



TANDEM RIDE RAISES FUNDS FOR TEEN GIRLS page 3

97 STUDENTS BAPTISED AT ADVENTIST PRIMARY SCHOOL page 7

MASTERING THE ART OF LOVE page 14





Million dollar milestone

The ADRA op shop in Bindoon, Western Australia, has reached a significant milestone, passing the \$A1 million sales mark since opening in 1990. ADRA volunteers Bob and Dawn Blizard started the shop as a small 9x7 metre room in the church foyer, selling just \$20 per month worth of goods. But thanks to much prayer and support from the local church community, the shop expanded to a larger 200sqm area in 2006. Now, the popular op shop regularly achieves sales of more than \$100,000 per year, raising vital funds for ADRA projects locally and around the world. — *Josh Dye*



Lifetime of service

Pastor Paul Cavanagh was recognised for his 43 years of expatriate missionary service to Fiji, Papua New Guinea and Solomon Islands at the recent Re-Entry Retreat for returning missionaries, held at Magenta on NSW's Central Coast. While many people have served as expatriate missionaries, it is exceptional for someone to dedicate their entire working life to overseas service. South Pacific Division president Pastor Glenn Townend presented Pastor Cavanagh with a special award in honour of his work as a missionary, pastor, teacher, deputy principal, administrator, departmental director and tertiary lecturer. — *Kay Humble*



Flying start

In case you haven't heard, *Record InFocus* has been revamped and "recouched" in 2016. The revised show, which looks back at some of the timeless highlights of the 400-plus episode program, kicked off on January 22. *InFocus Recouched* producer Kent Kingston said he has received quite a bit of positive feedback from viewers who've been watching on *HopeChannel* or via the *Adventist Record* website.



Special visit

Topua church members visited Port Vila Central Hospital, Vanuatu, on December 31, 2015 to spend time and offer words of encouragement to hospital patients. In what has become a New Year's Eve tradition for the church, four groups of members went from ward to ward singing songs and praying with more than 50 patients, who were overjoyed by the visit. — *Henry Sanday*



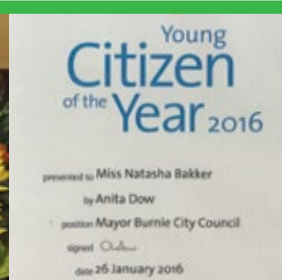
Education for eternity

Thirty-five students recently graduated from the Rob & Jan Patterson Literacy School in Papua New Guinea. It was the third graduation ceremony the school has held since opening in 2013. Among those completing the literacy course was Anitha Paul, one of the first students to enrol at the Operation Food For Life-supported school. — *Dennis Perry*



Cutting the risk

Men who follow a vegan diet are one-third less likely to develop prostate cancer, according to a new study by Loma Linda University Health. The study examined the association between prostate cancer and the diets of 26,346 men who ate meat (non-vegetarians), some meat (semi-vegetarians), dairy and eggs but no meat (lacto-ovo vegetarians), only fish (pesco-vegetarians) and no animal products (vegans). Commenting on the study, Adventist world Church Health Ministries director Dr Peter Landless said "there is no doubt a meat-free diet is healthier than one that includes meat". — *Adventist Review*



High note for Natasha

Natasha Bakker was named 2016 Australia Day Young Citizen of the Year for the City of Burnie (Tas). The award recognises the young Adventist's contributions to the City of Burnie Brass Band, which she joined in 2001. "Her dedication and energy as a junior leader has a very positive influence in the band and all of its members, and her activities in other areas of the Burnie community also help promote the band's profile," the citation said. Natasha also tutors music students. "Music is my life!" she says. "I have been really blessed with the talents God has given me."

Tandem ride raises funds for teen girls

Sydney, New South Wales

After one day of their epic adventure—riding 1000 kilometres in 10 days on a tandem bicycle—Louise and Nat Ginn had doubts.

"After day one I wasn't sure if I'd actually make it," Ms Ginn said. "The first couple of days were quite painful but after day three I was fine."

The mother and son team had set out to ride from Sydney to Mount Kosciuszko in the Snowy Mountains and back to Wollongong on the South Coast to raise \$A100,000 for the Adventist Development and Relief Agency (ADRA) and support the Blossom project educating and empowering young women and girls in Vanuatu to avoid unwanted teenage pregnancies.

"As a mum, I just couldn't believe young women felt they had no other options than to abandon their children," Ms Ginn said. "We had this idea of setting up a program ourselves but in reality I couldn't take that on. It was a blessing that ADRA took it on. I realised my role was to raise money."

During their 10-day ride, the Ginns received invaluable support from their crew, as well as from numerous churches along the way.

Ms Ginn counts as a blessing that they only had one "really bad day", when they encountered 35-degree heat and strong headwinds. "Even downhill we had to pedal," she said. "We were pretty exhausted that night."

Part of the motivation for the ride was to grab people's attention and highlight the cause. And with radio and

newspaper interviews in most of the towns they stopped at, this was definitely achieved.

"When we got into towns after an interview, people would say, 'Oh, we heard about you on the radio!'"

Ms Ginn was pleasantly surprised at how many people engaged with their ride.

"We had people collecting on the street and we even went into the local pub shaking our tin. When we got home we had \$1500 just from the pub. It was an amazing feeling—people were so friendly."

Ms Ginn said as a mother she felt "privileged" that her 16-year-old son wanted to take part with her.

"Nat was such an inspiration. Every time I said, 'My legs are sore,' he'd say 'Mum, the only thing you can do is pedal. The faster you pedal, the sooner we get there.'

"It's hard to believe we've actually done it now. If you knew how much was involved to begin with, you probably wouldn't do it. But it's amazing when you set your mind to something and complete it."—*Josh Dye*

If you want to support the Blossom project for women and girls in Vanuatu, visit <adra.org.au/Blossom>.



Louise and Nat Ginn on Mount Kosciuszko.

Popular health book gets second edition

Wahroonga, New South Wales

Ongoing sales and the importance of the message of *Live More: Active* have precipitated a second edition of the book, allowing for updating and fine-tuning of the book first published in early 2014.

"Physical inactivity continues to be a major health crisis but the key message of this book is that it isn't that hard to do something about it," said author Dr Darren Morton, director of the Lifestyle Research Centre and senior

lecturer in the Faculty of Education and Science at Avondale College of Higher Education. "One of the important features of this book is that it helps people follow through on their desire to be more active, offering helpful strategies for achieving it."

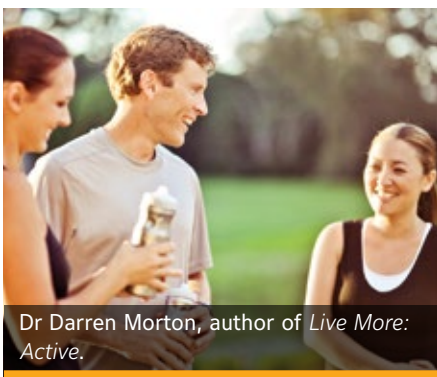
The new edition of

Live More: Active includes an endorsement by Dr Kenneth Cooper, a pioneer of exercise science and founder of the Cooper Aerobics Center in Texas (USA), who describes it as "a readable, articulate, scientifically accurate book to help the reader become and stay more active".

"Kenneth Cooper is synonymous with the beginning of the physical activity movement and I have always had great respect for him, so to receive an endorsement from him was very encouraging and rewarding," Dr Morton said.

In its second year of sales, *Live More: Active* featured in the Bookshelf Top 20 of 2015, reflecting continuing sales in Adventist Book Centres in Australia and New Zealand. It is also sold by literature evangelists and CHIP groups around the world.

The new edition of *Live More: Active* was launched at the Lifestyle Research Centre's symposium exploring the future of healthcare and the contribution of lifestyle as medicine in the Clinical Education Centre at Sydney Adventist Hospital on February 4. The book is now available from Adventist Book Centres.—*Nathan Brown*



Dr Darren Morton, author of *Live More: Active*.



Longevity of love

James Standish

Bayview isn't one of Sydney's most glamorous suburbs. Unless you're a dog. Because Bayview is about the happiest dog place on earth. At least that's my observation as a non-dog. Everywhere you look there are dogs chasing balls, leaping into the water or running full speed on the sand. Tails are wagging, happy doggy faces are smiling and pure unadulterated canine joy is everywhere on display.

My wife and I were wandering happily up to Bayview recently when we came across a most confronting scene. At first, we couldn't quite figure out what was going on.

Standing next to an open door of a very nice convertible BMW was a handsome man, aged around 30, with a fixed gaze. Parallel to the BMW was a very large, new Toyota Landcruiser. Inside was a good-looking woman, also aged about 30, with a grim expression on her face and both hands on the steering wheel. And in the back of the BMW were two young girls, absolutely bawling their eyes out.

The man turned and told the girls in a passionless voice to get out of the car. I looked at Leisa. She looked back at me as if to say, "I don't get what's going on either."

One of the girls grasped a teddy bear. Tears poured down her sweet little face. Maybe she was five. Her older sister—maybe seven—was also weeping but gave no comfort to her little sister. After a firmer command, this fragile parade of pain made its way from one vehicle to the other.

As we walked past the Landcruiser, I heard the sobbing little girl say in the most heartbreakingly anguished voice, "I hate you Mummy . . ." And that's when it clicked. This scene of misery we'd inadvertently stumbled upon was the "handover". Dad's custody was up, Mum's had begun.

The despair shook me. So much so we had to stop and pray for those precious girls. These poor little souls who didn't ask to be born are having their hearts shredded by the very people who are most responsible for protecting them. And we prayed for the parents. To find the love they'd lost. To open their hearts. To support and cherish each other. To make their family a taste of heaven, rather than a living hell.

In 1921, Lewis Terman, a psychologist at Stanford University began a long-term study. When he died in 1956, his

study, appropriately now titled the "Longevity Project", was continued. And in 2011, its findings were published. Rachel Clark, writing for *Psychology Today*, states the study "is, perhaps, one of our very best and most unique scientific studies on health, wellbeing and long-life".

What this study found is genuinely alarming. The researchers compared the longevity of people who had a parent die when they were young, with those whose parents divorced, finding: "Children from divorced families died almost five years earlier on average than children from intact families. Parental divorce, not parental death, was the risk."

Death is horrifying. But it doesn't destroy everything you love and believe in. Divorce does. Death robs us of the one we love. Divorce robs us of love itself.

Eileen Wolpe writes that divorce is ". . . the destruction of together-dreams, forever-dreams, family-dreams, love-dreams. You cannot leave a marriage without doing violence to all those things, no matter how amicable the divorce".

Of course there are cases of physical abuse and sexual infidelity. But the Australian Government's Institute of Family Studies found, when examining the reasons for divorce, less than 6 per cent involved domestic violence. The number one reason? "Communication problems" followed closely by "incompatibility". Tragically, according to Hawkins and Fackrell's summary of the research, most of these marriages would have become happy again—if the family had stuck together.

We have to care for those going through the pain of divorce—mirroring Christ's grace in act and attitude. But we also have to do a much better job of avoiding divorce in the first place. And that begins with talking honestly and openly about God's guidance for marriage, the enormous emotional, physical, spiritual, psychological and economic toll divorce inflicts on everyone involved and how to have a good relationship. Let's encourage, mentor and pray together more, and grieve a lot, lot less. Let's master the art of the longevity of love (see p 14).

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"Louise and Nat Ginn at the finish of their 1000km tandem ride."

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Forever . . .

Forty years on I still remember the illustration. "Imagine the Earth is a solid, stain-less steel ball. Every 10 years an ant comes and spends one minute walking around on the earth. When the stainless steel earth has worn out from that activity—eternity has just begun," said the public evangelist.

Almost every week I reflect on that thought. When I am washing the dishes, cleaning mud off the floor or my shoes, writing on some paper, taking out the rubbish, sweeping up the leaves—I think what could an ant do in a minute every 10 years? The illustration reminds me that forever is a very long time.

Currently, we live such transient lives. Most humans will live only 7x10 years. In that time we eat and waste food, we wash in, drink and waste water, we build houses and destroy them—using natural and man-made products. We also relate to people and aim for meaning in relationships and serve others. But it will all come to a very short and sudden end.

The ancient Israelite King Solomon reflected on this. Although there is time for everything, in Ecclesiastes he wrote, "It is all meaningless . . . a chasing after the wind" (Ecclesiastes 3:1-8, 2:17). However he also reflects that God has put eternity into the hearts of humans (Ecclesiastes 3:11). In other words, every human has some understanding, desire or knowledge of an eternity that goes on forever and ever. That is how God made each of us—the tradesman who maintains your home or car, the mother doing the school run, the fully committed disciple of Jesus, the atheist, the party goer, the loner—all of us understand eternity. The big questions are, how do we obtain eternity? And what are we going to do for eternity?

Believers and followers of Jesus know the answers. Jesus gives us eternity and will allow us to develop ourselves and our relationships, perfectly, forever.

Connecting people to their eternal heart is part of our mandate. Forever!

Glenn Townend is president of the Seventh-day Adventist Church in the South Pacific.



Naked and unashamed

Jarrod Stackelroth

Porn. It seems in this internet-age, porn's pervasive push has spread like the yeast of the Pharisees into every corner of our cyber society. Gone are the days where it was hard to access—brown paper bags, magazines hidden under beds. Now the images move, and as society's appetite grows more depraved, they have become more violent, more deviant and more extreme.

Here's something you might not know about porn. Most pastors have struggled with it. Most? That's a stretch, you might say. Well not according to a Barna study (reported by *Christianity Today*), which surveyed nearly 3000 American adults, including 432 pastors and 338 youth pastors. The study found that 57 per cent of pastors and 64 per cent of youth pastors "admit they have struggled with porn, either currently or in the past".

These stats are not good but probably not much worse than the rest of us.

Let's not pretend that Adventist pastors are immune, nor Adventist members. They're not—and part of the issue is attitude.

According to the study, only 1 per cent of pastors with a porn problem think they should reveal it and 55 per cent are living in constant fear they'll be discovered. So they keep it in the dark. And sin flourishes in the darkness.

As a man, I prefer someone to shoot straight with me and be open. That's what will gain my respect. Take a group of men and put them in a room together, make it a safe, open place, and you'll find that many married and unmarried men struggle with something sexually related.

But rarely is church an open place. We worry what others will think so we don't hear the struggles, the victories, and practical and relatable advice—the experience of older, wiser Christian men and women.

We struggle on alone while the sins of self-gratification, selfishness and ignorance destroy our homes and marriages. Shame and guilt keep us from our Saviour. The accuser gets the upper hand and our churches are powerless.

This is not the philosophy of the Scriptures. Don't you think Moses could have left out the part about him arguing with God? Couldn't Peter have asked the disciples to forget about that embarrassing denial incident? Don't you think Abraham's little lapses could have been missed to emphasise his faithfulness?

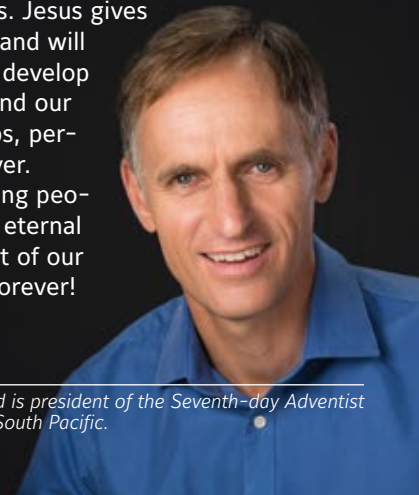
No. One thousand times no. Our story is not our own. It is about what God has done or is doing for us. If it can be used for His glory then it should be.

If we want our marriages and our churches to be strong places, where the devil has no power, we must make them open places (age appropriate with the correct timing, of course). Open, authentic and raw, just like our marriages need to be. We've been delivered to deliver.

Credit goes to our pastor and his wife who disciplined us by being willing to share their marriage struggles and the victories God has given to them, with my wife and I, and our church. And now, my wife and I have spoken at couples conferences on our struggles with culture, forgiveness, resentment, communication and yes—even sex. We've seen people and marriages healed by the power of testimony and willingness to be open—struck by the realisation they don't need to struggle and suffer alone; that others have been through the valley before them and, with God's help, come out the other side.

There's an old saying that it takes a village to raise a child. Well, it takes a church to raise a Christian and it takes an open church to disciple healthy Christians and save marriages and souls. We leave our kids, our young people, and our new and growing members unprotected and vulnerable when we don't talk about issues like sex, marriage, lust and conflict.

Jarrod Stackelroth is associate editor of *Adventist Record*.





Ewww, no thanks

Aussie teenagers are smoking less, a trend experts say is due to a multi-pronged approach that includes public awareness and education initiatives, higher tobacco taxes and plain packaging laws. Over a 20-year period the percentage of 12-17 year-old smokers in NSW dropped from 23.5 per cent to 6.7 per cent. —ABC



71 and still going strong

Teenie Finley, the wife of prominent US Adventist evangelist Mark Finley, completed a Florida marathon on January 31, coming second in her age group. Despite a training-related knee injury she finished the 42-kilometre course in 6 hours, 22 minutes, raising more than \$US20,000 for a new church and community centre. —Adventist Review



Through Roman eyes

Risen (Affirm Films, Sony) tracks the Roman investigation of claims that controversial Jewish Teacher Jesus of Nazareth is alive just days after His execution. Military tribune Clavius (Joseph Fiennes) is tasked with untangling the mystery. The film opened in Australia on February 18 and will premiere in New Zealand on March 17. —SquawkBox



Missionaries killed, kidnapped

The January 15 attack on Burkina Faso's capital left more than 30 people dead, including seven Christian missionaries from North America. The al-Qaeda-linked militants said their attack was a message to the "slaves of the cross". An 81-year old Australian missionary doctor and his wife (pictured) were kidnapped on the same day. —World Watch Monitor



Islamic leaders urge freedom

More than 250 Muslim leaders have released the Marrakesh Declaration, calling for religious freedom for non-Muslims in Muslim majority countries. The statement says Muslim scholars, schools, politicians and others should be guided by the prophet Mohammed's 1400-year-old contract with the Jews of Medina, a powerful precedent for peaceful cohabitation. —Christianity Today



No mean feet

Pope Francis has decreed a change in the Catholic Church's footwashing practices, saying that priests should wash the feet of both men and women in the lead-up to Easter. Since his 2013 appointment, Francis has departed from the men-only tradition a number of times, washing the feet of women, people with disabilities and Muslims. —Religion News Service

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Upgraded teachers graduate

Port Moresby, Papua New Guinea

A church-government partnership has enabled 98 primary teachers from across Papua New Guinea to upgrade their qualifications to bachelor degree level.

The teachers, who all originally graduated with diplomas from Sonoma Adventist College (East New Britain), participated in six weeks of intensive learning at the end of the past three school years. The in-service training was conducted by Pacific Adventist University (PAU) outside Port Moresby and supported financially by the Australian Government.

A graduation was held at PAU on January 24 under the theme "Revitalised for Service", which Sonoma principal Dr Isako Esekia said fittingly described the graduates—upgraded teachers who had been revived and prepared for service with new teaching strategies, skills, ideas and knowledge.

Dr Esekia told the graduates to reject self-interest and

to serve to reflect the ultimate beauty of Christ.

Guest of honour Australian High Commission official Suzanne Edgecombe addressed the graduating class, encouraging them to return to their respective

schools with acquired skills to improve the quality of learning. She quoted William Arthur Ward, saying, "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires." —Stacey Tarura/Kent Kingston



Some of the 98 teachers who graduated.

New mission boat on patrol

Vona Vona Lagoon, Western Province, Solomon Islands

After an uneventful seven-day voyage from Cairns, Queensland, *Medisonship III* commenced its first tour of the Western Solomons, bringing medical care and the gospel to remote villages.



Medisonship III alongside the smaller "marine ambulance" Medisonship II.

2016 also brings a staffing change, with Leslie Zebedee taking on the role of local operations manager—the first Solomon Islands national to do so. Mr Zebedee has been serving as the Sonship ministry's chaplain for the past three years.

Medisonship III's stop in the village of Barasipo was particularly significant. A little over 12 months ago, villagers Andrew and Delphinda Baras were baptised following Bible studies with the *Medisonship I* team. After training at Hoda Bible college, Mr Baras returned to Barasipo with *Medisonship III* as a member of the chaplaincy team. Sonship is a registered supporting ministry of the Adventist Church. Visit sonship.org.au. —Trevor Oliver

97 students baptised at Adventist primary school

Goroka, Papua New Guinea

Kama Adventist Primary School in Eastern Highlands Province witnessed the baptism of 97 students as a result of conducting Bible study classes throughout the year.

The male and female students were aged between 12 and 16 years.

"This is an historic moment for Adventist Education especially at the primary school level and we praise God for this," Papua New Guinea Union Mission (PNGUM) Associate Education secretary Yoba Dame said.

"PNGUM has been working with schools on the school evangelism program to promote special character through spiritual development and we are pleased to see an overwhelming result at Kama Adventist Primary."

Early in 2015, the school placed an emphasis on knowing and experiencing Christ in their Bible study classes. As a result, 97 students made a decision to be baptised.

In October 2015, the school held a week of meetings, culminating in the baptism on the Sabbath. It was an emo-

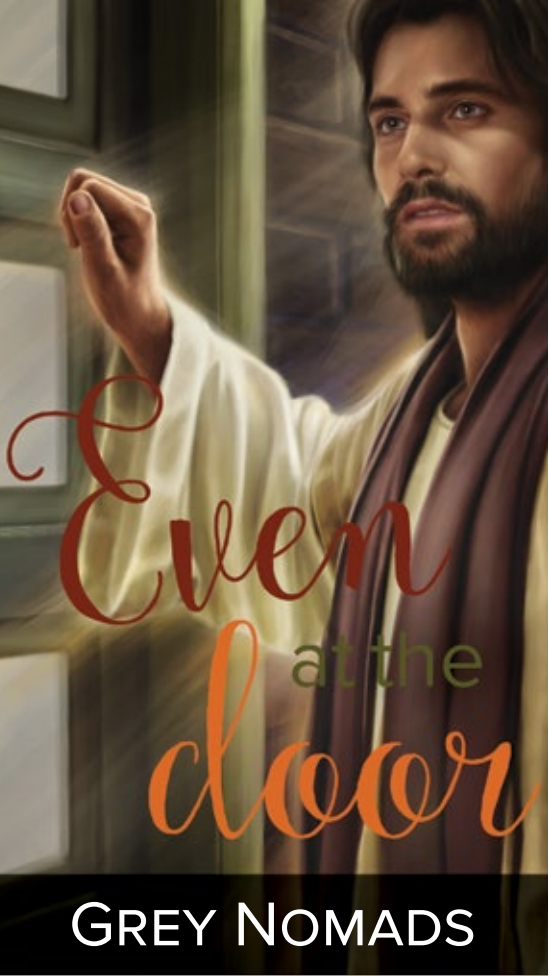
tional moment for parents as they witnessed their young children making their stand for God. Some students came from non-Adventist backgrounds and faced challenges getting their parents to agree to their decision to be baptised into the Seventh-day Adventist Church.

The school has more than 1000 students and 22 teachers. It is located within the vicinity of Goroka town and caters for people from across the country as well as other denominations.

Each year the school places an emphasis on effective Bible study classes as they believe children make decisions every day and should be guided into making a decision to give their lives to Christ. —Yoba Dame, *The Centurion*



Students lining up after their baptism.



Rebuilding for the future

A group of Australian volunteers went on a fly'n'build trip to Vanuatu, aiming to rebuild two of the Adventist churches destroyed by Cyclone Pam last year. During their trip, they were able to double their expectations and finish building four churches. Maryanne Jakovac, coordinator of Adventist Volunteers for the South Pacific Division, was one of the team. Here is her account of the experience:



The volunteers were accommodated in tents on the building site. Three women from Queensland did all the cooking for the team. Sanitarium generously provided breakfast for the volunteers and the local ladies gave us home-grown vegies.

Local villagers and church members helped us build the churches. They were amazed at how quickly the new buildings could be erected.

These new churches are steel structures that are Category 5 cyclone proof. Under the supervision of builder and team leader Peter Koolik, the constructions are pre-fabricated in Queensland and shipped to Vanuatu. Working together, volunteers and locals were able to complete four churches during their time in Vanuatu—Pang Pang, Epau, Moso Island and Prima.

At one site we had 40 local men of all ages who worked all day alongside the volunteers. They came to learn how to build the churches, so that in turn, they could assist other sites.

Pang Pang church officially opened on October 17, 2015, and although Sabbath morning started with drizzle, this did not deter anyone from attending.

The joy and smiles on the congregation's faces was the volunteers' most rewarding gift. However we were also presented with dresses and shirts made by the local ladies as a gift of appreciation for the new church.

"We have nothing to give you to say thank you," they said. "But we made these with our own hands so that you can remember us."

One member said to me, "I can't believe this is here. God has blessed—not just this first church—but the 53 that will be rebuilt. We give praise and thanks to Him who has made this possible thorough the generosity of Seventh-day Adventist believers around the world."

The locals on Efate Island are still suffering the effects of Cyclone Pam. Coconut trees, banana and paw paw plants were severely damaged and are not yet producing crops. The few remaining mango trees are fruiting but the fruit is small and some of the plants have no flowers. Fortunately there is an abundance of vegetables and they seem to be growing well.

Thank you for your prayers, donations and support, and especially to those who have donated specifically for the shipment of the containers.

We still need monetary assistance to support the shipping of containers and the manufacturing of the steel structures as well as for the cement bags and the cyclone-proof casing for the windows that is needed to protect the glass. The locals are preparing the sites for the volunteer teams arriving this year.

We pray that we can work together and continue to assist our brothers and sisters in relief efforts that may be needed in the future.

If you would like to make a donation, please contact Kingsley Wood at <kingsleywood@adventist.org.fj>. —Maryanne Jakovac

GREY NOMADS

MAY 2016

The North NSW Conference's annual Grey Nomads Camp will be held from 13-21 May 2016 at the Adventist Convention Centre, Stuarts Point, NSW.

The event is open to grey nomads from across Australia - and beyond!

It's an excellent opportunity for retirees to meet and fellowship together.

For more information about Grey Nomads 2016, contact Debbie Head on (02) 4944 3220 or email greynomads@adventist.org.au



SEVENTH-DAY
ADVENTIST
CHURCH

North New South Wales



HopeChannel hits homerun

by James Standish

Granted, in a world where a cat falling off a table can get a million clicks, a million views doesn't seem a huge target. But considering the South Pacific Division's HopeChannel website had a paltry 17,930 views in 2012, setting our goal for 1 million views felt like shooting for the moon. We would need to grow 5577 per cent to reach a million views a year!

Well, we didn't do it.

Instead, we grew 7818 per cent!

In 2015 our four main SPD websites had a cumulative total of almost 2 million views—1.4 million of which were at the <hopechannel.com> site. And the numbers continue to grow rapidly.

And it's not just the number of views but the quality. Hopechannel.com has managed to attractively incorporate video, text, audio and interactive Bible lessons into a package that's not only attracting people to the site, but keeping them there. The average visitor views almost six different pages on every visit.

"When we set the million views goal it was ambitious," Adventist Media CEO Calvin Dever says. "But apparently not ambitious enough! God is doing great things. People are online searching, and hopechannel.com provides us with a platform with which to reach them. And it's only just beginning—our digital team has a plan to roll out a much more integrated site with new products and substantial improvements."

"This isn't a coincidence," notes Jared Madden, the head of the digital team. "We have a great group of professionals working to bring all of our evangelistic media and services together online and make them easily accessible. We now offer visitors much more in a single website than we ever did in the past. The growth has happened even though the website is still very much in development and even though we haven't spent anything on advertising it."

Signs of the Times and *Diggings* articles have been added to the site. "While this means that (visits to) the *Signs* website have waned, we are now getting many more views on hopechannel.com than we ever did cumulatively as little stand-alone websites," *Signs* editor Lee Dunstan says. "Teamwork, works."

HopeChannel director Pastor Wayne Boehm says it's all part of the vision to "meet our societies where they are".

"Where we can reach people affordably and effectively through TV—like New Zealand—we are," he says. "Where

we can reach people via radio—like Fiji—we are. Where we can reach them online, we are. Where we can reach people with print, we are. And the beauty of hopechannel.com is that it also supports all the work on TV, print and radio by providing a place for viewers and listeners to come to learn more. We are just at the start of having all segments of our ministry working together harmoniously in a way that advances the message God has given to us."

"You need to reach people where they're at, and where they are is on the web," says Linden Chuang, who recently took on an increased role with the Adventist Media digital team. "Thus, it is in this digital space where we need to introduce people to the love of Jesus, whether that's through high-quality articles, videos or other content. Don't dismiss the design element too. If the message we share is attractive, there's no reason the presentation of that message shouldn't be too."

Mr Dever says they have tried the "everyone do their own little website model" but it is not as effective as working together. "Our new model is already kicking goals. Online visitors are active by their nature and can click over to find out more about God. And they tend to be younger. There's none of this 'send us a card in the snail mail or use your old phone'—it's instant with a click. That's what people expect today—if anything, we're a little late in providing it."

"Our progress so far is just the start. Our goal isn't to have two million views or five million views. Our goal is to have in the range of 100 million views per year, and much more importantly, to assist our church family in making 10,000 new disciples for Jesus per year. We're here to support you. And, under God's grace, it's our goal to work together with our entire church family to light up our region for Jesus Christ!"

There's still a huge amount of work to be done. The website is being substantially improved and integrated with the Adventist Church websites. Soon relevant *Adventist Record* articles will appear on the hopechannel.com site, and HopeChannel video, text and audio will appear on the Adventist Church site. And both sites will connect visitors to online Bible studies and details about where they can find a warm, friendly, loving church family—yours.

James Standish is communication director for the Adventist Church in the South Pacific.



The King's war canoe

*A one hundred year connection:
Solomons district celebrates centenary of mission*

by Brad Cox

AS A CHILD LIVING IN COORANBONG (NSW) I loved the South Sea Islands Museum at Sunnyside. My favourite exhibit was the enormous Solomon Islands war canoe. I admired the sleek black hull carved from a massive log, with its inlaid shell and decorated high prow and stern, wanting to climb into it and sit in one of the more than 20 paddling positions, imagining the water rushing past as it was propelled along.

It was irrelevant to me that His Royal Highness Prince Philip had once sat in the large throne-like chair amidships, or that many years earlier it had been used to carry the first European woman to ride in a *tomoko**. I did not know that one day I would marry the great-granddaughter of that pioneering missionary or that we would be ceremonially ferried ashore in a replica canoe.

Pioneer missionaries

Solomon Islands' Western Province, an island cluster

dominated by New Georgia, was, until the 1900s, a place of spirit worship. The head-hunting, human sacrificing and ritually cannibalistic inhabitants were people of war.

In 1913, Adventist leaders in Australia commissioned Captain Griffiths Jones and his wife Marion as missionaries to Solomon Islands. In 1914 they made their way to Viru Harbour on the island of New Georgia where they were welcomed by the locals, many of whom were tired of the bloodshed the spirits demanded of them and ready to adopt a way of peace. After six months, during which they set up a Christian school and began to learn the local language, the Joneses left on an urgent mission to introduce the gospel in the Marovo Lagoon area, believing the outbreak of World War I to be the commencement of the end of the world.

Oscar Hellestrand—a recently graduated nurse from what is now the Sydney Adventist Hospital—and wife Ella were sent to continue the Joneses' work at Viru Harbour,

arriving at the start of 1915. They added medical assistance to the services offered at the mission, introduced singing—in four-part harmony—and trained their students to be missionaries to the surrounding region. Their activities led to the development of a mission outpost to the southeast, in the Nono Lagoon. It was to here that Oscar and Ella made a *tomoko* trip, escorted by 11 of their evangelist students.

The local war canoe was repurposed from raiding vessel to mission transport, and one day in 1915, the Hellestrands and their islander missionaries—including Naejonah, Varane and Kere—paddled 10 kilometres down the coast, then trekked overland, carrying Ella across a jungled coral promontory, to the Nono Lagoon where they ran their mission. The villagers were receptive to the Seventh-day Adventist message and a church was soon built on the mainland shore opposite the small island-village of Bareho.

Following the conversion of the local chief, the Nono church was soon relocated to the taboo site of their former spirit-worship skull mound. This church was burned down by the Japanese during their occupation in World War II and was later rebuilt across the water on Bareho Island, where a newer structure remains today. Other "hand" churches were more recently established in nearby Maloka and Seghe. In December 2015, the Nono Seventh-day Adventist community commemorated the arrival of the Adventist message with a centenary celebration at Bareho, to which my wife, Cindy—a descendant of the Hellestrands—and I were invited.

Centenary celebrations

Cindy and I flew into Seghe village, were met at the plane and transported by small boat bound for Bareho Island. Near our destination we transferred to a waiting replica war canoe, were given woven headpieces to match those of our 20 bare-chested engines, and, accompanied by conch shell trumpet, were paddled as guests of honour the rest of the way to Bareho.

The centenary celebrations spanned four days with more than 600 people gathering for spiritual food, social interaction and reflection on God's leading over the past 100 years. Guest speaker, Pastor Vince David, principal of Hoda Bible College, gave a series of compelling talks on the theme "We come this far by faith", in which he outlined how, over the past 100 years, our respective ancestors were led by the Holy Spirit and sustained by their faith in Jesus. He challenged us to remain faithful to our unique beliefs and focus on spreading the Adventist message about Jesus' soon return.

Reflecting on the communion service and baptism event, I experienced greater clarity about the way God gets inside us and changes us. These people's grandparents used to attack their enemies, kill them, give the skulls to the spirits and often eat part of the body, believing that by imbibing some of their adversary they would take on a special characteristic or power—the *mana*—of that person. By asking us

to metaphorically die to ourselves then eat His body and drink His blood, Jesus asks us to take on His characteristics—with His blood coursing through our veins we are different, transformed.

The people of Nono and Viru Harbour have benefited greatly from the missionaries' work. In addition to its thriving church, Bareho has a primary school, and the Viru Harbour villages—Tetamara and Tombe—each have a church and school, and Tetamara also has a clinic.

In celebrating the centenary of Bareho church the people of Kogu Nono, the Nono Lagoon, were cheering the transformation the past century had brought—transformation of cultural practices, way of life, knowledge, health and purpose. They are proud of their Adventist heritage and the singing to which they were introduced. They recommitted themselves to serving God and sharing their God-understanding and experience with the people around them.

I was significantly impacted by our visit to Bareho. The hospitality was phenomenal: people with little gave very generously in many ways, and they were delighted to have us represent the Hellestrands. The Hellestrands were only in Solomon Islands for two years, but the Nono people expressed deep gratitude for their service.

I finally got to ride in that war canoe—albeit a replica. Its original had carried raiding parties, Ella Hellestrand—its first pale-skinned woman passenger—and Prince Philip. But the most important cargo that old *tomoko* ever carried was the awesome news about Jesus—the loving Creator, Rescuer and returning King.

* As told to us by the Bareho people.

Brad Cox teaches at Macquarie College, an Adventist school in Newcastle, NSW.





Does Jesus play favourites? by Charissa Fong

HAVE YOU EVER WONDERED WHY JOHN identified himself as "the disciple whom Jesus loved"?

He uses this description at least four times in his gospel (John 13:23, 19:26, 21:7, 21:20). For a long time I thought that John was simply bragging. After all, Jesus loved all of the disciples. Differentiating himself from the others seemed a little arrogant. Then again, why would he say that if it weren't true?

This thought made me uncomfortable. I knew myself better than anyone else—my flaws, my fears and my struggles. If Jesus did favour certain people over others, He would surely love others more than me.

Then one day, during my Bible study, I found the answer.

The word John uses for "loved" is the Greek verb *eigapa*. It simply means "to love". And it's interesting to note that in every instance where John used this verb to describe himself, he used it in the imperfect indicative active tense. This is basically a fancy way of saying that a better rendering of the tense of this Greek verb would be, "the disciple whom Jesus kept on loving" or "the disciple whom Jesus was loving".

This insight puts a completely new spin on things. John wasn't trying to brag about being more special to Jesus than the other disciples; he was simply emphasising the attitude of Jesus toward him. He was saying, "Jesus kept on loving me and loving me and loving me." In spite of all his flaws, John was always loved by Jesus and this just blew him away.

The Bible describes John as one of the "Sons of Thunder". Why? Because he had a fiery temper! When a Samaritan village refused to welcome Jesus because He was on His way to Jerusalem, John and his brother James became angry. They wanted to call down fire from heaven

to burn up these inhospitable Samaritans! And thanks to their mother's ambition, the two men also wanted to sit in the most prominent place possible in Christ's kingdom. And yet, as John spent time with Jesus day by day, a dramatic change took place in his heart.

As Ellen White puts it: "Evil temper, revenge, the spirit of criticism, were all in the beloved disciple. He was proud, and ambitious to be first in the kingdom of God. But day by day, in contrast with his own violent spirit, he beheld the tenderness and forbearance of Jesus, and heard His lessons of humility and patience. He opened his heart to the divine influence, and became not only a hearer but a doer of the Saviour's words. Self was hid in Christ. He learned to wear the yoke of Christ and to bear His burden" (*Desire of Ages*, p 295).

John could have referred to himself as "an apostle" or as the "author of the book of Revelation" or "the disciple to whom Jesus entrusted the care of his mother". But as he walked daily with Jesus, beholding His character and His ways, John instead reflected upon his relationship with Jesus and upon

his unworthiness to even be called His disciple. Therefore he referred to himself as "the disciple whom Jesus kept on loving". It wasn't a statement of arrogance but one of sincere humility and a reflection of an understanding that God's amazing grace extended towards even him.

Does Jesus play favourites? Yes and no. Yes, because He loves us individually and irreplaceably. And no, because He loves us all the same, regardless of face, place or race.

As you walk with Jesus each day I pray that you may learn the lesson that John learned.

We too are disciples "whom Jesus keeps on loving". ↻

This thought made me uncomfortable. I knew myself better than anyone else—my flaws, my fears and my struggles.

Charissa Fong is a regional coordinator for HopeChannel's Discovery Centre.



Don't forget your medicine

A recent University of New South Wales study looking at diet in lab rats got attention recently for providing evidence that binging on high fat, high sugar foods can undo the benefits of an otherwise healthy diet, even if this unhealthy eating habit is followed less than the healthy one. Rats who were given a healthy diet for four days and then high fat, high sugar food for three days saw a drastic change to their gut bacteria profile and ate 30 per cent more calories over the week than those who consumed a healthy diet all seven days.

While research in rats needs to be taken in context, the results could have implications for humans. They could also challenge our attitudes to healthy diets. We often think that when our diet is nutritious, it will make up for the times when it isn't so healthy. And while there's certainly room for indulgence in a healthy diet, research seems to indicate the importance of paying attention to when that indulgence goes too far.

If, as Hippocrates suggested, we "let food be thy medicine", then we need to remember the importance of taking it and taking a big enough dose. If someone stopped taking their medicine for three days, we wouldn't expect them to keep working efficiently during that time. A healthy lifestyle is just that—a lifestyle. There's room for indulgence and enjoyment but if our lifestyle becomes one of indulgence, we can't expect our food to continue to be our medicine.



Cauliflower fritters

Preparation time: 15 minutes
Cooking time: 10 minutes Serves: 4

- ½ cauliflower, cut into florettes**
- ½ cup (75g) frozen peas**
- ⅔ cup (100g) plain flour**
- 1 teaspoon ground cumin**
- 1 teaspoon ground coriander**
- ½ teaspoon turmeric**
- 1 whole egg plus 1 egg white, lightly beaten**
- 2 tablespoons oil**

- 1.** Bring a large saucepan of water to the boil, add cauliflower and cook for 6 minutes. Add peas and cook for a further 3 minutes. Drain vegetables and transfer to a large bowl. Using a potato masher, gently smash cauliflower and peas.
- 2.** Sift together flour and spices. Add to the cauliflower with egg. Mix to a stiff batter and season to taste.
- 3.** Heat oil in a frying pan over medium heat. Cook 2 heaped tablespoons of the mixture for 3-4 minutes each side or until golden brown and cooked through.

NUTRITION INFORMATION PER SERVE:
980kJ (230cal). Protein 10g. Fat 11g.
Carbohydrate 22g. Sodium 65mg. Potassium 430mg. Calcium 100mg. Iron 1.6mg. Fibre 4g.



Call and arrange to 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). For more great recipes and health articles visit our website www.sanitarium.com.au or www.sanitarium.co.nz

Sanitarium

LIFESTYLE
MEDICINE
SERVICES

Mastering the art of love

HEY YOU, "LOVEY, DOVEY, KISSY KISSY KISS KISS" thinking of tying the knot. This article is for you. But not just for you, it's also for you "my marriage isn't working" and "not sure what's gone wrong" and "we've lost that lovin' feeling". And it's for you "I'm a master of love". Why? Because we can all appreciate a little good love advice in a world that's growing increasingly cold.

It's a little confronting. Here a divorce. There a divorce. Everywhere a divorce. And not out there somewhere in paganland. Right here in our churches and in our families.

So rather than groan about it, why not ask a few people with runs on the board for their secrets? What advice do they have? Is there anything we can learn from each other and apply?

Note that most of this advice comes from couples with a few years under their belt. Why? Because let's face it, everyone is happy as can be on day one of marriage. It's the "ever after" part that can get a little complicated. Have some advice that we've missed here? Go to record.net.au and add your thoughts.

Love is the most beautiful of gifts God has given to us. It's worth taking a few minutes to figure out how to keep it alive. Let's begin at the top:

Marry Irene Maberly

Glenn Townsend

My paternal grandparents were married for 67 years; my grandfather would say, "without a cross word". Asked what was the secret to a long, happy marriage, he would reply, "Marry Irene Maberly" (that was my grandmother). Underneath this cryptic comment is a valuable insight—you should marry someone you love and are compatible with.

In my late teens and early twenties I dated a number of girls. Only one of them I really fell in love with. The heart ached for her and there were lots of romantic words exchanged. However there were issues: she was from a different country and did not like Australian culture—we were too insensitive; she could not cook; she was ALWAYS late in going places . . . All of these things annoyed me greatly and although it "broke my heart" we parted company. Soon

after I met my wife Pamela. The heart did some mysterious moves as we spent time

together. The difference in being in love this time was that we were compatible. We liked similar things: sports, camping, nature. We had similar values: God first, family. She had a wacky sense of humour and was not so sensitive. We did things together and mainly on time (if anything I'm the one who is a bit late). So choosing love and compatibility is one key to our good and growing marriage.

Pam and I are very focused on following God's call. We believe that when God calls He does not just call the pastor



Make Not A Bond of Love

Michelle Abel and Chris Jenson

- ▶ Never go to bed on an argument.
- ▶ A relationship without mutual respect is not a relationship.
 - ▶ There is no such thing as a perfect match—all relationships change and grow and go through seasons.
- ▶ Don't be dependent on your partner for your self-esteem or personal fulfilment.

Kahlil Gibran's poem, "On Marriage", was read out at our wedding—18 years later it rings even more true than it seemed then:

*Love one another, but make not a bond of love:
Let it rather be a moving sea between the shores of your souls.
Fill each other's cup but drink not from one cup.*

Prayer and Godly Advice

Edison Akrawi

- ▶ Even though marriage is a culmination of love between a man and woman it should not be entered only on the basis of emotions. For us it took a lot of prayer and confirmation by God-fearing people we trust within our church. This created a good basis for our marriage.
- ▶ Worshipping together, at home and church, and reading the Word of God shaped our thoughts and provided trustworthy answers to life's challenges.
- ▶ We endeavour to raise a family that looks forward to spending eternity together. We are focused on raising our children in the fear of the Lord and doing our best to serve

but the marriage partner and family as well. I have declined a couple of calls from the Church to take up other responsibilities. On each occasion they were better opportunities from others' perspectives but were not good for one of us or one of our children at the time. Being united in purpose and trying to follow God's will has meant sacrifices for Pam too—she has had to leave good jobs many times. Unity on life's purpose cannot be underrated as our marriage secret.

Both Pam and I share "acts of service" as a love language. So if we are doing things for the family inside and around the house we know we are still "in love". However that is not enough to keep the relationship spark fresh. Her and my schedules are crazy at times, work can dominate, so when we are together we try to make the most of it.

*Give one another
of your bread but
eat not from the
same loaf
Sing and dance
together and be
joyous, but let each one of you be alone,
Even as the strings of a lute are alone though they quiver
with the same music.
Give your hearts, but not into each other's keeping.
For only the hand of Life can contain your hearts.
And stand together yet not too near together:
For the pillars of the temple stand apart,
And the oak tree and the cypress grow not in each
other's shadow.*



Him and enjoy life. We provide a balanced environment for our children to grow and achieve their best. Celebrating the children's achievements is the icing on the cake.

Marriage is one of the two blessings that we have inherited from the Garden of Eden. Let us do our best to enjoy it here on earth and look forward to spending eternity with the families the Lord has blessed us with.



Even if it's just walking together and talking—which we do most mornings. However that again maintains; it does not provide the spark. Scheduled dates and holidays are key. Almost no emergency will disrupt a preplanned holiday or date with each other or the family. The date or holiday may not be in an exotic place but the time together is very important. Pam and all my children have "spending quality time" as a key love language.

So in summary, the three tips for a successful marriage are:

1. Choose love and compatibility.
2. Be united in purpose and willing to sacrifice to make that happen.
3. Schedule dates and holidays.

Marriage is a Vow, Not a Contract

Wayne and Carol Boehm

Carol: First and foremost, communicate. Don't hold back. Talk it through. And be realistic. It's OK to say that at times it's tough, lonely—a hard slog. Especially when hubby travels or kids have an agenda that we have differing views on. But the underlying belief that the marriage is rock solid and WILL last the distance, and that God blesses us when we honour the promise we made to Him 21 years ago is a powerful framework that holds everything together.

Love and respect are crucial—and they have to be earned; they're not there in the first 12 months, no matter what all newly marrieds think. They grow, especially through rough times. Otherwise how could I say that “I love you 10 times more than I did on the day we got married”; I don't think I even knew my husband back then!

I hope we have another 21 happy years together (which will lead into eternity!!!).

Wayne: Marriage is a miracle whereby two lives become one. This is not simply a physical union but also a spiritual union. This union does not happen in the first few weeks of marriage but is the work of a lifetime.

We have found that marriage needs to have a continued focus on Jesus. This is both individually and together. Through this development we are restored into His image—work still in progress! This bonds us as individuals to Him and to each other.

Marriage is a VOW to each other before God, NOT a

contract. This brings endurance during good and difficult times. We are in this together. We are on a shared journey in which we totally support each other.

We both have good role models in our family. But if you don't, look for people you can learn from. Marriage is like anything—there's some skill to it. It also helps to be active in the church—our church family supports us and unites us in mission and values.

We also make time to have fun together. And not just the two of us, our boys too.

And there are a couple of other things too:

- ▶ We were blessed to have families with similar life stories before we were married.
- ▶ We have been blessed to share in ministry together.
- ▶ We have been blessed to be in mission service together—this single event created a deep bond where we saw evidence of God's presence and power in the world and also in marriage.

Have there been difficult periods? Yes, particularly in the early days—poor communication, self-centredness—but we remained faithful to our vows. And now, after 21 wonderful years of marriage, I love how I can think it and Carol will say it and vice versa. We are still learning, still growing together and loving the journey—and I praise God for what He is doing in us.



Remarriage After Divorce Can Work!

We interviewed a wonderful family for their views on what it takes to make a second marriage strong:

What if you marry someone who was previously divorced? From our perspective it's particularly important to be patient with your partner and understand that certain situations and discussions will trigger memories for them. Be prepared that this may set them back emotionally. In the beginning I couldn't understand why some of our disagreements became heated so quickly until I realised Michael was reacting to the dynamic of his former marriage—not to me. Set new patterns and be purposeful about it. Help your partner understand they are safe with you.

When it comes to blended families, remember that first the relationship between the two of you has to be strong to make it work. And it will be a lot of work.

Planning is very important. We went to a step-parenting course before becoming engaged. We have worked hard to put this family together.

Five Laws of Love

James Standish

I once saw a parody that has stuck with me. It was a picture of a traditional family seated around the dinner table, with the caption: "giant sex for security racket uncovered". The sardonic caption comes with a very real point: there are parts of marriage that involve a complex, unspoken bargain. And when that bargain is broken, marriages tend to falter. At least that's what I've observed as I've seen many marriages of those around me go down the gurgler. Here are five of those generally applicable laws:

The first law is that, as a general rule, if one partner consistently denies physical intimacy to the other, things probably aren't going to work out too well in the long run. And in the short run, it will probably be a lot less fun.

The second law is that, when economic circumstances permit, women can generally choose whether or not to engage in work that generates income. Income generation for men, however, is not optional. Get a job guys, or die trying.

The third law is that if one spouse wants a child, the other should accede if they want the relationship to succeed. Though there is a diminishing return on this law. Once you have, say, three kids, you aren't required to accede to more no matter what your spouse

Understand how the new family structure changes all the children's roles in the family and that this can be a really difficult process. Luke is the eldest child when he's at his mum's place but he's not at our house. Often a child will have a single parent's undivided attention before a new partner comes into their life and they miss it. Try to understand when children act up—and listen to their feelings.

Don't try and take the place of their birth parent. I can remember the huge relief on Luke's face when I told him that I would never try to be his mum. He has a mum—he doesn't need another. But I will love him as much as a mum would and I will do all the things for him that a mum would do when he's at our house. He doesn't have to have divided loyalties; he has a mum and he has me, and he knows I love him very much.

Try to let the birth parent handle the heavy discipline. It's better for the child, for the step-parent's relationship with the child and the birth parent will appreciate it too.

Don't expect that you will immediately feel the same connection toward your step-children as you do toward your own. Make a conscious effort to develop the relationship and remind yourself that they are their own little people and will not necessarily behave the same way your children do.

has to say about it!

The fourth law is that men and women need to be admired but in different ways. Men generally need to feel important. Women generally need to feel attractive.

Finally, getting your kit off with someone who is not your spouse will generally destroy your marriage, or make it so miserable you wish your marriage was destroyed.

And, for good measure, the most important law of all: If you want a match made in heaven, let heaven make your match. There are lots of mistakes we can make with relative impunity in life. A mistake in who we marry? That has the capacity to absolutely rip us apart. So seek God with all the intensity you can and listen very carefully for His answer. Let His still small voice guide you. He will not fail you. He certainly didn't fail me.



We don't use the words step, half, foster or adopted in front of the word brother in our house. We only say "brothers". That's all that matters.

Always remember an opinion, no matter how strongly we feel it, may change if we wait and just listen.

We have three other general pieces of advice that apply to anyone:

1. Talk. About good things, bad things and everything in between. When you disagree, choose your words carefully. Talk about how things make you feel not about whether they are right or not (Rather than "You never do the dishes!", try "I'm feeling overwhelmed by all the housework; if you could do the dishes tonight it would really help"). Never use the word never—it always gets me into trouble.
2. I think it's important for couples to go through disagreements and hard times before getting married. Look at the way you got through those times as a couple. Does it make you confident about your future? Was your partner supportive? Did they still treat you respectfully even if you didn't see eye to eye?
3. Have fun together! Be best friends and make time to hang out without the responsibilities of life. Find someone who you can be yourself with and who enjoys lots of the same things you do.



What We've Learned in 27 Years of Being in Love

Kent and Miriam Kingdon

1. Learn your spouse's love language and use it.
2. Get the balance right between individual and joint interests.
3. Love unconditionally and forgive often.

Our families of origin are quite different. Miriam's background is migrant working class; Kent descends from a classic line of Australian Adventist pastors and teachers. This can make for some interesting debates about the importance of hard work, how to spend money and gender roles in the home.

A few things have kept us together though. First, we married young and this gave us the opportunity to grow up together so that even if we don't see exactly eye to eye about these things, we've reached workable compromises.

Secondly, our personalities are essentially compatible—we're each able to lead or follow in different situations, we're both fairly open communicators and our physical attraction for one another has remained strong.

And thirdly, since we're both from Adventist families we share very similar spiritual and moral values—a common foundation for living.

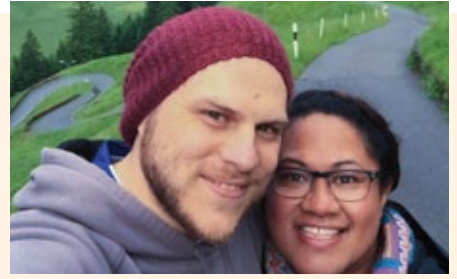
Blending cultures

Jarrold and Lina Stackelroth

We were told from the outset that cross-cultural marriage would be hard. And it is. And it's not. Back in the day it was even looked down upon—in society and even in the Church. But it's becoming more and more common. Here are a few things we've learnt.

Every marriage is the joining of two cultures, as your family culture is unique.

There are broad similarities and stereotypes about cultures but individuals and families within cultures vary dramatically. The Genesis template of marriage calls for a couple to leave and cleave—leave their family of origin and cleave to each other. That means discovering and creating your own family culture. You can have a richer experience from taking the best and leaving the rest. And you must be on the same page. It can be a balancing act—supporting family and fulfilling obligations as well as making sure your own new family is strong—but you must make ALL important decisions together. If there is tension and disagreement, then reconciliation is not an option, it's your responsibility. You are stronger together and committed to eternity so make sure you are open, transparent and communicative and you will navigate any challenge, cultural or otherwise.



Mastering Your Marriage

by Trafford Fischer – from the December 2015 *Signs of the Times*

Dr John Gottman set up a "Love Lab" with his colleague Robert Levenson to observe newlyweds interacting with each other.

But the couples weren't just being watched—Gottman and Levenson also wired them up to heart-rate machines, bloodflow monitors and instruments that measured how much sweat they produced. They even installed a "jiggle-o-meter" that would measure how much the couples moved around in their chairs! Gottman's sole aim was to uncover answers to questions such as, Why is marriage so tough at times? Why do some lifelong relationships click while others tick away like a time bomb? And how can you prevent a marriage from going bad or rescue one that already has?

After many years of observing and recording hundreds of couples' interactions, and then following up with them over a number of years to see whether they stayed together or divorced, Gottman claims he can now answer these questions. In fact, he claims he can predict the success or failure of a marriage after observing a couple interacting for as little as five minutes—with an accuracy rate of 90 per cent!

Do you want to know the difference? Read the full *Signs* article at: <https://www.hopechannel.com/au/read/master-your-marriage>



RECORD REWIND

Lester Devine



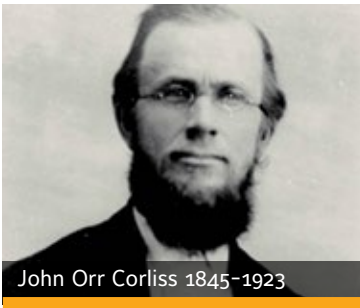
Pioneer to Australia

Left fatherless at five years of age, John Corliss grew up to be independent. He became a sailor at the age of 16 and served in the American Civil War. He became a Freewill Baptist in 1866 and a Seventh-day Adventist in 1868. He lived with the Whites for a time and was tutored by Joseph Bates.

In 1868 he became the chaplain and superintendent of the Western Health Reform Institute in Battle Creek, Michigan, and later conducted evangelistic campaigns in Michigan, Maine, Virginia, Colorado and California.

With S N Haskell, he pioneered the work of the Church in Australia (1885-1887) and won many converts in the face of strong opposition. He was particularly successful with business and professional people and in getting entire families to make a decision for the Adventist faith. He was an editor for the *Bible Echo*, supporting it from his personal finances. After spending time in California recovering from a period of poor health he returned to Australia for another term of service (1893-1896). He taught Bible to the nurses at Battle Creek Sanitarium and worked in

Canada (1898-1899) before spending most of his remaining life in California, except for two years in England (1902-1904). He used most of his inheritance to sponsor students through their studies and to support other Church projects.



John Orr Corliss 1845-1923

The above is a synopsis of the entry in the SDA Encyclopedia.



OPENING HIS WORD

Gary Webster



Sergius Paulus and the key to life-transforming power

Christ's mission for His church (you and me) is to make disciples—people who are ever becoming more like Christ. That's an impossible task without the Spirit's power, which is why the great commission begins and ends with the promise of Christ's power and presence.

Read Matthew 28:18-20; Luke 14:26,27,33; John 13:34,35; 2 Corinthians 3:18.

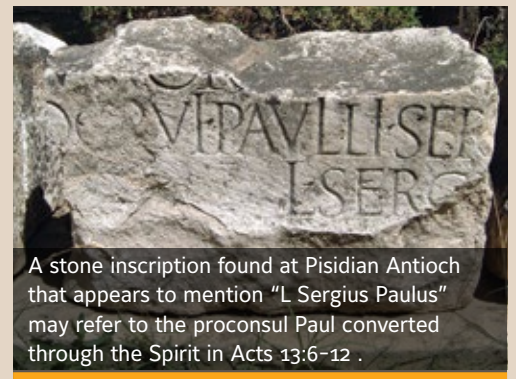
Like Isaac in our last study, who returned to Abraham's wells at Gerar, we must revisit the past to discover the reasons for the early church's success. In doing so we quickly discover that their success lay not in strategic planning and programs, but in seeking and receiving the power and presence of the living God. Our greatest need today is for the same Spirit to transform and fill us so that we can transform others.

Read Luke 3:21,22; 4:1,14; Acts 1:4,8,13,14; 2:1-4,41; 4:31;10:38.

It was only through the Spirit that Paul was enabled to shatter the power of Satan working through Elymas, so that Sergius Paulus was converted. The power, presence and passion of Jesus through His Spirit surely comes through personal and corporate prayer. All past revivals have been the result of serious prayer.

Read Acts 13:6-12; Luke 11:15; Ephesians 3:14-20.

Do you earnestly pray alone and corporately, for God's Spirit? Do you and your family attend prayer meetings? Does your church still hold them? The spiritual pulse of a church is found in how many regularly attend. Decide right now to make time to pray alone and with others for an outpouring of God's Spirit for life-transforming mission.



A stone inscription found at Pisidian Antioch that appears to mention "L Sergius Paulus" may refer to the proconsul Paul converted through the Spirit in Acts 13:6-12.

THIS MONTH IN



How nature observes God's Sabbath



Parenting in a tech laden world



Ashley Madison and the end of the world



Kombucha and creation

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Pharaoh refuses to respond to God's warnings. The tenth plague is the most terrible of all - the death of the firstborn sons. It is a time of both fear and hope for the Israelites, and a night to remember.



FIND THE 10 DIFFERENCES



MEMORY VERSE

"The angel of the Lord encamps around those who fear Him, and He delivers them." Psalm 34:7, NIV

WORSHIP MESSAGE

We worship God when we praise Him for rescuing us from sin.

LETTERS

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.

SALT OF THE EARTH
Peter Tung, Vic

Thank you so much for the article "Honesty, humility, humanity" (Feature, January 23). It brings up the idea of being the "salt" of the earth.

What sort of influence do we have on our community and on our nation? I believe that Adventists in PNG do have a great influence over their fellow countrymen and they should be encouraged to intentionally build on this, and your article certainly helps.

I am reminded of the tragedy of the Rwandan genocide when statistics showed that Adventists comprised a huge 12 per cent of the population in the years just prior to it, perhaps the highest percentage in the world. It was so unfortunate that a 12 per cent level of "salt" could not prevent such a heinous crime. We need to do better.

BEARDS AND ALL
Liz Trupp, US

To James Standish: I LOVE your editorials. Keep them coming.

How people who claim to love Jesus could bicker so much is beyond belief to me, no matter how "right" they think they are.

Praise the Lord that He loves us warts and all or maybe I should say beards and all ("28 is enough", Editorial, January 23)!

Thanks again.

INTERPRETATION
Isaac Menge, via website

Unity is great ("28 is enough", Editorial, January 23). However, it should be understood that within our

own Church divisions arise because of our different understanding of Scripture. We get different messages from Scripture because we are not converted. It is inconceivable that a person who uses higher criticism or the principle-based historical-cultural formula to interpret Scripture will arrive at the same understanding as the one who uses the historical-grammatical method.

As a Church we need unity, however in seeking unity we need to start with establishing operational rules and respecting those rules.

SIMPLY BEAUTIFUL
A E Hobbs, via website

Re: "28 is enough", (Editorial, January 23).

True Christian unity is Word-based. Jesus prayed, "I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world . . . Sanctify them through thy truth: thy word is truth" (John 17:14,17).

True unity is not about doing what feels right; nor is it based on reckless inclusions. It is founded on the Bible alone—*Sola Scriptura*—and this attitude will cause friction with those who prefer a "buffet" religion where you pick and choose beliefs that suit a person's culture, comfort level or personal agenda. The Bible is the key ingredient to true unity and this, in turn, will produce results that are in line with biblical truths.

The gospel of Jesus Christ is beautifully simple but it requires us to totally surrender our hearts to His sanctifying power.

THINKING OF HOME
Andrew, via website

Top article "Honesty, Humility, Humanity" (January 23)—I appreciate it so much and it makes me think of my lovely country.

What must I do to save my country? This has always been a question that bothered me for many years now and this article has made me restless after reading it. Thanks James for the valuable comparison and the challenges for us to do something.

OUR RESPONSIBILITY
Kristine Stahl, via website

Thank you for [the] very thought-provoking article "Honesty, humility humanity" (Feature, January 23). It is with this sense of responsibility in mind—expressed so well in your article—that every Christian needs to approach elections.

We should be thinking about how our vote will affect the poor and vulnerable in our country. It does not stop there, though.

As Christians, we need to be fair in all our dealings and defend the fatherless, the widows, the downtrodden of our society, instead of smugly thanking God for His abundant blessings on us. It is precisely because we are blessed that we have the responsibility to help those less fortunate, [and must] defend the defenceless.

Thank you for such a timely article. I think that you might need to send a copy of it to every politician in PNG.

ANNIVERSARIES



Knott. Roland and Olive (nee Jull) celebrated their diamond wedding anniversary on 19.12.15.

The couple were married 60 years ago in Toowoomba church, Qld, by Pastor A D Pietz. They have two children, Carolyn and Ken, and two grandchildren, Michael and Jayden. Roland and Olive moved to Caloundra in 1981

from Oakey. They have held many church offices over the years. Congratulations were received from the Queen, Governor-General and members of parliament.

and Heath, daughter-in-law Samantha and grandchildren Matthew, Liam, Tayla and Charlene.

WEDDINGS



McCutcheon. Hylton Raine and Clytie Mavis (nee Latto) celebrated their 50th wedding anniversary on 19.12.15 at Miss Maud Restaurant, Perth, WA. Family from as far as New Zealand attended the small celebration and a good time was had by all. They have two sons, Raymond



Hanson-Walker. Jay Michael Hanson, son of Ted and Kay Hanson (Yandina, Qld), and Renae Jane Walker, daughter of Greg and Jane Walker (Chambers Flat), were married 20.12.15 at Logan Reserve church, Logan Reserve.

Neil Tyler

POSITIONS VACANT

■ **Fundraising campaigns officer—ADRA Australia (Wahroonga, NSW).** The Adventist Development and Relief Agency (ADRA) Australia is seeking a highly-motivated, super-organised fundraising campaigns officer to help coordinate ADRA Australia's fundraising appeals. The position will be responsible for development of all components of mail and email campaigns, including creation of resources, distribution of collateral and tracking of appeal performance against fundraising targets. All enquiries to Alison Young, ADRA Australia, phone (02) 9473 9503 or <alisonyoung@adra.org.au>. Further information including a job description is available on both the Adventist Employment and ADRA websites. Please submit your latest CV, along with a letter of application addressing the selection criteria, to Alison Young, <alisonyoung@adra.org.au>. Applications close **February 24, 2016.**

■ **Major gifts officer—ADRA Australia (Wahroonga, NSW).** The Adventist Development and Relief Agency (ADRA) Australia is seeking a major gifts officer in its fundraising team to implement a major gift and bequest fundraising strategy to grow financial support to achieve its mission to create just and positive change for people living in poverty and distress. All enquiries to Alison Young, ADRA Australia, phone (02) 9473 9503 or email <alisonyoung@adra.org.au>. Further information including a job description is available on both the Adventist Employment and ADRA websites. Please submit your latest CV, along with a letter of application addressing the selection criteria, to Alison Young, <alisonyoung@adra.org.au>. Applications close **February 24, 2016.**

■ **Human resources manager (People Services)—South Pacific Division—Seventh-day Adventist Church (SPD) Limited (Wahroonga, NSW)** is seeking an experienced human resources manager who can develop effective relationships across the organisation and provide a professional HR service to the Church in the South Pacific. This full-time role will be based at the Division head office in Wahroonga and will report to the general manager of People Services. The successful candidate must be eligible to work in Australia. For full selection criteria please visit the South Pacific Division's Human Resources website <www.adventistemployment.org.au>. All applications, including a cover letter, CV, three work-related referees and the contact details of your Adventist church pastor, must be forwarded to: Human Resources, Seventh-day Adventist Church (SPD) Ltd, Locked Bag 2014, Wahroonga, NSW, 2076 Australia. Or email <hr@adventist.org.au> or fax to: (02) 9489 0943. Applications close **February 28, 2016.**

■ **Youth pastoral worker—Bairnsdale church (Bairnsdale, Vic).** Would you like to serve God, reach out to young people and grow in wisdom and experience? Bairnsdale church is interested in employing a young person to work with our youth, help in outreach and participate in the ministry of the church. Accommodation, car and remuneration provided. If you are hungry for a challenge phone Carol Hanna 0438 516 500 or Denise Twining 0438 543 652 for further details.

POSITIONS VACANT

■ **Case manager—Safe Place Services (AUC) (Wahroonga, NSW).** This is a six-month contracted role (until June 2016) while the new child and vulnerable people protection service for the Seventh-Day Adventist Church is being established. This role will provide a case management service to victims/survivors of sexual abuse within the Church and its environments across Australia and New Zealand. The ideal candidate will have at least two years in case management, a relevant degree in social work, counselling or other related field. The position is ideally full-time, however may also be part-time for the right candidate. The position is available immediately. Please forward your CV along with a covering letter outlining your suitability for the role to the Safe Place Services director David Robertson <DavidRobertson@adventist.org.au>. Applications close **February 29, 2016.**

■ **Administrative assistant—Seventh-day Adventist Church (Greater Sydney Conference) Ltd (Epping, NSW)** is seeking an enthusiastic, dedicated and experienced administrative assistant. Based in Epping, NSW, this full-time position requires the successful candidate to facilitate a productive administration through the efficient processing of enquiries, documents, scheduling appointments, secretarial work and administrative functions. For more information and a job description please contact Pastor Adrian Raethel on (02) 9868 6522 or email <adrianraethel@adventist.org.au>. Applications close **February 29, 2016.**

■ **Systems administrator (Information Technology)—South Pacific Division—The Seventh-day Adventist Church (SPD) Limited (Wahroonga, NSW)** is seeking a systems administrator to join the busy Information Technology team. This role will be based at the Division head office in Wahroonga and will be responsible for supporting virtual servers, desktops and other hosting services; providing service desk troubleshooting and support; assisting engineering teams with technical issues; and providing support both remotely and travelling to locations within the South Pacific. The successful candidate must be eligible to work in Australia. For the full selection criteria please visit the South Pacific Division's Human Resources website on <www.adventistemployment.org.au>. All applications, including a cover letter, CV, three work-related referees and the contact details of your Adventist church pastor, must be forwarded to: Human Resources, Seventh-day Adventist Church (SPD) Ltd, Locked Bag 2014, Wahroonga, NSW, 2076 Australia. Or email <hr@adventist.org.au> or fax to: (02) 9489 0943. Applications close **March 7, 2016.**

Sign up for job updates and find more vacant positions at <adventistemployment.org.au>





Milner-Kent. Lynden Milner, son of Ray and Rita Milner (Bundaberg, Qld), and Brittany Kent, daughter of Gary and Robyn Kent (Sydney, NSW), were married 15.11.15 in the Braeside Chapel, Gold Coast, Qld. Lynden and Brittany will live in Brisbane. It was a wonderful day celebrating their love and commitment.

Gary Kent

Retirement Village, Banora Point. Her family was one of the greatest highlights of her life and she loved each one dearly. She often spoke of her desire to see them at the resurrection.

Errol Wright

Scott, Harold, born 3.11.1929 in Sydney, NSW; died 10.6.15 in Tweed Heads. He is survived by his son Jason. Harold lived most of his life on the Central Coast and spent his later years in Tweed Heads. He served six years in the Air Force. He was baptised in 1980 by David Down. Harold became a member of the Tumbulgum church in 1992 where he served as an extremely conscientious deacon for many years and was instrumental in starting weekly Sabbath fellowship luncheons. His always welcoming smile will next be seen at the resurrection.

Errol Wright

OBITUARIES



Brough, Marjorie (nee Heptinstall), born 4.8.1924 in Dewsbury, Yorkshire, England; died 31.12.15 in Rockhampton, Qld. In 1957 Marj married Leslie, who predeceased her in 2008. She is survived by Ian and his wife Willa; grandchildren Amanda and Conan Jerrard, Matthew and Tannya; and great-grandchildren Jett, Satara, Noah and Rose. Marj and Leslie, together with their only son Ian, immigrated to Australia in 1969. The Brough family were baptised in the Rockhampton church in the mid-1980s and remained faithful members.

Ray Hobbs, Col Friend

Catts, Alyssa Gay, born 25.5.1969 in Georgetown, Malaysia; died 23.12.15 in the Hunter Valley Private Hospital, Shortland, NSW. She is survived by her mother Pamela; sister Deanne Reynolds and her husband Colin (Nambucca Heads) and brother Stanley (Morisset). Alyssa was committed to her God and gave considerable time in distributing the *Great Controversy*. She also made a significant number of Bible felts, which were sent to many churches in Australia, Nepal, Solomon Islands and Vanuatu. During 2015 she experienced serious health problems but in spite of her suffering, demonstrated great forbearance and courage.

Roger Nixon

Lanham, Daphny Joan, born 18.4.1926 in Harden, NSW; died 31.10.15 in Tweed Heads. A member of Tumbulgum church for 16 years, Joan was known for her beautiful crocheted and knitted creations. She worked at Harden Hospital for 30 years, and then at Gosford Hospital before her retirement. Joan lived the last two years at Darlington

ADVERTISEMENTS

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A history of Advent Brass Band -Melbourne is being researched and written by Dr Milton Hook. If you have information to share, especially pre-1970 (more particularly pre-1940), please contact Ray Boehm on 0404 024 045 or email <del.boehm@gmail.com>.

Finally . . .

The great acts of love are done by those who are habitually performing small acts of kindness.

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