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Record

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ADRA ISSUES CHRISTMAS CHALLENGE page 6

THE FACE OF JESUS page 16



Supplementary Vitamins - \$13



Family Health Package - \$52



Soccer Ball - \$13

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You can find out more about Gifts for Goodness Sake online at www.iccaustralia.org.au/GFGS or by calling 02 9987 1136



Community School Kit - \$143



Dental Hygiene Kit - \$11



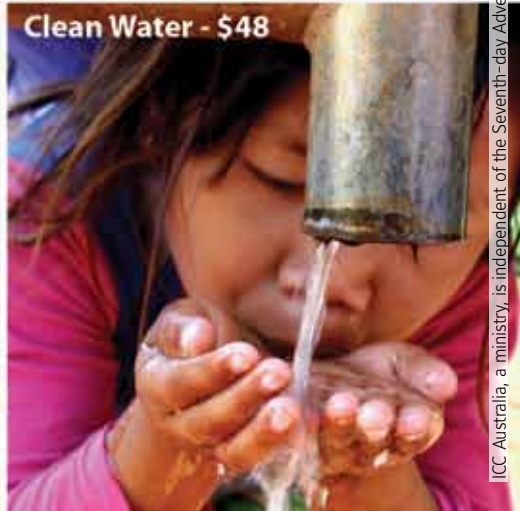
Childhood Early Learning - \$26



A Breakfast a Day - \$17



Back to School Kit - \$14



Clean Water - \$48

ICC Australia, a ministry, is independent of the Seventh-day Adventist Church organisation but is supportive of the Church.

Creative worship experience launches festival

Melbourne, Victoria

Films, flowers and hundreds of colourful paper birds featured at a youth rally in Melbourne, Victoria, on October 19–20.

It gave participants a taste of what to expect at the third annual Manifest Creative Arts Festival, which Adventist Media Network and Avondale College of Higher Education will present in March 2013.

The rally, organised by Victoria's Adventist Youth Ministries department, began in a cafe-style setting with an art exhibition, live music and a showcase of the best shorts from the SON-screen Film Festival and Manifest's HopeChannel Filmmaking Competition. It continued the next day with a worship service that explored questions of tragedy, beauty and transformation followed by afternoon workshops on creativity.

The service, presented by Manifest co-convenors Nathan Brown and Joanna Darby and Ms Darby's friend, Lidia Nowicki, featured Bible reading,

drama, film, flowers, live and recorded music, the paper birds and preaching. The aims: to present biblical perspectives on living faithfully, to create a memorable experience and to evoke a response.

"So much in our world and in our lives pushes us toward numbness—or hardness of heart, in biblical terms—often as a means of survival," said Mr Brown, who is also book editor at Signs Publishing Company. "But the faithful and creative life should be sensitive and deep and fully alive. That's what God calls us to be and that's what He calls us to share."

Manifest 2013 will feature filmmaker Terry Benedict, producer and director of the documentary *The Conscientious Objector*, and Dwain Esmond, vice-president of editorial services for the Review and Herald Publishing Association. New events include the premiere of a play written by Avondale alumna Linley Lee, a dinner and awards ceremony for Adventist communicators



Young adults plant flowers during a worship service at the launch of Manifest.

and the launch of a Manifest-branded book on faithful creativity.

"The support and enthusiasm of [Victorian Youth Ministries director] Moe Ioane Stiles and her team is important," said Avondale public relations officer Brenton Stacey. "It not only shows Manifest is growing but that others value creatives and the way they challenge us to think about our faith." —Brenton Stacey

Photo: Fred Zinggi Photography

Blind given scholarships to develop life skills

Wahroonga, New South Wales

Christian Services for the Blind and Hearing Impaired (CSFBHI) is broadening its scope with the announcement of a scholarship program.

The Personal Pursuit and Empowerment (PPE) scholarships will assist people with sight and hearing impairments to develop general life and occupational skills. Two \$A2000 scholarships will be available in 2013.

Perth (WA) resident Tim Meyerinck, who is undertaking a six-month independent living course at the Hatlen Centre for the Blind in San Francisco, USA, is the inaugural scholarship recipient. In fact, he provided CSFBHI with the idea for a scholarship program.

"As a teenager Mr Meyerinck attended New Vision blind camps at Logue Brook [WA]," said CSFBHI manager Lee Dunstan. "It was from recalling his pleasant association there that he contacted me, asking for assis-

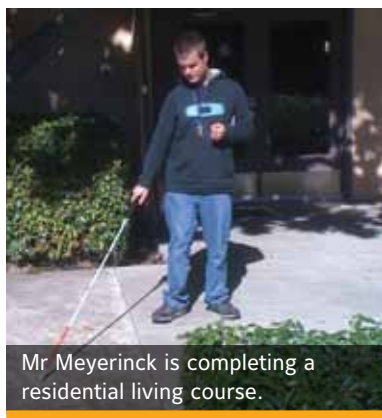
stance. His appeal to CSFBHI for help planted the idea for a scholarship. In the past, New Vision blind camp attendees each received a subsidy from CSFBHI, but in recent years government regulation has made the camps too difficult to operate with non-professional volunteer counsellors, so the scholarships make a worthwhile alternative form of assistance."

Mr Meyerinck, 31, has worked for some years, including in the office of Western Australian parliamentarian and former pastor of the Christian Reformed Church, Peter Abetz, who endorsed his application. "He takes his blindness in an accepting way and makes the most of his life," he said.

The scholarship will support Mr Meyerinck in a residential living course, which involves life skills training by professionals and practical community experience.

PPE applicants must be legally blind or deaf and be pursuing some form of formal and certified, impairment-related self improvement; must be endorsed by a referee; and give a written summary of their pursuit and its goals.

Full conditions and application information is available on the CSFBHI website <adventist.org.au/CSFBHI>, or from CSFBHI manager Lee Dunstan, <leedunstan@adventistmedia.org.au>. —RECORD staff



Mr Meyerinck is completing a residential living course.



Casualty of duplicity

James Standish

I knew it! Yes, I know it's ungracious to say so, but it's the truth. Three years ago I stopped by a newsagent in Melbourne's CBD on my way to the doctor to be treated for a particularly nasty bug I'd picked up during an otherwise wonderful visit to Papua New Guinea.

The newsagent launched into a laudation of Lance Armstrong, assuming after hearing my American accent I suppose, that I'd heartily agree. He did not react well when I replied, feeling very under the weather you must remember, that I thought Lance a drug cheat. "A cheat, you call the man a cheat? He's been tested more than any other person in history. What more do you want?" he said, examining me head to toe as if this slightly dishevelled man with a greenish hue to his face, was the last person on earth who should be casting dispersions on a cancer-surviving, charity-leading sports hero for the ages.

Of course, he was right. I had no evidence whatsoever. So why was I so sure? Because Armstrong won seven Tour de Frances in an era when we knew for sure many of the riders were doping. Think about that. He wouldn't just have to be better than any rider in history, he'd have to be that much better than any doped up rider in the most competitive era in sports history. I haven't calculated the odds on that, but it must be somewhere around a gazillion to one.

But it's not just Armstrong. I would put money, metaphorically you understand, that this year's summer Olympics were as much about advances in chemistry as they were about advances in athleticism. We have had decades now of drug cheats remaining one step ahead of enforcement regimes in everything from baseball to swimming, athletics to football, weight lifting to boxing. Why would we think the enforcers miraculously caught up with the cheats this Olympics? Some of the more freakish performances only confirm my suspicions.

But there is another reason I am suspicious of skulduggery: human nature. You see, wherever you look in the world, when the stakes are high, cheating is rife. But arguably it's in the world of finance where the cold face of avarice leads to the most dangerous cheating.

We all know we're in a period of tremendous global

financial instability. But most of us don't know why. Without getting too technical, this is how the mess began. People were given mortgages they couldn't afford in America. But why would anyone give someone a mortgage they couldn't afford? Because they got loan origination fees and then sold the mortgages to investment banks. Why would the investment banks buy them? Because they then bundled the mortgages together into "mortgage-backed securities". But why would any sane investor purchase securities full of dangerously over leveraged mortgages from investment banks? Because investors didn't know how risky they were.

Investors didn't understand the risks because the "independent" ratings agencies rated mortgage-backed securities as very safe. But why would ratings agencies risk their reputation to rate groups of high-risk mortgages as a safe investment? It could be that they simply were incompetent. But a number of experts have pointed to another reason: they had a financial incentive to do so, as they were reaping record revenues and profits from, you guessed it, rating mortgage-backed securities. And in order to keep the mortgage-backed securities ratings business of the largest investment banks, which not only gave them the business but paid them for their ratings, the ratings agencies had, as one analyst put it, "a strong incentive to play along".¹

Eventually homeowners did the predictable—they defaulted on the mortgages they couldn't afford in droves. The mortgage-backed securities were then downgraded—many from AAA to junk status. As the securities were held by banks, pension funds, insurance companies and even governments around the world, this downgrading depleted the capitalisation of many lenders. As their capitalisation shrank, so did their ability to extend new loans and the whole credit market froze. So everyone from small time borrowers to large companies couldn't raise capital and things started falling apart in every direction.

Tens of millions of people lost equity in their homes; many lost their homes in total, their jobs and their retirement savings. As an employee of one of the agencies that

(Continued page 6)

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 "Young adults plant flowers during a worship service at the launch of Manifest."

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SEVENTH-DAY ADVENTIST

Our vision is to be a church that...
knows experiences and shares
our hope in Jesus Christ!



Just be still

Jarrod Stackelroth

Psalm 46:10:

“Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

Part of my role is to produce a devotional column for the RECORD website. At the moment I am struggling with writer’s block and a sense of disconnection from God. I have nothing written and my brain is not functioning how I’d like it to. Perhaps more importantly, I am struggling with my own personal devotional life. And I can feel it. I have a hunger, a longing to feel God’s presence. A creeping loneliness and unquiet lie just under the surface. That doesn’t mean that I am not reading God’s Word or attempting to apply it to my life. I am trying to spend the time, but the quality of time has changed. It’s more like a chore than a pleasure. And it feels like no-one is listening.

I’m frustrated and impatient with my wife, quicker to anger and my swear jar (if I kept one) would be filling up.

In this hustle, bustle world, with a phone full of apps, a TV full of stations and a life full of distractions, how often are we truly still? Life’s worries shout into our subconscious. We pray for protection and guidance before rushing off on the Lord’s business. I don’t know about you but I rarely have time to stop and be still, let alone being still with the sole purpose of knowing God. Even on Sabbath, the day of rest, we are caught up in church services and ministering to others through food and fellowship. So much of rest and recreation is about entertainment and when you’re doing nothing you feel guilty about all the things you’re not doing.

I encourage you today to take some time and dwell in the moment, clear your mind of less important things and think about God and your relationship with Him.

The second part of this verse explains that He will be exalted among the nations and in the earth. It is a certainty. Like the wind and the waves that Jesus calmed with a “Be still”, the chaos and corruption of this earth will be stilled by God’s glory and power in the end.

This is not about just being quiet, meditating and having a passive Christianity. I see this as an active command to be followed. If you need some certainty in your life, be still and let God handle it. He will! He showed numerous times in the lives of David, the psalm writer, and Joshua, that He was willing to go before His people to deal with their enemies. Be still, He will be exalted. In that knowledge, we need to be still, give God the time and the depth for Him to speak to and use us.

Jarrod Stackelroth is an assistant editor for RECORD.

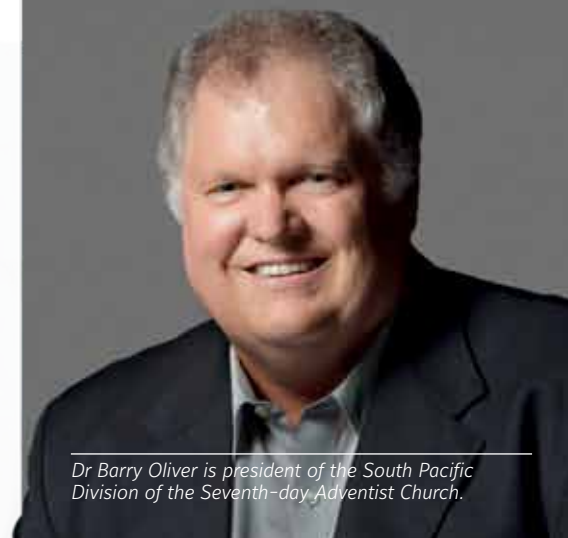
Young people changing the world

You know how it is? Sometimes you feel so proud of something you feel like the buttons on your shirt could actually pop off your chest! Now I know we should be humble and I really do believe that. But I just can’t help myself.

I am so proud of the effort that our young people across the Division have made to raise funds for their special World Changers project: to provide Bibles and Bible study guides for their fellow young people who are not in a position to be able to afford to purchase their own. Their objective is to raise \$A1 million, not only to make sure that people can have a Bible to read and study for themselves, but also so that they are equipped to share the privilege and excitement of being a disciple of Jesus with their secular and unchurched friends and families.

Wow!! We should all be encouraging each other to go above and beyond our wildest dreams. I know our youth leaders right across the Division have been casting the vision, raising the bar and putting in the legwork to make it happen. I have read emails and Facebook entries from excited, committed young people who want to make a difference. And you will!

Our World Changers Youth Congress at the beginning of January in Brisbane will be the time when all the buttons will be pressed and lives will be changed—including our own. Be there. The world needs YOU. The Church needs YOU. God is counting on YOU.



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

REVIVED BY HIS WORD

November 17–30

READING THROUGH THE BIBLE TOGETHER
ONE CHAPTER A DAY

17 - Judg. 4	21 - Judg. 8	24 - Judg. 11	27 - Judg. 14
18 - Judg. 5	22 - Judg. 9	25 - Judg. 12	28 - Judg. 15
19 - Judg. 6	23 - Judg. 10	26 - Judg. 13	29 - Judg. 16
20 - Judg. 7			30 - Judg. 17

GREY NOMADS CAMP

17—25 May, 2013
Stuarts Point Convention Centre

The annual North New South Wales Conference's Grey Nomads Camp for 2013 will be held at the Adventist Convention Centre, Stuarts Point, NSW from 17 to 25 May, 2013.

The event is open to Grey Nomads from across Australia and is an excellent opportunity for retirees to meet and fellowship together. Guest speakers include Pastor Melvyn Hayden II and Dr John Hammond.

More details about Grey Nomads 2013 will be available soon. Any enquiries can be directed to Debbie Head on (02) 4944 3220 or via email — greynomads@adventist.org.au.



ADRA issues Christmas challenge

Wahroonga, New South Wales

As Christmas gifts and decorations begin to fill store shelves, the CEO of the Adventist Development and Relief Agency (ADRA) Australia is challenging people to remember those families who go without — and give them a reason to celebrate.

"Almost a quarter of all Australian households are single person households," Jonathan Duffy said. "Single parent families make up 15 per cent of our population and of these 41 per cent are unable to earn an income.

"Christmas for these families doesn't necessarily involve celebration or family. This Christmas I'm challenging everyone to remember what Christmas should be about and to give those that need it most a reason to celebrate."

Mr Duffy's remarks come as ADRA Australia launches its annual "Give Life" Christmas Tree program. The program sees trees erected in churches, schools and other organisations across Australia. Instead of decorations, gift cards are hung on the branches, representing special gifts that will bring life to thousands around the world, including Australia.

According to Mr Duffy, the words of John 10:10 are central to the Christmas Tree program: "I came that they may have life; and life abundantly".

"It's also an easy way to give meaningful gifts amongst a season of rampant consumerism," he said.

Last year more than 1100 life-changing gifts were bought from ADRA Christmas Trees.

"That's a lot of chickens, school packs and emergency kits," Mr Duffy said. "But more than that, that's thousands of people who've been given a reason to celebrate." To find out more about the program go to www.adra.org.au — *Braden Blyde*



ADRA gifts "give life".

(Continued from page 4)

rated the risk of mortgage-backed securities, wrote to another before the crash: "Let's hope we are all wealthy and retired by the time this house of cards falters."² Maybe he was. Or maybe he found himself clearing out his desk and walking out the door for the last time; like Armstrong, a casualty of his own duplicity.

It turns out a central problem with dishonesty is that, while it can give individual advantage for a short period of time, it has a tendency to leave a wide swathe of destruction. And that destruction is nowhere better seen than in the lives of the perpetrators. When God instructed us to be honest, He wasn't asking us to sacrifice an advantage. He was instructing us to embrace a gift.

1. Matthew Phillips, "Did Rating Agencies Give Preference to Big Banks?", <http://www.freakonomics.com/2011/07/26/did-rating-agencies-give-preference-to-big-banks/>

2. Lorraine Woellert and Dawn Kopecki, Moody's, S&P Employees Doubted Ratings, E-Mails Say (Update), Bloomberg, http://www.bloomberg.com/apps/news?pid=newsarchive&sid=a_GhN6lhrkyo

Be in the know

Wahroonga, New South Wales

When was the last time you leafed through the *New York Times* at a leisurely pace, browsed Britain's *Guardian* newspaper, scoured the *Economist*, or even looked through the myriad of magazines and newspapers that serve your home media market? Most of us just don't have the time.

The good news is the RECORD team reviews a wide range of media daily to find stories that are most relevant to Adventists, and for the first time, we are making those stories available to you.

What kind of stories? There's the American Academy of Pediatrics' surprising new conclusions about organically grown vegies; research pointing the way to a counterintuitive path to reducing poverty; the heated spat between prominent Jewish and Christian leaders over Israel; and many, many other stories.

We are posting news stories of interest in a new section on record.net.au. The stories also appear on the iPhone

and Android RECORD apps. So, if you want to find stories of interest to Adventists from the secular media around the world, and you don't want to spend all day trawling through the *Bangkok Post* to the *Jerusalem Post*, visit record.net.au or download the iRECORD app. It's easy, it's free and it's fascinating. It's the best way to stay informed about the most relevant developments around the world.—RECORD staff



Stories are available on web and mobile devices.

Students make desks for peers

East New Britain, Papua New Guinea

Seventy students at Kambubu Adventist Secondary School (East New Britain) are enjoying working at new desks—designed and constructed by their peers.

Year 9 students from the Applied Sciences and Technical Studies Department built the desks, under the supervision of their teacher Alex Sando. The desks, constructed as part of the practical skills component of their basic woodworking course, were given to year 10 students to use.

The Kambubu Board of Governors was present at the dedication ceremony. One board member said the desks being replaced were the ones he used at the school many years before.

The new one-student desks have replaced the traditional two-seater combined desk/seat models that are widely used throughout the Adventist education system in Papua New Guinea.—Leigh Rice



There is a need for 400 more desks to be constructed as money and class time allow.

Camp meeting changes lives and habits

Port Moresby, Papua New Guinea

More than 3000 people attended the Central Papua Conference Regional Camp at Korela Mission station, which saw 153 people baptised by 14 pastors.

Church members came from six districts—Kwikila, Rigo-Maria, Aroma, Korela, Cape Rodney and Abau district—for the 10-day camp.

Special guest was South Pacific Division associate Health director, Dr Chester Kuma, who was born at Korela and celebrated his birthday while at the camp.

Dr Kuma presented a healthy lifestyle series that impressed the locals and inspired many of them to make decisions to reform their lives.

The daily program began at 4am with prayer, followed by the Salvation Series by Pastor Simon Vetali at 5am, and the Prophecy Series by Pastor Cameron Wari and Pastor Tony Kemo at 6am.

Morning devotions were conducted by local pastors and Bible studies were held during the day sessions.

"The messages during the camp brought revival and reformation in my life," said Alova, a PNG (Pukpuks) rugby union player who attended the camp.

Two ministers were ordained—Pastor Oscar Munile and Pastor Kevin Mark.—Cameron Wari



Pastor Kemo with the ordained ministers.



Live long and prosper

Early findings from a Loma Linda University study of 96,000 North Americans suggest reducing meat and other animal products in the diet can increase the life-span by six to 10 years. Vegans showed the clearest results in terms of healthy weight and lowered risk of chronic diseases. —*LLU*



Fighting back

World Vision and Solomon Islands' Church of Melanesia are tackling the problem of family violence, running the country's only women's shelter in Honiara and providing Bible based anti-abuse programs. Studies show 64 per cent of Solomon Islands women have suffered physical or sexual violence. —*ABC Radio National*



1000kms in 12 days

Eight participants undergoing a Salvation Army alcohol and drug rehabilitation program have cycled from their residential facility in Morrisset (NSW) to Port Macquarie. Along the way, the group visited 16 high schools, sharing their stories of addiction and raising awareness of the dangers of experimenting with drugs and alcohol. —*salvos.org.au*



The right to convert

The United Nations' Special Rapporteur on freedom of religion or belief, Heiner Bielefeldt, has urged nations represented at the UN's General Assembly to do more to protect the right of religious conversion. In many countries converting away from the majority religion is illegal and converts can face official or social hostility. —*UN News*



By any means

Adventist youth in South America have hosted an interactive online evangelism series that attracted nearly 130,000 viewers worldwide. Featuring pastor Luis Goncalves, the Contagem Regressiva (Countdown) livestream focused on end-time events and invited viewers to respond via Twitter. Youth leaders are planning to make the series an annual event. —*ANN*



Stimulant risk

The death of a 14-year-old girl in the US who died after drinking two cans of an energy drink has prompted calls for stricter regulation of the high-caffeine beverages. Norway, Denmark and France have banished energy drinks to pharmacies and Australian health groups want clearer labelling of caffeine content. —*ABC/Daily Mail (UK)*

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Historic education institution closes its doors

by Julia Young

This year, the Greater Sydney Conference reluctantly decided to close Sydney Adventist College (SAC) after a long slide in enrolment. At its peak in the '80s, SAC had roughly 550 students, by 2006 it had 300 students, and that number has declined steadily over the past six years to the point where it had 146 secondary students enrolled just before the closure was announced. During the past decade, the Conference has appropriated more than \$A4.2 million to keep SAC operational. This year SAC would have made a substantial operational loss if it were not for Conference appropriations and significant rental income from vacant facilities. But there is good news. In 1989, there was only one full high school in the Greater Sydney Conference; today, even after the closure of SAC, there will be three. In addition, in the past decade, the total number of students in Adventist high schools in the Greater Sydney Conference has increased by 49 per cent. RECORD congratulates SAC staff and students for a wonderful job over so many years, and we're proud to present this final report on the laudable charitable efforts of the SAC community.

From its inception in 1919 as an Intermediate High School, SAC has had a focus on service for others. Students have left from the school to pursue further study and work, contributing to society as missionaries, doctors, lawyers, nurses, business men and women, shopkeepers, cleaners, mechanics, musicians—the list goes on and reaches into many fields of endeavour.

The school grew over time, shifting from Concord to Auburn by 1922, then to Burwood in 1937. Here it was Sydney's central high school for Seventh-day Adventist students and had an enrolment of over 100. 1953 saw the school make another move—to its present site at 159 Albert Road, Strathfield. It grew to be an exceptionally well-resourced school that sought to foster in its students a love for God and learning. At the peak of its enrolment in the late 1980s it had close to 550 students.

Since then it has continued to achieve its mission in inner Sydney: it contains a microcosm of the diversity of children in God's world and seeks to model God's love in this community, introducing pupils to Christ through a Christian education, and supporting all of its students both academically and spiritually.

Despite the decision to sell SAC, service to others has still been a core value throughout this year. Recently there have been three significant examples.

The first of these was the ADRA Appeal. At a time when many people do not like collecting money because it involves going door-to-door asking for support, our students enthusiastically volunteered and we had the embarrassing situation of not having enough drivers to take all of

them. With good grace, some of those who could not go with drivers waited for teachers to finish classes, and then together they covered the local streets on foot. Altogether, \$A3700 was collected to assist ADRA in Australia and overseas.

Another mission project spearheaded by the Student Representative Council was raising money for Bibles for the Solomon Islands. In order to do this, they had a mufti day and sold various delicacies to the student body. Giving further support, Year 9 and 10 Commerce students applied their skills and raised approximately \$340. The activities in this outreach were very successful and raised a total of \$1600—enough for 320 Bibles.

The last outreach involved a number of students—especially senior students—and staff, and was organised by the Head of Bible, David Beebe. Once a month a group of students went to Redfern where they ran a soup kitchen and a variety of activities for the residents. It was a time to share the Gospel with others, and provided opportunities for growth for students. As one parent noted, "We were at Redfern on Sabbath and I realised this is yet another gift you have given our family . . . We look forward to our once-a-month visit. Not only that, but once again our daughter experiences what joy can be gained through giving."

We are proud of our Sydney Adventist College students and the evidence in their actions that the Gospel is leading them to service for others—service that extends beyond the school to create a lasting difference.

Julia Young is principal of Sydney Adventist College.



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OPINION

Erin Raethel

Atoifi and me

Thirteen nauseating hours in a very small boat. This is how eight of my nursing classmates, our lecturer and I travel from Honiara, Guadalcanal to Atoifi Adventist Hospital on Malaita. The purpose of the two-week trip: a clinical learning experience in an isolated hospital and an introduction to medical-focused mission.

We had flown to the Solomons with more than 170 kilograms of excess luggage—alcohol wipes, catheters, dressings, hymnals, paediatric wall stickers, shower curtains, stationery and wall clocks. The students in the hospital's School of Nursing are grateful for the supplies and distribute them on the wards for immediate use. They're resourceful too: gauze and cotton wool double as feminine hygiene pads and cone-shaped fetoscopes detect the foetal heart rate like an ultrasound.

The only resident expatriates at Atoifi are a Peruvian couple, Dr Elma Ribeyro and his wife, Angelica, a pharmacist. Dr Elma can perform surgery only when the village generator is operating: 9am-12pm and 6pm-9pm. Outside of these hours nursing procedures must be conducted near windows or by torchlight.

Dressed in scrubs with Crocs on our feet, we nurse patients who've fallen out of coconut trees, contracted malaria or tuberculosis, or given birth. The local women prepare a feast for us—cassava, cucumber, pawpaw, tuna and watercress. We also begin drinking coconut milk like we drink water.

The continuous rain does little to dampen our spirits or drown out the harmonious voices singing praises at morning worships. Even on the wards, the nurses begin their day by conducting worship with the patients. Atoifi survives on prayer and hard work.

To be a nurse at Atoifi is a challenge—professionally and personally—and a witness to how true healing comes from God. To nurse the vulnerable back to health, wherever God calls us to serve, is a privilege.

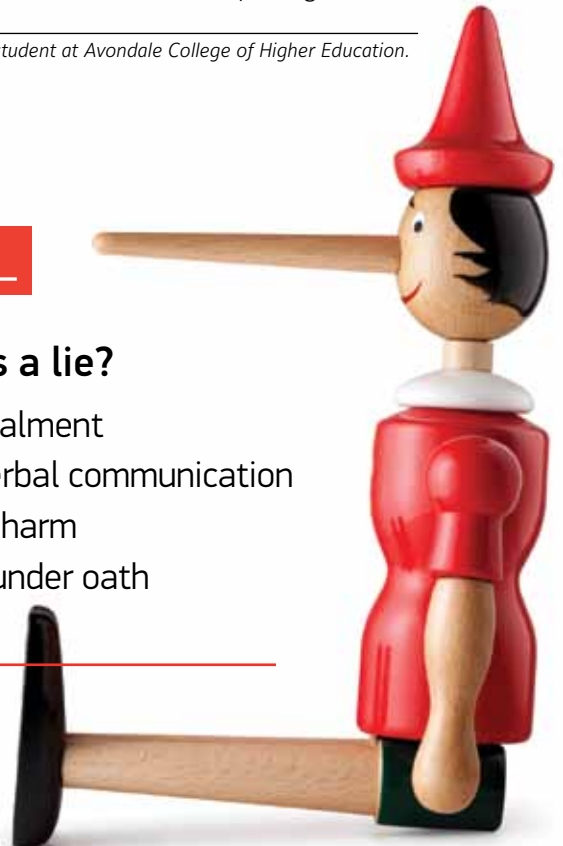
Erin Raethel is a bachelor of nursing student at Avondale College of Higher Education.

OPINION POLL

What constitutes a lie?

- Any form of concealment
- Any misleading verbal communication
- Untruths likely to harm
- Untruths spoken under oath

To answer this poll, go to
<record.net.au>.





R HEALTH FEATURE

with Cathy McDonald

Oils for heart health

There are four different types of fat that have different effects on your body and most importantly on your heart:

Saturated fats

These increase the level of "bad" cholesterol in your body. They are mainly found in animal-based foods, including dairy products, eggs, meat and chicken. They are also high in processed foods like chips, bakery products, takeaways and many snack foods. We should limit our consumption and eat these foods only occasionally.

Trans fats

Trans fats are found when a vegetable oil is hydrogenated, which is the process where a liquid fat-like oil is made into a semi-solid form. These fats increase total cholesterol and LDL or "bad" cholesterol levels. They also decrease the level of "good" (HDL) cholesterol. Trans fats are used a lot in takeaway food, commercial bakery foods like cakes and biscuits, and can be found naturally occurring in small amounts in meat and dairy products. Again, limiting your consumption of processed foods will reduce the amount of trans fats in your diet.

Polyunsaturated fats

Many studies have shown that polyunsaturated fats can lower total and "bad" cholesterol while maintaining the level of "good" cholesterol. These fats are found in plant-based oils such as sunflower, safflower and soybean oil, as well as seeds and nuts, especially walnuts and Brazil nuts.

Monounsaturated fats

Monounsaturated fats are also known to increase the levels of "good" cholesterol, which helps to prevent the build-up of fatty deposits on the artery wall. Monounsaturated fat is found in olives, olive oil, canola, macadamias, hazelnuts, almonds, cashews and avocados.

To maintain or improve heart health we need to look at the foods we eat and the different types of fats in them. Reducing the amount of saturated fats in our diet and exchanging these for unsaturated fats, such as mono or polyunsaturated fats, is a good way to do this.



The perfect salad for any week night meal.

Mediterranean bean salad

Preparation time: 10 minutes Cooking time: nil Serves: 8

- 100g baby spinach
- 2 cups (40g) baby rocket
- 1 cucumber, sliced
- 3 roma tomatoes, cut into wedges
- 1 cup mung beans
- ½ avocado, sliced
- 1 small red onion, thinly sliced
- 420g can four bean mix, drained and rinsed
- ¾ cup kalamata olives, pitted and sliced in half

- ### Dressing
- 1 tablespoon lemon juice
 - 1 tablespoon balsamic vinegar
 - 1 tablespoon olive oil
 - ¼ teaspoon salt (optional)

1. Place all salad ingredients into a large serving bowl.
2. In a separate bowl, whisk dressing ingredients until combined.
3. Sprinkle salad with dressing. Toss and serve.



NUTRITION INFORMATION PER SERVE: Kilojoules 873kJ (209Cal); Protein 12g; Fat 9g; Carbohydrate 20g; Sodium 202mg; Potassium 807mg; Calcium 90mg; Iron 3.5mg; Fibre 8g.

Call and speak to one of our qualified nutritionists at Sanitarium Lifestyle Medicine Services on 1800 673 392 (in Australia) or 0800 100 257 (in New Zealand). Alternatively, email us at nutrition@sanitarium.com.au (Australia) or nutrition@sanitarium.co.nz (New Zealand). Don't forget to order our free cookbook, *Food for Health and Happiness*, by visiting our website www.sanitarium.com.au or www.sanitarium.co.nz

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HEALTH WISE

Dr James Wright

Q: I like muesli, which invariably contains lots of dried fruits such as sultanas, raisins and bananas, plus unprocessed bran and other nutritional goodies. But an hour later, I feel bloated and uncomfortable. Should I change my menu?

A: Muesli is a good wholesome breakfast. However, dried fruit rapidly absorbs water in the gut, swelling to its original size. Many find this causes bloating and flatulence. Try to find one without the fruit. Alternatively, make your own. There are plenty of simple recipes around. Basically, it's rolled oats and bran, milk powder, wheat flakes and any other grains you care to add.

Q: I know soy products are healthy but I do not like the taste.

A: There are many options that will make them tastier. Use soy milk and fruit to make smoothies—kids often love these. Flavoured soy milk (no caffeine) is available. Make dips and pastes from cooked soy beans. Add garlic, chilli, olives, sun-dried tomatoes or herbs for variety and make it tangy. Make curries and dhal to serve with rice.

Soy milk can be used to make a custard, white sauce and cream soup or in lentil and bean soups for cold winter nights.

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

MY STORY

Daniel Nathaniel, VANUATU

Six years ago I joined the Seventh-day Adventist Church. There were a number of things that impressed me about the Church, but the Sabbath truth really stood out. I heard about it at an evangelistic meeting and I realised the speaker was right—God rested on the Sabbath day, so we should too.

My family did not agree. We had certain practices or habits that didn't fit with my new faith. They were of the opinion that you should be born, live and die in the same church.

About a year ago my life changed dramatically when I got married. I feel very fortunate to have my own home now, and it is our goal to always extend hospitality to others. It's part of our Christian experience.

I also have a daughter now. My hope is that I can be the kind of Christian example that will inspire her to grow up to love God.



LETTERS

GIFTED BY THE SPIRIT
Peter Marks, Qld

Kudos to Kent Kingston and "Back to basics" (Features, October 20). Having thought seriously about these basic issues for nearly 20 years, I have come to the same conclusions.

Perhaps one can go further and assert that all believers are gifted by the Spirit of God and through this gifting are called to engage in the ministry of Jesus to a hurting world.

I am energised by the thought that we, as modern believers, can engage in the task of disentangling primitive Christianity from millennia of tradition concerning this issue. I choose to go wherever Scripture takes us. What about you?

US VS THEM?

Hugh Heenan, NZ

Over several years I've enjoyed and applauded the widening array of interesting news reports and biblically creative, helpful and practical articles sourced by RECORD.

It's encouraging that our talented RECORD team has set some even more outstanding and ambitious goals for "the best generalist magazine we have in the Adventist Church" (Editorial, September 29).

Therefore, in order to maintain this upward curve and ensure that its articles remain "so engaging you want to share them with your friends, and your friends actually want to read them" (ibid), I strongly urge RECORD to avoid the inclusion of deplorable articles such as "Something we can agree on?" (same edition).

The "us and them" mentality and condescending tone of this article targeted toward Adventist "progressives" is deeply regrettable. As is the

ill-informed misrepresentation of the many forward thinking, progressive, mission-oriented Seventh-day Adventists who not only delight in "keeping the unity of the spirit" (Ephesians 4:3), but certainly do not hold the views reported by the writer as commonly held, or perceived to be held, by Adventist "progressives".

Do the vast majority of progressive Adventists, whether or not they hold the label progressive, wish to abandon biblical teachings on the six-day creation or human sexuality? I seriously doubt it.

Yes, by all means, let's respect leadership and pray for each other, and with each other. However, let's not use the wonderful experience of prayer as a less than subtle attack on those with whom we may disagree, such as that found in the last line of the article.

Sadly, this does not deepen the bonds of love but divides them asunder. So, please, I encourage us to be above such pettiness so that we can focus on the amazing work God is doing amongst and through us, His people.

FIRM DISCIPLINE

Bob & Elaine Donaldson, NSW

It's very distressing to witness child abuse, especially as a type of punishment as you did (Editorial, October 20).

However, we'd like to submit that "genuine love" for one's child does not exclude "physical punishment"—we prefer to call it discipline—as you seem to indicate. (My mum would use the toaster cord which was kept hanging over the kitchen door handle, unless I had hidden it!)

Perhaps you would agree

if you were also to happen upon a child being physically disciplined in a loving Christian home and being given a firm slap (with a hand on the bottom)—AFTER the child has been told the reason why and when parents were not "hot under the collar". Any bad temper shown by parents will only cause bad temper in the children. This type of discipline will often be more hurtful (inside) for the parents, and many children will sense it and feel remorseful. As parents to four sons (now adults) we certainly used other methods of discipline too. We found that we didn't have to administer the physical type very often, but we certainly threatened them with it more often (as a deterrent)! We support Solomon's admonition.

Benjamin, via website

Thanks for putting a balanced view on this touchy subject. I think the more kids are hit the more they will turn to hitting to resolve their own problems. It's a vicious circle.

HUMBLLED

Fraser Reuben, via website

Thank you for sharing your story ("Thieves and rust", September 29). I had a similar experience four years ago when my home was broken into and my laptop and a couple of thousand dollars were stolen.

As I reflected on this experience I was humbled to realise I was a robber—for God was there when I robbed Him of His money when I used to be very unfaithful in returning His tithes and offerings (Malachi 1-3). God reminded me through that experience and I thank Him for it.

Note: Views in letters do not necessarily represent those of the editors or the denomination. Letters should be less than 250 words, and writers must include their name, address and phone number. All letters are edited to meet space and literary requirements, but the author's original meaning will not be changed. Not all letters received are published. See Page 4 for contact details.



The Greater Commission

by Nathan Brown

THE VERSES KNOWN AS THE GREAT COMMISSION (Matthew 28:18–20) are among the best known in the Bible—by Christians. They have been often described as the Christian’s mission statement, and have been emphasised, analysed and prioritised to explain all kinds of mission and evangelistic projects. Mostly these focus on the going, making, baptising and teaching—a formulation that has been picked apart and put together in various ways.

But sometimes we detach or skip the opening and

closing statements of this commission: “Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to me. . . . And surely I am with you always, to the very end of the age’ ” (Matthew 28:18, 20b). This commission begins and ends with Jesus. His personality, power and presence are the context in which His disciples are to accept and fulfil His mission. As such, we need to remember that these instructions to Jesus’ first disciples were not so much a new assignment but more a continuation of the mission Jesus had

been already working among them.

The mission of Jesus

Whether it was the prescribed reading for the day or Jesus intentionally found the relevant verses (Isaiah 61:1, 2) in the scroll He was given to read, it was no coincidence these verses were the text for His first public sermon: “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favour” (Luke 4:18,19). Neither is it a coincidence that the story of Jesus’ short sermon—“Today this scripture is fulfilled in your hearing” (verse 21)—begins Luke’s record of Jesus’ public ministry.

Jesus—and Luke in his retelling of Jesus’ story—used the prophecy of Isaiah to explain what Jesus was doing and was about to do. These verses from Isaiah 61 were adopted as Jesus’ mission statement. His ministry and mission were to be both spiritual and practical, and He would demonstrate that the spiritual and practical are not as far apart as we sometimes assume. For Jesus and His disciples, caring for people physically and practically were at least part of caring for them spiritually.

Sometime later, Jesus’ cousin and forerunner, John, sent messengers to Jesus to ask the key question: “Are you the One?” While John may have had mixed motives for the question, perhaps even hoping to prompt Jesus to action on his behalf—he got the question right.

Yet Jesus’ response might be different to what we might have expected—except that it echoes what we have already seen of what Jesus said He had come to do: “Go back and report to John what you have seen and heard: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor” (Luke 7:22). For Jesus, it seems His practical ministry, care for those in need and practical love in action, should have been enough to convince—or remind—John that He was the One who John had previously declared Him to be.

In Matthew’s story of the commissioning of the 12 disciples, when He finalised the group of 12 special followers, it seems the first thing Jesus did was to send them out. He gave them an assignment with specific instructions: “As you go, proclaim this message: ‘The kingdom of heaven has come near’ ” (Matthew 10:7). This was the good news He wanted them to practise sharing—in this first instance, working only in their local communities. So when He left them with His final instructions to go and evangelise, to be His witnesses and

to share good news (see Matthew 28:18–20 and Acts 1:8), it was not a new undertaking but rather a broader field for the mission they had already been learning and doing.

Therefore, go . . .

Because of their mission, training, service trips and personal experiences with Jesus, He instructed His followers, “therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you” (Matthew 28:19,20).

Their ministry in Jesus’ name was to reflect and enact the values and principles of His ministry and the kingdom He invited them to. They were to join with Jesus in His mission to lift up the last, the least and the lost.

Church discussions sometimes seem to get stuck on the apparent need to choose between a focus on service or witnessing, justice or evangelism. But when we better understand each of these concepts and observe the ministry of Jesus, the difference breaks down and we realise that kingdom action—particularly serving others—is a form of proclamation and leads naturally to an invitation. We don’t choose one action or another. Rather, we work with God in working with people, meeting their real needs by using whatever resources God has entrusted us with.

In one of Ellen White’s best-known statements, she explained it like this: “Christ’s method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs and won their confidence. Then He bade them, ‘Follow Me.’ . . . The poor are to be relieved, the sick cared for, the sorrowing and the bereaved comforted, the ignorant instructed, the inexperienced counselled. We are to weep with those that weep, and rejoice with those that rejoice” (*The Ministry of Healing*, p 143).

As we have seen, these two kingdom actions—service and evangelism—were closely entwined in Jesus’ first commission to His disciples and that is how His later and greater commission should be similarly understood and lived out.

At its best, evangelism—bringing the good news of hope, rescue, repentance, transformation and God’s all-embracing love—is an act of service. And, rightly understood, service is evangelism, proclaiming and enacting the kingdom of God in ways people cannot help but notice in our lives—and theirs. ⇨

Nathan Brown is book editor for the Adventist Media Network.

Church discussions sometimes seem to get stuck on the apparent need to choose between a focus on service or witnessing, justice or evangelism.



The face of Jesus

To see Jesus' face: Stare at the four dots in the centre of the picture for 30 seconds then close your eyes.

by Eliezer Gonzalez

PEOPLE ARE FASCINATED WITH WHAT JESUS MAY have looked like. This is not strange in our modern society that is obsessed with appearances. Maybe this is why the Shroud of Turin has created so much interest—it is claimed to be the very cloth in which Jesus' body was wrapped when He was in the tomb. The image of the face and the body of a man, marked in cloth, has excited the imaginations of millions.

The Shroud of Turin may well be the most studied and written about historical artefact of all. In fact, it has spawned its own academic discipline, "sindonology", which means the study of the Shroud of Turin. A few searches on-

line will show you the lengths that some people have gone to reconstruct what Jesus' face may have looked like, using the image on the shroud.

But people who believe the image is that of Jesus must necessarily also believe that Jesus' head was too large for His body, and that His nose was disproportionate, and His arms were unusually long, with one arm much longer than the other, and that His index finger was 13 cm long. Why? Because those are the dimensions of the image on the shroud. The representation of the human body on the cloth looks suspiciously like what you might expect from an artist in the 14th century. This, along with a number of other

discrepancies, has led many experts who have studied the shroud to conclude it's a very skilful forgery from the Middle Ages.

The earliest historical description of what Jesus looked like is found in The Letter of Lentulus, which purports to have been written by a Roman official, Lentulus, at the time of Tiberius Caesar. It describes Jesus as, "a man in stature middling tall . . . having a reverend countenance . . . hair of the hue of an unripe hazelnut . . . flowing over his shoulders . . . a full beard of the colour of his hair, not long, but a little forked at the chin . . . the eyes grey, flashing, and clear; in rebuke terrible . . . sometimes he wept, but never laughed . . . in talk grave, reserved and modest, fairer than the children of men".¹

This Jesus who never laughed is not the Jesus of the Bible, who attracted little children to the extent that the disciples had to shoo them away! In fact, the description in the Letter of Lentulus might be more impressive if we didn't know that it also is a forgery, penned in the 13th century. Despite its dubious origins, this description is historically very important because it actually determined how Jesus was painted and portrayed right up until our modern era. That is why we have so many paintings of a sombre Jesus with a forked beard.

Of course, Hollywood and the film industry has had an important role in forming the idea of what Jesus looked like for many people today. Some highlights (or lowlights) include the 1961 *King of Kings* with the blue-eyed Jeffrey Hunter as Jesus; the 1973 hippie Jesus in *Jesus Christ Superstar*; and Franco Zeffirelli's 1977 mini-series *Jesus of Nazareth*, in which Robert Powell, in the part of Jesus, only blinks once in six hours! More recently, directors such as Mel Gibson have attempted to portray Jesus in more realistically Semitic ways. In the *Passion of the Christ*, Jim Caviezel had his nose prosthetically enlarged and his eye colour digitally altered from blue to brown. Still, the enhancements cannot change the fact that Caviezel is not of first-century Judaeian Semitic stock. The story of Jesus in film seems to be the story of our insistence on making Jesus in our own image.

Putting Hollywood aside, historians and anthropologists speculate that Jesus may have been approximately 5 feet and 1 inch tall², and would have had dark hair and eyes, with olive-coloured skin. Jesus most probably had a curly/bushy beard, since that was expected of men in that culture, and contrary to modern representations, His hair was probably short and curly. Interestingly, we can be fairly confident that Jesus did not have long hair because Paul calls long hair on a man "disgraceful" (1 Corinthians 11:14).

What can we find out about Jesus' appearance from the Bible? Very little. The prophet Isaiah prophesied of Jesus,

that "he had no form or majesty that we should look at him, and no beauty that we should desire him" (Isaiah 53:2). In fact in Gethsemane, Judas had to indicate who Jesus was to the mob by going up to Him and kissing Him. This again suggests that Jesus did not markedly stand out from His disciples in terms of what He looked like. Perhaps the scarcity of information about what Jesus looked like in the Bible is because Jesus never wanted us to actually focus on His physical appearance. He wanted us to focus on more important things.

The Bible does shed light on the body of Jesus, but in a different way to what we may have expected. Paul refers to the church as the body of Christ, in which we are all different but important parts of His body (1 Corinthians 12:12–27). As we serve as Jesus served, we are the face of Jesus to a world that is longing to know what the face of Jesus is like. Jesus Himself says to us, "just as I have loved you, you also are to love one another. By this all people will know that

you are my disciples, if you have love for one another" (John 13:34,35).

Just as the Greeks looked for Jesus during His final visit to Jerusalem, so too the cry of the untold wounded lives that surround you is "we wish to see Jesus" (John 12:21). And Jesus has called us who love Him to be His representatives in this world: to be His hands, to be His feet, to be His face. It's time for us all as individuals, and as a Church, to consider carefully what is the face that we show to our neighbours, to our friends and

colleagues, and to the community.

We can start in our families and in our churches. There is an urgent need for the face of Jesus to be seen in husbands, wives, fathers, mothers, brothers and sisters. When people come to our churches, they do not need to see elders, deacons and Sabbath School superintendents. They simply want to see the face of Jesus. Because Jesus' plan is that until He comes again, the closest that people should come to seeing the face of God is to look at your life as one of His disciples.

But if you want to know what Jesus looks like for real, then I can tell you how. Stay faithful to the end, love Him always and let God mould you to be the face of Jesus to the world. And one day soon, when He returns to establish His everlasting kingdom, you will certainly "see His face" (Revelation 22:4). ✠

1. The Letter of Lentulus, in the Apocryphal New Testament, tr. J. K. Elliott (Oxford Clarendon Press, 1993), 542–543.

2. This is the typical height based on the analysis of male skeletons from the 1st century Palestine.

Eliezer Gonzalez lives on the Gold Coast with his wife Ana and their two children. He has an MA in Theology, an MA in Early Christian and Jewish Studies, and is completing a PhD. He is passionate about evangelism and the growth of the kingdom of Christ.

First female physician

by Lester Devine

Margherita (Rita) Freeman became the first Adventist woman to qualify as a physician in Australia when she graduated from Sydney University in 1911. Early in 1912 she established a practice in Cooranbong and by mid-year this extremely capable young woman had secured registration for a small Adventist hospital across the road from the Memorial Church. As the sole physician within 40 miles she was extremely busy, but she also found time to tutor in Chemistry at Avondale College.

Meanwhile, things were not going well at the "San" hospital in Wahroonga. Staffed by American trained doctors with qualifications deemed unacceptable by Australian authorities, the registration of the hospital was about to be withdrawn.

Pastor J E Fulton, president of what was then equivalent to the South Pacific Division, arranged a meeting with Rita and Dr Thomas Sherwin, who had just completed his medical training and was working at the Sanitarium. After some discussion, Pastor Fulton decided that he wanted Thomas to be the hospital superintendent but for that to happen the doctor needed to be a married man. So Pastor Fulton asked the two doctors whether they had ever considered marrying each other. Rita was silent for she had never thought of marriage, or even having a boyfriend; she was far too busy in Cooranbong. Thomas on the other hand considered the suggestion acceptable but was concerned with how Rita felt about it. On reflection, she was willing, so Pastor Fulton then proposed they wed within 10 days so that he could conduct the ceremony before he left for a trip to Fiji.

The couple was married on a wet and dismal day in September 1912. There was no time for a honeymoon—they had no money anyway—so both were back at work the next day: she in Cooranbong and he attending Union committee meetings in Sydney. Rita later stated, "We were told not to have children as the Lord's coming was near and we needed to build the medical work up to standard."

Thomas saw Rita a week later and visited her when he could until she moved to Sydney. Fifteen months of hard work was difficult for Rita to walk away from, especially when a replacement doctor could not be found even though the Avondale Health Retreat was prospering.

Unusually for the time, Rita retained her maiden name for professional reasons. Once working at the San, she soon found that reputable physicians would have nothing to do with the place. She and Thomas found that every attempt at registration was rebuffed until finally, after a 10-week probationary period, much discussion, negotiation and questioning, the hospital was invited to rejoin the British Medical Association. Rita's previous experience in obtaining registration for the Avondale Health Retreat was

an invaluable and providential preparation for her new role at the Sanitarium.

Rita began a long career specialising in obstetrics and, along with her husband, took a keen interest in the nursing training program, firmly establishing an ethical foundation of spiritual principles which continue to this day.

Years later Rita and her husband took specialist training in the United Kingdom which required them to live apart for a time. She studied gynaecology and tropical medicine. They spent many years in Victoria: Thomas building up a struggling hospital at Warburton and Rita establishing a strong practice in Melbourne, forty miles away. This commitment, and Thomas's duties over the years in leading out in the medical ministry of the Church in the South Pacific, meant much time apart for the couple.

Rita noted late in life that while she did not love Thomas when she married him, she in time did come to love him and that they had enjoyed many happy years together.

Eventually the couple moved to Western Australia and did much work to assist the elderly. Sherwin Lodge, in Rossmoyne, was named in honour of Thomas. Rita did not fully retire from medicine until the age of 75 and when nursing home facilities were added at Sherwin Lodge, that part of the complex was named The Freeman Nursing Home.

But that's not all—the life-long commitment to Christian medical and evangelistic service of this remarkable physician lives on. On the weekend of November 30 to December 2, 100 years after Rita began her medical ministry in Australia, the Adventist Medical Evangelism Network is meeting in Melbourne. Physicians, dentists, nurses and allied health professionals will come together to promote, strengthen and build on her invaluable legacy and ministry (see <www.amensda.org>).

The story of this remarkable woman has been recently published. Authored by RoseLee Power, curator of the Adventist Heritage Centre, copies of Born To Serve can be obtained via <online-store@avondale.edu.au>

Lester Devine is director emeritus of the Ellen G White/Adventist Research Centre at Avondale College of Higher Education.



Dr Margherita M Freeman
(1884-1979).

Kids' Space

CIAO* Kids

Jesus told a story about a mustard seed. He said that it is one of the tiniest seeds, but grows into a huge tree.

Our love is like a seed. If we can show love and kindness, more and more people will want to do the same until love is shown to everyone!



FOLLOW THE HEART STRINGS

Follow them in order (left to right) then write down the words to find out the messages for today.

MEMORY verse
2 Peter 3:18

WORSHIP MESSAGE

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Entries close March 8, 2013
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Saturday, March 23 at 7:30 pm

To find out more or to enter go to
www.artsmanifest.info



Presidents' retreat

Local conference presidents and their wives came together for the Australian Union Conference's annual Presidents' Retreat in Jumbunna (Vic) in August. With a number of presidents new to their roles, the retreat gave the men an opportunity to share, plan and pray, while the spouses talked about issues and challenges they faced since their husbands accepted their leadership positions.—*Chester Stanley*



Riding with purpose

Earlier this year, Wes Dose, Tom Dose and Peta Rogers rode from Cooranbong (NSW) to Adelaide (SA), a distance of 1500 kilometres, to raise money for an Avondale College mission trip to Brazil (currently underway). With support driver James Folley in tow, the riders were up at 5 am most mornings and covered approximately 150 kms per day.—*Grapevine*



Sisterly fellowship

"Back to the future . . . in God's hands" was the theme for the South New Zealand Conference's Women's Ministries session at Living Springs Camp and Conference Centre in Governors Bay earlier this year. South Pacific Division Women's Ministries director Erna Johnson was keynote speaker for the event, which provided a "spiritual banquet" and a wonderful time of sisterly fellowship.—*Janeth Greenaway*



Male health outreach

Dr Brian Owler, Sydney Adventist Hospital neurosurgeon and spokesman for the Roads and Traffic Authority's "Don't Rush" campaign, headlined a Men's Public Health Forum at Fox Valley Community church (NSW) in September. It was attended by 145 people from the community and local churches, and was the second in a series of health outreach events the church is hosting.—*Arthur Hudson*



Green work

Year 4-6 students at Hilliard Christian School (Tas) have transformed an area on campus in much need of maintenance into a lovely garden. Under the guidance of teacher Dean Prentice, students did everything from pitching the idea to the principal to persuading the local hardware store to give them discounts on plants and supplies.—*Tasda*



West side service story

During the July school holidays, the Western Australian Conference's Youth department sent four StormCo teams to remote communities in WA (Mullewa, Cue, Wiluna and Meekatharra). Teams ran kids' clubs and worked on community projects in what has become an annual service event—one that community leaders and members look forward to each year.—*Uili Mauga*



More than games

In August, the world turned its attention to the Olympics. But at Wellington Adventist School in New Zealand, instead of focusing on sports and individual achievements, the school emphasised spiritual values that the Olympics can inspire. Using artworks as aids, teachers encouraged their students to aspire to life goals such as purity, holiness and heaven.—*Rosalie McFarlane*



First of its kind

Earlier this year, One God—One Tribe, a new church plant for Indigenous Australians, began at the Yugambah Dreaming Community Centre in Logan City, Queensland. The Murri church is the first of its kind in the South Queensland Conference and already has an average of 80 people attending.—*Steve Piez/David Garrard*



World of variety

In September, Avondale School primary students brought the world to Cooranbong (NSW) through a variety concert. Germany, New Zealand, Austria, Hawaii and North America, Africa, Asia and Australia were all represented through a collection of cultural songs and dances. The school's music teachers and students spent many hours preparing for the concert, which was greatly appreciated by the audience.—*Susan Rogers*

OBITUARIES

Bolto, Jill, born 17.1.1930 in Three Springs, WA; died 14.8.12 in Mitcham, Vic. On 31.8.1955, she married Brian Bolto. She was predeceased by her sons, Rod in 1985 and Greg in 1995. She is survived by her husband; their sons, Steve and his wife, Linley (Croydon North), Nic and his wife, Kerrilee (Mitcham), daughter-in-law, Carol (Geelong); grandchildren, Erin, Zoe, Tessa, Reuben, Freya, Maxwell, Candice and Kendall; twin sister, Judy and family (Perth, WA); and the families of her siblings. Jill was a creative, hospitable and friendly woman of deep faith. She loved life and was quite an adventurous lady who faced life and its traumas with courage and kindness. She bravely fought Parkinson's disease for 15 years. She loved her family deeply and was very proud of them.

*Morrie Krieg, Calvin Townend
Justin Bone*



Coombe, Pastor Leslie Charles, born 3.5.1914 in Melbourne, Vic; died 24.8.12 in

Avondale Adventist Aged Care, Cooranbong, NSW. On 8.2.1943, he married Elma Blair in Melbourne, Vic. He is survived by his wife (Cooranbong, NSW); their children, Raymond and Daphne (Kariiong), Glenda and Kevin Amos (Woodrising) and Graham and Lorraine (Runnymede, Qld); eight grandchildren; and 16 great-grandchildren. Pastor Les and Elma were involved in 42 years of full-time ministry and more than 25 years of part-time ministry in retirement. He served in pastoral and youth ministry, as conference president and Avondale student mentor. Their years of ministry saw them serve all over Australia. His life has been a positive influence for everyone. His motto was, "Not I but Christ". Les had a positive spirit and caring manner that will be greatly missed.

*Kevin Amos, Raymond Coombe,
Ross Goldstone*

Small, Cornelia (Connie) Elizabeth, born 28.2.1941 in Johannesburg, South Africa; died 18.6.12 in Robina, Qld. Connie is survived by her husband, Frank; children, Elizabeth, Frank, Theresa and Leonard; and three adored grandchildren, Frankie,

Robbie and Jesse. Connie was a wonderful mother who worked tirelessly for Jesus, whom she loved. She passed away gently with full confidence of the resurrection.

Darryl Groves, Peter Weekes

Poels, Martin Frans Willem Antoon, born 22.4.1928 in Venray, The Netherlands; died 16.9.12 in Clare Holland House, Canberra, ACT. On 23.12.1955, he married Jourke Riemersma. He is survived by his wife (Lyons); his children and their families, Esther and Dale Arthur (Perth, WA), Yvonne and Geoff Ellacott (Canberra, ACT), Sylvia Harnell (Qld), Roger Poels (Canberra, ACT); and grandchildren, Rebecca, Aaron, Matthew, Maddie, Simone, Lachlan, Melodie, Rachel, Jasmin and Shirelle. As the first baptised member in December 1957 of the Canberra National church from the Pastor Austin Cooke mission, and holding leadership roles ever since, he will be sorely missed.

Sid Griffith, Neil Lawson, BJ Hayes

Shearer, Betty Marris (nee Smalley), born 18.1.1929 in Whitwell, Derbyshire, England; died 6.6.12 in Bethania, Qld. On 25.1.1950, she married Bryan. She is survived by their daughters, Joy Shearer (Loganlea), Lorna Watson (Logan Village) and Janette Fogarty (Benora Point, NSW) and their families. Betty loved her garden but because of ill-health couldn't do much gardening, but her beloved husband, Bryan, made sure that it was exactly how she would like it. Betty loved her children, grandchildren and great-grandchildren. She also loved her Lord, and was a fervent believer in prayer.

Neil Tyler

Shearer, Bryan Neil, born 23.8.1926; died 20.8.12 in Cleveland, Qld. On 25.1.1950, he married Betty, who predeceased him on 6.6.12. He is survived by their daughters, Joy Shearer (Loganlea), Lorna Watson (Logan Village) and Janette Fogarty

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(Benora Point, NSW) and their families; and his sister, Jean Harris (Thorncroft, Qld). Bryan was a man who couldn't sit idle. He loved using his hands; he built his own home and worked for many years with car engines. He loved fishing but never caught many. He was a committed Christian to whom many looked up to. Bryan shared his faith with family, friends and even his carers right up to his last moments.

Neil Tyler

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

Christian Services for the Blind and Vision Impaired (CSFBHI) is wishing to create a register of "signers" for the deaf in each conference geographic area.

These people would be available for individual churches and church meetings upon request. If you have skills in this area and would be willing to act as a signer at public meetings or special church services in either a paid or voluntary capacity, contact Lee Dunstan, manager CSFBHI: phone +61 2 9847 2296; email <leedunstan@adventist-media.org.au>; post to PO Box 1115, Wahroonga NSW 2076.

CORRECTION

The article "In the Beginning" (October 20) incorrectly stated that the book in question is published by Signs Publishing Company. The book is distributed in the South Pacific by Signs Publishing Company, but published by Pacific Press.

Finally
If you want
to walk on
water . . . you
have to get out of
the boat.

—John Ortberg

Next RECORD December 1



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■ **Lecturer/senior lecturer (Accounting)—Pacific Adventist University (PAU) (Port Moresby, PNG).** The School of Business at PAU is seeking highly qualified and experienced applicants for this role commencing January 2013. In addition to the preparation and delivery of lectures and other related duties, this position will be responsible for developing high quality educational material for undergraduate or postgraduate students and be involved in some postgraduate research supervision. For further information and specific selection criteria, please visit the South Pacific Division's Human Resources website at www.adventistemployment.org.au. All applications, including your CV, three work-related referees, copy of educational qualifications and a character reference or contact details of your local church pastor, must be forwarded to: HR Director, Pacific Adventist University, Private Mail Bag, Boroko NCD 111, Papua New Guinea; phone: (675) 328 0200; email: hr@pau.ac.pg; fax: (675) 328 1257. Applications close **November 30, 2012**.

■ Head of department: Education—Fulton College (Fiji).

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■ Head of department: Theology—Fulton College (Fiji).

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■ **Internal audit manager—Trans Pacific Union Mission (Fiji).** The Seventh-day Adventist Church (Pacific) Ltd is seeking expressions

of interest for the position of internal audit manager for the Trans Pacific Union Mission (TPUM) office in Suva, Fiji. The key function of this position is to develop and conduct a standardised system of audit controls for local churches within the TPUM territory and provide supervision and training to local staff who assist in delivering the annual audit plan. For more information please visit the South Pacific Division's Human Resources website at <www.adventistemployment.org.au>. All applications, including resume, three work-related referees, copy of educational qualifications and the contact details of your local church pastor, must be forwarded to: Human Resources, Seventh-day Adventist Church (Pacific) Limited, Locked Bag 2014, Wahroonga, NSW 2076, Australia; or email <hr@adventist.org.au>; or fax: (02) 9489 0943. Applications close **December 1, 2012**.

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