vitamin D.

I was recently diagnosed with multiple sclerosis. A missing vitamin in my body is vitamin D so I am actively aware of my deficiency and get outside in the sunshine daily, if possible, during winter in Palmerston North, New Zealand. I understand the desire to keep beautiful skin—my trick is a plant-based diet and plenty of water. But my need for sunshine—to boost my vitamin D and mood—is greater than my desire to maintain wrinkle-free skin.

**PATH OF OBEDIENCE?**

Beryl Turner, SA

Thank you for an excellent article in "Leaving a legacy of faith" (Feature, June 4).

I want to let other grandparents who may be in my situation know they are not alone.

Because I belong to a different religion to my son and daughter-in-law, I have been instructed very sternly never to mention Jesus' name to my grandchildren. I've also been instructed not to share Bible stories, say grace before meals or send them Bible story books.

If I disobey their demands, I will incur severe repercussions.

So I follow the advice of Paul in Romans 12:18 to live in peace with everyone. But I live in conflict as the mentioned article reminds me of Deuteronomy 6:4-9. I want to leave a legacy for my grandchildren. I want them to have a loving relationship with my best Friend Jesus.

I live with the consolation that nobody can stop me praying over my grandchildren and I'm comforted and encouraged by the many promises in God's Word, especially Romans 8:28.

*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.*

## 100TH BIRTHDAYS



**Skuja, Austra** (nee Spenga). Born on 16.4.1911 in Liepaja, Latvia, Mrs Skuja celebrated her 100th birthday on 16.4.11. Early in her life she mastered the art of dressmaking and her talent became well known throughout the community. After World War II, Mrs Skuja and her husband, Karlis,

moved to Australia. In 1968, she attended an evangelistic campaign run by Pastor Russell Kranz and after Bible studies with Pastor John Carter, was received into the Canberra National church on Profession of Faith. She was baptised in 1999 by Pastor Andre van Rensburg. Her personal mission was to teach by example, especially the younger generation of married couples and their children by inviting them for

Sabbath lunches. After 51 years together, her husband, passed away in 1989. Mrs Skuja's days are very busy, actively supporting charities, gardening, cooking, helping her nephew, occasionally sewing, writing to overseas families, studying her Bible and always has an encouraging word and a friendly smile for everyone.



**Goding, Florence** (nee Mason). Born on 11.5.1911, she celebrated her 100th birthday over a weekend of special celebrations. An active member of the Nunawading church, Vic, Flo's life and contribution to the church were acknowledged in a special Mother's Day feature on May 7. Another celebration was held for family and friends on May 8 and included her children, Len Goding and Jenny Bennett; six grandchildren; and 14 of her 19 great-grandchildren. On 7.11.1933, Flo married Allan Goding, who passed away in 1969. She now lives at AdventCare Whitehorse and is the only surviving foundation member of the Oakleigh/Hughesdale church. Her whole life has been one of service. Jenny Bennett remembers her childhood home was always filled with people. "If someone needed a home she (Flo) always took them in. She has been a mother to many." Jenny said her mother had a keen and alert mind and that "no-one could ever win an argument with her". A dressmaker, Flo still knits toys and blankets for charity and every new baby at Nunawading church is presented with a handmade gift from Nana Flo.

## WEDDINGS



**Hayden-Ongley.** Lucas Hayden, son of Terry and Victoria Hayden (Sydney, NSW), and Samantha Ongley, daughter of Peter and Elsie Ongley (Merimbula), were married 3.4.11 at Pambula Beach.  
*Jeff Parker*

**Kavanagh-Mylonas.** Adam Kavanagh, son of Mark and Ann-Maree Kavanagh, and Georgina Mylonas, daughter of Panagiotis and Garefalia Mylonas, were married 26.4.11 at The Armoury, Watsons Bay, Sydney, NSW.  
*Kenn Duke*

**Wood-Monson.** Daniel Wood, son of Peter and Sandra Wood (Knot End, UK), and Shiree Monson, daughter of Trevor and Carolyn Monson (Mildura, Vic), were married 20.4.11 in a beautiful riverside estate in the Victorian Yarra Valley.  
*Tony Knight*

## OBITUARIES

**Brennan, Annie Josephine** (nee Coyne), born 22.10.1924 at Preston, Qld; died 14.3.11 at Palmwoods. She married Aubrey (Joe) Brennan in Marrickville, NSW, whom she met while working in the Sanitarium cafe in Hunter St, Sydney. They had two children, Lewis, who was severely disabled, and Joanne. They moved to Palmwoods to get the best help for Lewis, and joined the Yadina church. Annie was predeceased by her daughter, Joanne and her husband; three grandchildren, Rebecca, Rashid and Liam; and

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### Clinical nurse-Adventist Residential Care (Rossmoyne, WA).

A part-time vacancy has opened for a suitably experienced registered nurse to manage the care needs of the aged care residents in our 47 bed low to high care wing. This rewarding position is available for immediate start. For further information and an application pack, please contact Clara Koen on (08) 9354 4133 or email <[clarakoen@adventist.org.au](mailto:clarakoen@adventist.org.au)>. To apply, please submit completed application pack, including your CV, three work-related referees, police clearance, evidence of immunisations and legal right to work in Australia, to Human Resources, Seventh-day Adventist Aged Care (WA) Ltd, 31 Webb St, Rossmoyne, WA, 6148. Applications close **July 21, 2011**.

**Senior human resource officer-Avonvale College (Cooranbong, NSW).** Develop, recommend, support, review, and implement approved human resources policies, procedures, initiatives and associated functions while supporting and caring for personnel in order to achieve the mission objectives of Avondale. Applications, addressing the selection criteria, with contact details of at least three referees, should be emailed to [employment@avondale.edu.au](mailto:employment@avondale.edu.au) or posted to HR Officer, PO Box 19, Cooranbong NSW 2265, (02) 4980 2284. Applications close **July 22, 2011**.

**Education finance accountant-North NSW Conference (Newcastle, NSW).** This senior finance role provides an opportunity for an experienced accountant to contribute to the mission of the church education system in North NSW. The role reports to the education system business manager and involves year-end financial reporting, internal auditing, government reporting, tax office compliance, supervision of payroll and accounting staff and systems, asset register, and other related functions. Applicants will have well developed verbal and written communication skills. Send resume to Angie Robertson, Education System Business Manager, <[angelarobertson@adventist.org.au](mailto:angelarobertson@adventist.org.au)>. Applications close **July 29, 2011**.

**Customer service representative-Adventist Media Network (Wahroonga, NSW)** is seeking a customer service representative to work with the Discovery Centre ministry. Flexible working arrangements are available, if necessary, for the right applicant. This is an important position and requires a person with a broad range of skills. The successful applicant will ideally have skills and experience in: providing friendly, professional, customer service to both online and traditional contacts; be familiar with the use of Office applications; working in a small team environment with tight deadlines; familiar with use of social networking and online systems; and writing newsletters to supporters. The successful applicant will hold suitable qualifications, be committed to the beliefs of the Seventh-day Adventist Church and will also have commitment to quality and service. Applications should be forwarded to Kalvin Dever, Business Services Director at Adventist Media Network. Phone (02) 9847 2222 or email <[kalvin@adventistmedia.org.au](mailto:kalvin@adventistmedia.org.au)>.

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### Minister to the Torres Strait-Northern Australian Conference

is seeking expressions of interest for the position of minister to the Torres Strait. The role covers a ministry area that extends from Cape York to the Papua New Guinea border. It is a diverse role and the successful applicant will be a self-motivated, energetic person who has a passion to share Jesus and His Word; have cross-cultural experience together with a willingness to learn from others; coordinate ministry on three main islands and follow-up interests that exist in other locations; have the relevant boat licences (Coxswain) and the ability to skipper the church's 7.7 metre vessel (if not holding the required licence the prospective candidate must be willing and able to be sponsored to obtain the Coxswain qualification); and be a practical person who also has some mechanical and building maintenance experience. Please email your expression of interest to the Conference President, Pastor David Stojcic, at <[davidstojcic@adventist.org.au](mailto:davidstojcic@adventist.org.au)> or phone (07) 4779 3988 for more information.



her three brothers, Neville (Darwin), Graham (Gympie) and Les.  
K. Watts, C. Pascoe

**Puruto**, John Ngatokoa, born 27.3.1962; died 27.3.11 in NZ. He married Emily, who predeceased him on 23.9.09. He is survived by his mother, Nita Nio Puruto (Sydney, NSW); his siblings, David (NZ), Colleen, Tom and Starr; and his children, George, Henrietta, Charlie, Dajdak (all of Sydney, NSW), Alex and Ricky (NZ). John died in NZ, but his body was brought to Sydney to be buried with his wife.

Brian Leulua

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## Finally

Finish each day and be done with it . . . tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.

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