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ADVENTIST RECORD | APRIL 1, 2017
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I WANT TO BE A FOOL

Happy April Fool's Day.

I remember at school, on the last day of March, planning elaborate pranks with my friends in preparation for April 1. It was fun, the ideas were crazy—and we never followed through. They were too much—either too much risk or too much preparation. It was fun to dream though.

Instead, when April 1 rolled around we would tell silly jokes or try to trick our classmates with made-up stories.

Now the date passes, for me at least, with very little thought. This year I tried to find out the origins of the day. It was impossible. It seems people have made up the origins as April Fool's jokes and the actual history of the day has been lost.

In early days in Europe, people tried to link the origins of April fools to the Bible. They said, sending people on foolish errands commemorated Jesus being sent back and forth between Pilate and Herod. Another attempted link was Noah's errand of sending the raven from the Ark.

While no-one has come up with the real story, the Bible has a lot to say about fools.

There are two types of fool in the Bible.

Firstly, there is the fool described in the so-called wisdom books. This is a person who "hates knowledge", "despises wisdom and instruction" (Proverbs 1), they "chatter", "slander" and "lie" (Proverbs 10), they are proud, hot-tempered, mocking, love money, avoid discipline, don't get along with others, disrespect their parents, are quick to quarrel . . . I could go on. This fool is used as a warning against certain types of behaviour and as a comparison point for recommended behaviour.

After reading all that, it doesn't seem like being a fool is such a wise idea.

Yet would you believe I still hope to be called a fool?

I recently read about missionary William Borden. He died in Egypt from spinal meningitis while studying Arabic so he could reach out to Chinese Muslims. He

was heir to a silver mining fortune. He had education, opportunity and money. Before leaving America he raised lots of money and set up missionary societies in the colleges he attended. He inspired many young men to mission; yet he never made it to his intended mission destination.

Engraved on his resting place in the American Cemetery in Cairo are these words: "Apart from Christ, there is no explanation for such a life."

Will people say that about my life? I have always been careful by nature and risk averse. I like comfort, having all my worldly needs met. I do enough for the Church to assuage my guilt but spend my spare time and money on food and entertainment.

It's time for me to ask myself some difficult questions. Where are my time, talents and treasures truly invested? Is my faith too comfortable? Does it appear foolish to others?

Maybe it's time for me to start acting the fool for the sake of the gospel.

The problem is, I care too much about what other people will think. I hesitate or self censor before I share my faith—watering down offensive and challenging doctrines.

I've attended a few church events recently and the message has been the same. Everyone wants to overcome challenges,

grow the Church and see the kingdom flourish. We want to be a movement again. But that can only happen through church members personally and individually committing to revival. Only then will the Holy Spirit move and the Church corporate become a movement. That means I need to be more of a fool for God.

"For the foolishness of God is wiser than man's wisdom . . . God chose the foolish things of the world to shame the wise" (1 Corinthians 1:25,27).

Heroic missionary martyr Jim Elliot put it this way: "He is no fool who gives what he cannot keep to gain what he cannot lose."

JARROD STACKELROTH
SENIOR EDITOR
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**"MAYBE IT'S
TIME FOR ME
TO START
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FOOL FOR
THE SAKE OF
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"Young Syrian in refugee
camp."

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MEN OF GODLY WISDOM

Owen Cooper was an elder in the first church I pastored on my own from 1988–1990 in Roma, Qld. I was energetic and full of community service ideas for the small church. Most people appreciated my enthusiasm but were busy with life and just keeping the church going. This frustrated me.

That's where Owen was God-sent.

Owen ran a saddlery and leather business. I soon learned that whatever my issue was, I could talk to Owen. He'd keep stitching a saddle while listening intently. He understood my zeal but asked questions or commented from a new perspective that would challenge me. Ideas, breakthroughs, disappointments—all were shared with Owen in his shop. His calm, down-to-earth and good-humoured wisdom centred me.

Owen was a great guitarist. I loved to play but was not very talented so Owen encouraged me and we played together in church. Others, including his wife Leora, joined in and the church enjoyed it.

Barrie Collins was the CEO/CFO for Adventist Education when I became president of the WA Conference in 2003. He was an excellent support and showed me how to have a clean desk (not that I have succeeded). I appreciated his thoughts on stewardship and health. I personally benefited from his financial advice as did many pastors and teachers. Barrie was always cheerful and his love for Jesus, the Church and our complete message was obvious. Barrie ran an efficient board and helped me understand the business side of the Church. His views were always worth listening to in meetings, as were his stories of life in the army in Rhodesia and working for global accounting firms. He was a man of great discipline.

Both Owen and Barrie died recently. Yet I am certain that, because of their faith in Jesus, Owen and I will play the guitar and Barrie and I will eat vegan food together after the resurrection. And I will listen to more of their godly wisdom.

GLENN TOWNEND
SPD PRESIDENT
f /SPDpresident



SAN INSPIRES WITH STORIES OF HEALING

TRACEY BRIDCUTT

Sydney Adventist Hospital is encouraging people to pause, catch their breath and be inspired by stories of healing.

The hospital has introduced "First Friday", a special evening service for patients, staff and the wider community presented on the first Friday of the month in the San chapel.

It features stories of healing—both personal and biblical—music and prayer, and is livestreamed so patients unable to get to the chapel can watch from their rooms.

Adventist HealthCare Mission and Culture director Dr Branimir Schubert likened "First Friday" to his smart watch, which measures steps and breathing. If the watch detects that he's feeling tense it buzzes him with a message to take a break.

"First Friday is just like this device: we are sensitive to this divine 'buzz'. The message says, 'Your week has



DR SCHUBERT IN THE SAN CHAPEL.

been long and stressful, you are tense . . . time to take a deep breath, time to take a break'," he said.

While the service draws attention to the benefits of Sabbath rest, Dr Schubert said it's not about preaching: "In a sense it's just a visible demonstration of some of our core values and commitment to the overall mission of the hospital."

It will also provide closer connections between the San and the wider Adventist community, with local churches invited to provide music.

TRINITY GARDENS CELEBRATES 50 YEARS

DEBRA HEIDIK/RECORD STAFF

Trinity Gardens Seventh-day Adventist Church (SA) celebrated its 50th anniversary on March 4.

A special commemorative service was held and the founding members who had worked so hard to establish the church were honoured.

The church school, which operated between 1961 and 1993, and the emergency foster care organisation were remembered as well as a recent mission trip the church's young people made to Thailand.

Founding families represented at the special day included Van Weenen, Browne, Banks, Jenkins, Maywald, Watson, Mitchell and Hartwig.

Pastor Eric Winter, the first minister in the new building, returned to take part in the service. Pastor Andre Van Rensburg, pastor at the time of



ATTENDEES AT THE CELEBRATION. PHOTO: DUNCAN HEIDIK

Trinity's 25th anniversary, was guest speaker for the day. Also present were previous pastor Ian Watts, current pastor Jan Pollok and visiting pastor Will Grobler.

Trinity Gardens was formed when the Kensington and Maylands congregations joined together and built a church on property owned by the Maylands church. The foundation was laid in 1965. For just over two years, church members worked evenings and most Sundays to complete the build.

A combined lunch in the church hall rounded out the celebrations.

SABBATH STORIES SOUVENIR FOR TREKKERS

RECORD STAFF

Signs of the Times has produced a mini *Signs* to mark the 75th anniversary of the World War II Kokoda campaign in Papua New Guinea.

The 16-page souvenir *Signs* will be shipped to Adventist villages along the Kokoda Track for sharing with trekkers, mostly Australians, making the pilgrimage in the footsteps of their Anzac forebears.

The Anzacs were ably assisted by local villagers—the so-called “fuzzy-wuzzy angels”—many of them Seventh-day Adventists, as it was along the southern reaches of the track that the Church was first established in the then territory of Papua.

Papua New Guinea Union Mission (PNGUM) president Pastor Kepsi Elodo is from the Kokoda village of Efogi, and so has a special interest in the mission of the Church there. “Each year about 3500 trekkers hike the track. They

wonder why their carriers—mostly local villagers—do not carry on the Sabbath. They also see the marked contrast of our Adventist villages—where community and personal health principles practised by the Church are so obvious—with other villages they pass through. The souvenir *Signs of the Times* will give them some insight into why this is so.

“In 2014, we celebrated the 100-year anniversary of the Adventist work at Efogi. We talked about the concept of international evangelism. We told our people, ‘You don’t need to go away from your homes to be missionaries. God is bringing people from all over the world to hike the Kokoda Track. These people are your mission field.’

“We told them, ‘From sunset Friday to Saturday, you should give people food and shelter for free as a spiritual service. And don’t accept money on Sabbath. Everything you do will be a missionary service.’”

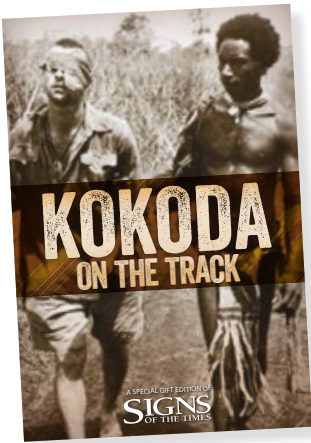
Pastor Elodo reports that as a result of the Kokoda initiative to intentionally witness to trekkers, more than 1000 have participated in prayer with local pastors on the track. A number of

former Adventists, including a former pastor, returned to church once they got home as a result of encounters during their trek.

“This special *Signs* is likely the only souvenir the trekkers will take home, other than some sore muscles and fantastic memories, so we’ve printed it on heavier gloss paper to protect it from the climate and rough handling,” said *Signs* editor Lee Dunstan. “It is of quality enough for trekkers to want to take it home, and as they read it they’ll be enlightened as to our beliefs. It also contains free offers that will connect them with the Church when they get home.”

In addition to distribution along the track, *Signs* is seeking sponsorship for a wider PNG distribution, including to students in Adventist schools, and possibly in airports and tourist locations around the country. According to Mr Dunstan, it was designed to be an Anzac Day sharing resource for schools, Pathfinder clubs, memorial services and marches, and could be placed in local RSL clubs in Australia and New Zealand.

Visit hop.ec/kokoda to order.



ADVENTIST SCHOOL EXCELS IN NATIONAL RESULTS

MVAC/RECORD STAFF

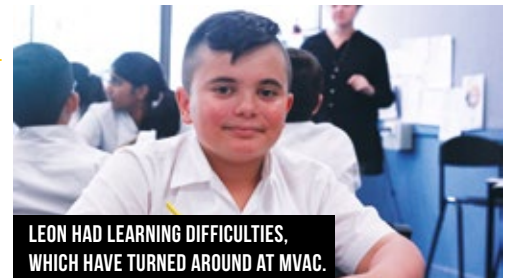
Mountain View Adventist College in western Sydney has been recognised by the Australian Curriculum, Assessment and Reporting Authority (ACARA) for significant improvement in educational outcomes.

The recognition comes in response to national NAPLAN test results, made public last month on the My School website—a site that provides up-to-date, readily accessible information about all Australian schools. The results showed that Mountain View (MVAC) students had made impressive gains in literacy and numeracy since they were last tested.

The coeducational Adventist school,

which has 630 enrolments from Kindergarten to Year 12, puts these results down to the fact that they have implemented new research-based teaching strategies over recent years. At the same time, they have introduced a range of classroom and remedial literacy programs that make use of explicit instruction and consistent, regular testing to measure student progress.

The change in direction was made possible thanks to a federal Action Plan grant in 2013, designed to lift educational standards after a report into OECD countries showed that Australian schools had been slipping in the



rankings. The grant was administered through the Association of Independent Schools (AIS), the peak body for independent schools in NSW.

“I was absolutely blown away when I received the letter of congratulations from ACARA,” principal Jenny Gibbons said. “I just about cried. I thought: how amazing is this? I put it down to our staff having done some pretty amazing things over the past three years.”

ANOTHER YEAR OF BROADCASTING FOR HOPE CHANNEL NZ

VANIA CHEW

As a new year of broadcasting begins at Hope Channel New Zealand, the organisation has also had a change of leadership. Dr Brad Kemp has stepped down as the manager, with Neale Schofield, former CEO of Adventist Media, accepting the role.



NEALE SCHOFIELD.

Hope Channel New Zealand will continue to broadcast to every home in the country, thanks to the generous offerings and donations that have enabled them to extend their broadcasting services contract for another 12 months.

This funding has come from various levels—the world Church, the North

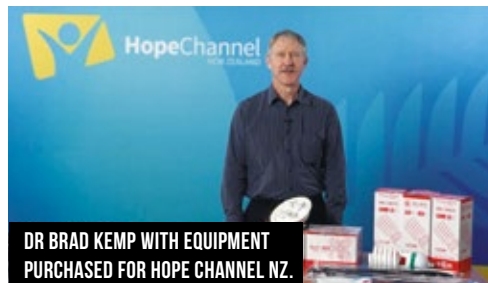
New Zealand Conference and local churches across the country.

Hope Channel was one of the beneficiaries of the Thirteenth Sabbath Offering in the second quarter of 2016 and received almost \$NZ390,000 to produce local programs. The funds have been used to purchase equipment and a number of local programs are currently in pre-production.

“A big thank you to the world Church and each of you for your generosity,” said Dr Kemp, president of the New Zealand Pacific Union Conference and former manager of Hope Channel. “You are making a difference.”

He also thanked the executive committee of the North New Zealand Conference for their decision to increase their annual contribution toward the running of Hope Channel to \$NZ150,000 per annum.

Even the local churches have played a significant part in the continuation of



Hope Channel’s broadcasts.

“We have seen every church across New Zealand pitch in and help Hope Channel,” said assistant manager Pastor Paul Hopson. In 2015, the November offering contributed by New Zealand churches was approximately \$NZ45,000. The November 2016 offering was promoted as going to Hope Channel and saw a substantial increase to \$NZ67,127.

“Thank you for getting behind Hope Channel and helping us achieve the goal of staying on air and reaching New Zealand with the gospel,” Pastor Hopson said.

PACIFIC PARTNERSHIP

SCHOLARSHIP FOR POSTGRADUATE STUDY IN LIFESTYLE MEDICINE

A record response to the Avondale College of Higher Education Offering in 2016 means the Lifestyle Research Centre can announce the opening of applications for the Pacific Partnership Scholarship.

The scholarship provides seed money to Pacific islanders to begin postgraduate studies in lifestyle medicine. It will empower those with influence to share their knowledge with those in their communities, many of which are now having to meet the challenge of treating lifestyle-related chronic conditions.

The Lifestyle Research Centre is offering up to three Pacific Partnership Scholarships. The successful applicants will receive full-fee waiver to complete the Graduate Certificate in Lifestyle Medicine.

To find out more about the Graduate Certificate in Lifestyle Medicine, visit www.avondale.edu.au/postgraduate, phone +61 2 4980 2377 or email study@avondale.edu.au



Designed for Life

Applicants must be citizens of a Pacific island and graduates of an Australian Level 7 (bachelor) degree or equivalent. Applicants should send a cover letter, curriculum vitae and academic transcript to:

Dr Darren Morton
Course Convenor,
Postgraduate Studies in Lifestyle Medicine
Avondale College of Higher Education
PO Box 19, Cooranbong NSW 2265

Applications close on June 30, 2017.

PACIFIC PASTOR DIES, TRIBUTES FLOW

JARROD STACKELROTH

Church leaders from around the Pacific have sent tributes and paid their respects, remembering highly-regarded Solomon Islands pastor and educator Wilfred Liligeto, who died on Sabbath, March 11, at the age of 63.

Pastor Liligeto was preaching at Ringi church, Kolobangara, when he suffered a serious stroke. He was admitted to Gizo Hospital but passed away a week later.

Pastor Liligeto had a long history of service in Solomon Islands, Fiji and Papua New Guinea (PNG) in a career spanning 40 years.

"Wilfred was a well-seasoned and experienced pastor with an avid interest in cross-cultural ministry," said Dr Graeme Humble, field secretary and Adventist Mission director at the South Pacific Division.

Pastor Liligeto began working as a local church pastor in the then Eastern Solomon Islands Mission in 1975 before being called to Papua New Guinea Union Mission (PNGUM), where he worked as a Bible teacher, church pastor, departmental director and president. He was ordained in the Sepik region in 1982.

Pastor Liligeto lectured at Sonoma College and Fulton College, and was a chaplain and church pastor at Pacific



DR GRAEME HUMBLE WITH PASTOR WILFRED LILIGETO.

Adventist University.

He had also worked in a number of departmental and administration roles in Solomon Islands.

Although looking to officially retire from full-time employment, he had no plans to slow down.

Pastor Liligeto was chief of the Babata Tribe of Marovo Island and was hoping to do some teaching at Honda lay training school at Kukudu. He was also hoping to "serve God for the next phase of my ministry helping in my local church, at Chea, Marovo Lagoon".

Pastor Liligeto is survived by his wife Rosellee—who also worked for many years as a teacher in Adventist institutions—and their three children, Loanne, Jahrad and Urijah.

CHURCH LEADERS CALL FOR COMPASSION

KENT KINGSTON

Leaders of the Adventist Church in Australia have joined 11 other Australian churches calling on the Federal Government to make compassion and equity foundations of the nation's foreign policy and to lift levels of foreign aid to the internationally agreed target of 0.7 per cent of Gross National Income (GNI).

The call comes at a time when Australia's foreign aid is at its lowest ever percentage of GNI (the foreign aid program formally began in the 1950s). The church leaders also made their statement "in the face of recent trends around the world which promote isolationism, exclusionary nationalisms or the forceful

pursuit of naked self-interest". Australian Union Conference president Pastor Jorge Munoz signed the statement in his capacity as chair of the ADRA Australia board.

"Raising our Church's voice is consistent with Jesus' call to love our neighbours as ourselves," said ADRA Australia CEO Mark Webster. "Australia's aid program saves lives; supporting it is not a matter of politics but of humanity."

The statement—one of more than 9000 public submissions to the Government's foreign policy white paper—was coordinated by Christian campaign group Micah Australia.

NEWS GRABS



MILESTONE

The official count of worldwide Adventist members has hit 20 million for the first time. That's more than the population of Portugal, Zimbabwe or Chile. The statistic doesn't account for non-attenders still listed on church rolls, but neither does it include the large numbers of unbaptised children and other regular churchgoers. —ANN



NOT COMING OUT

US-based Coming Out Ministries has postponed the Australian tour of its new film *Journey Interrupted*. The film, which premiered in Berrien Springs, Michigan, last September, is a 60-minute documentary chronicling the lives of five Seventh-day Adventists dealing with the issue of same-sex attraction. —*4hg.com.au*



DIG DEEP

More than 42 per cent of the world's population (3.1 billion people) live without any Christian presence or influence in their lives, according to statistics from Adventist Mission. Funds raised through the April 8 world mission offering will help missionaries take the gospel to unreached communities around the globe. —*AdventistMission.org*

HOT TOPICS



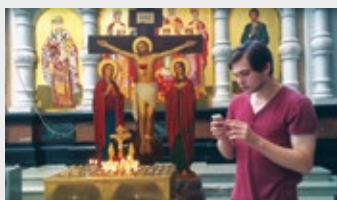
OUT OF INDIA

Christian charity Compassion International will shut down its 589 centres in India, which serve about 145,000 children. Compassion has worked in India since 1968 but the Hindu nationalist government has withheld permission for local Compassion providers—evangelical churches—to receive any further overseas funding. —*Christianity Today*



BIBLE BOOZERS

Bible Society Australia partnered with Coopers Brewery to release commemorative light beer packaging for its 200th year—echoing Bible Society's motto, "Live Light". Coopers pulled out of the partnership, however, after the flaunting of its beer bottles during a Bible Society video discussion on same-sex marriage. —*Bible Society/ABC*



POKEMON CATCH

A Russian man is facing the possibility of seven years in prison, charged with offending religious believers, over an August 2016 video he made of himself playing Pokemon in an Orthodox church. Ruslan Sokolovsky, 22, says he never meant to offend and has not forced anyone to watch the video. —*Yahoo News*

CHURCH LEADERS SHARE SUCCESSES, CHALLENGES AND VISIONS

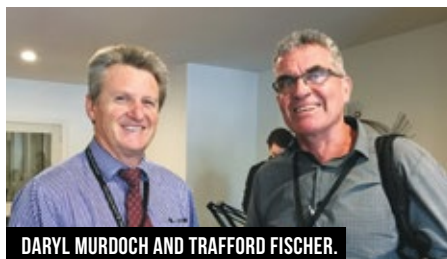
JARROD STACKELROTH

For the first time church department leaders from around Australia came together for "super" advisory meetings in the newly refurbished Nunawading Adventist Church, Victoria, during the week of March 6–9.

Representatives from all Australian conferences, the Australian Union Conference (AUC) and the South Pacific Division gathered to discuss how the different departments could collaborate to advance the mission of the Church in Australia.

"This is the first time we have done this. We need to work together as a Church," said AUC president Pastor Jorge Munoz.

The mornings began with worship, all of the participants coming together to sing well-known choruses led by Abo-



DARYL MURDOCH AND TRAFFORD FISCHER.

original and Torres Strait Islander Ministries (ATSIM) director Pastor Steve Piez.

In his opening address, Pastor Munoz challenged attendees with the story of Moses and the theme "What is in your hand?" (Exodus 4:20).

"We need to throw whatever we have on holy ground. God can use it there," he said. He called on church leaders to dedicate all their plans to God, allowing Him to take control rather than being confined by human limitations.

Advisories included the Adventist Development and Relief Agency (ADRA), Trust Services, ATSIM, education, health, Sabbath School, ministerial, youth, stewardship, aged care, personal ministries and secretariat, and families, women and children.

Among the presentations was an update by Greater Sydney Conference president Pastor Michael Worker on the Church in Australia's submission to the



PASTOR JORGE MUNOZ.

recent Senate inquiry into same-sex marriage.

During a morning worship session Adventist Schools Australia director Daryl Murdoch shared a devotional thought on mission drift and the importance for the Church and schools in Australia to make mission the main focus. After Dr Murdoch's presentation, each of the Union departments gave reports focusing on highlights, challenges and plans for the future. They had been asked to present on how they could partner with other departments.

During the final session a discussion was held around the issue of youth retention in the Church.

Pastor Munoz, in his closing remarks, challenged the participants to rediscover their passions, their ministries, their lives. "We want to be a movement," he said. "A movement does not stay still. The Church's mission is driven by relational expression."

With this address, he commissioned the participants of the super advisory to share what they had received from God.

"May we go home with new ideas and concepts, but with a renewed sense of the fact that communion is the fuel that will drive this movement that is focused on mission," he concluded.

See <record.adventistchurch.com> for more details.



PARTICIPANTS IN THE FAMILIES ADVISORY.

FLASHPOINT



PURE GLASS

Sandra Entermann, member of Ipswich Seventh-day Adventist Church and well known in the Adventist community for her singing voice, has become the first female in the world to earn certification as a certified glazier in her trade. Ms Entermann works for her brother Gary in West Ipswich, and has just earned her formal qualification as a certified glazier via the Australian Glass and Glazing Association's Master Glazier Program. Within 12 months she will have earned her next qualification as a master glazier, which will be another world-first. —Helen Spelitis



MAKING A DIFFERENCE

A team of 10 employees from Sanitarium Health and Wellbeing, Life Health Foods and Vitality Works recently volunteered through ADRA Connections to work with the Water for Life project in Vietnam. The team members, who were all recipients of the Spirit of Sanitarium Award (SOSA), travelled to the remote region of Tra On Vinh Long, where the water in the Mekong Delta is undrinkable and is impacting crops and health in the community. A donation from Sanitarium purchased 250 large water jars for families on the island to store fresh water during the months when the Mekong Delta has too much salt. The group visited some of the recipients of the jars and were touched to hear their stories and gain understanding of their way of life. —ADRA Australia



WOMAN OF THE YEAR

Sydney Adventist Hospital surgeon Catherine Birman (right) was recently awarded 2017 Woman of the Year by NSW Premier Gladys Berejiklian (left). The announcement was made during a presentation to celebrate International Women's Day. Associate Professor Birman is one of the most experienced cochlear implant surgeons in the world, having performed more than 1000 of these procedures. "Being able to restore hearing is a miracle," she said. "It's particularly satisfying when you are able to see the elderly reconnect . . . and children able to hear and learn." She said she was incredibly surprised, honoured and delighted to receive the award. —Tracey Bridcutt



SPORTING ACHIEVEMENTS

The country town of Narrabri (NSW) has the unique honour of holding the title of Australia's Sportiest Town. As a result, the Narrabri Seventh-day Adventist Church is very proud of five young ladies from its Junior and Teen Sabbath School classes, who have competed in preliminary athletic carnivals and made it all the way to Sydney Olympic Park to represent their schools at state level. Zara and Meika Foley, Jo and Tess Rawson, and Shontana Foster have all had the honour of representing their respective schools in shot put, discus, relays, 100m sprint and swimming. —Natalie Rawson



OPEN FOR BUSINESS

Noosa Christian College (Qld) recently held an official opening for its new Early Learning Centre, which houses Prep and Kindy. The event was attended by Member of Parliament for the seat of Nicklin, Peter Wellington, South Queensland Conference president Pastor Brett Townend, and various staff members and students from the school. The dedication of the building marked another milestone for the school, which opened its first Kindy class in January, with more than 15 children enrolled in the program. The new facilities include a playground, sand pit and swings. —Record staff



CLEANING UP AUSTRALIA

On Clean Up Australia Day (March 5), Lakemba Seventh-day Adventist Church (NSW) partnered with the Bankstown Bushland Society to help tidy up the suburb of Milperra. "Praise God we were able to collect 28 bags of rubbish from this endangered ecological community, where it matters most," the church posted on Facebook. —Vania Chew



ADVANCING TECHNOLOGY

Epauto Adventist Senior Secondary School in Port Vila (Vanuatu) recently opened its student computer lab, the first for all Adventist schools in the Pacific islands. The opening ceremony was attended by Vanuatu Mission administration as well as members from the Adventist Church Technology Services (ACTS). Plans are underway to implement the lab into other Adventist schools in the Pacific. —Vanuatu Mission



SPECIAL GUEST

The Operation Food for Life (OFFL) Born Free Sanctuary in Papua New Guinea (PNG) recently welcomed a special visitor. Uloshola Ismail, director of UNICEF in PNG, took worship one evening. A former Muslim converted to Christianity, Mr Ismail has become very involved with the Born Free Sanctuary family, and his encouragement and support for the children is always appreciated. —Dennis Perry

SENIOR HEALTH: *WHY CHURCH IS SO GOOD*

Tending to my mother following major surgery proved to be eye-opening for me. I found great reward and fulfillment in helping her with her physical therapy and improving her fitness. But I also found that when she was able to return to church regularly, her physical and mental health were greatly enhanced. As a personal trainer who focuses on senior fitness, I have witnessed firsthand the heightened mood and health among my senior clients who attend church regularly.

I decided to delve a little deeper.

Church attendance in Australia has been in decline for many years. However, seniors aged 65 and over remain the group most likely to participate in weekly religious services. There are a range of health benefits

that religious participation can offer older members.

LOWER BLOOD PRESSURE

Attending church may lower blood pressure, decreasing the risk of heart disease and stroke. A study of churchgoing adults in Norway showed that people who went to church at least three times a month had blood pressure one to three points lower than those who didn't go to church at all. Even occasional church participation offers benefits: people who went to church between one and three times a month enjoyed a one-point reduction in blood pressure, while those who attended once a month saw about a half-point drop.

STRONGER IMMUNE SYSTEMS

People who are involved in church also tend to have healthier immune systems. Adults who attended church at least once a week were likely to have lower levels of interleukin-6, a protein associated with age-related diseases that include heart disease, autoimmune disorders and some cancers. Heightened interleukin-6 levels are also associated with a lower ability to manage the tasks of everyday life, like walking, bathing and cooking.

IMPROVED CANCER OUTCOMES

Women who are active in a religious community are less likely to die of breast cancer. While religious women get breast cancer at the same rate as other women, they are more likely to detect the cancer early, leading to improved survival rates. In fact, women who attended church weekly were twice as likely to report having regular mammograms in one study. And considering that breast cancer is primarily a disease of ageing, with one in 28 women aged over 60 being diagnosed, early detection is a major health concern for senior women.

BETTER MENTAL HEALTH

Another recent study found that seniors are happier than any other generation—this can have a huge impact on their mental and physical health. Attending church can provide some of that increased happiness through social outlets, a sense of community and spiritual comfort. Thanks to these mood-boosting benefits, seniors are less likely to encounter depression and anxiety.

LONGER LIVES

Women who went to church more than weekly were 33 per cent less likely to die during the span of a 20-year study than women who didn't take part in church services. Women who attended once a week experienced 26 per cent lower mortality and infrequent church attendees still enjoyed a 13 per cent reduction. While the study only looked at mortality rates in women, it's reasonable to assume that the life-lengthening benefits of religious participation would extend to men, too.

And it's not just about being religious—the benefits were seen in people who got out of the house and went to a place of worship, not those who studied in solitude.

Researchers can't pinpoint why church is so good for senior health. Maybe it's the positive behaviours promoted by religious communities, the optimistic outlook and hope for the future found in Scripture, or the deep social connections created between church members. Maybe it's all of this working together to keep seniors living better for longer.

No matter the reason, it's clear that church attendance offers incredible benefits for the body and soul alike.

JASON LEWIS, PERSONAL TRAINER WHO FOCUSES ON SENIOR FITNESS AND HEALTH





CHALLENGING THE CALL TO 24/7 MINISTRY

The work-life imbalance of Seventh-day Adventist ministers revealed by academics at Avondale has helped the Church in Australia rethink professional development.

A paper by Warrick Long and Peter Williams of Avondale Business School informs the new Ministry Development Process, which encourages ministers to talk about, resource and develop a plan for their ministry. "Should pastors be available all the time?" reveals the findings of a study—the first of its kind—of 78 local church ministers.

Three in four of those ministers indicate work interferes with developing and maintaining friendships and with participating in out-of-work activities and almost all (90 per cent) indicate it keeps them from family and friends. Even more (97 per cent) feel rushed or pressed. A comparison of the work-life balance of ministers with that of other working Australians found that ministers had significantly higher levels of interference than any group in the national survey. Yet more than half (58 per cent) feel satisfied with their work-life balance. The implications of this incongruity? "Many pastors are not living and modelling balanced lives and are not establishing important nurturing relationships," write Long and Williams.

The study does not cast blame, noting a "begrudging" acceptance by ministers while attempting to make the best of their situation. Other comments indicate the risk of "missing out" or receiving criticism for not being continually accessible outweighs the

potential consequences for relationships. Several comments imply difficulty in defining or encouraging others to recognise boundaries.

So who takes more responsibility for maintaining work-life balance: employees or employers? "All," says Mr Long. "Employees need to draw that boundary and talk with their employer about reasonable expectations. Employers need to reconsider the distribution of work now that use of technology, and email in particular, has increased workload."

The Australian Union Conference's Ministerial Association developed the Ministry Development Process in response to Long and Williams' study, among others. Ministers begin the process by completing, with three or more of their church leaders and mentors, an online competency assessment profile. This gives a score informing and guiding conversations in seven areas of ministry. Ministers and their mentors then choose one or two areas on which to base their Ministry Development Plan. The plan includes using resources such as books, discussion units and webinars, setting goals with timeframes and choosing an accountability partner. The process, which the Church in the South Pacific will make more widely available through an online tool this year, includes a quarterly review by the minister and their partner and a yearly evaluation with church leaders.

Self-leadership and time management are two of the seven areas of ministry, and they are the low-

est factors in a trial of the Ministry Development Process in Queensland and Western Australia. According to Ministerial Association secretary Pastor Brendan Pratt, this confirms the findings of Long and Williams' research and supports the role of mentors and accountability partners. "Ministers are a hardy lot and many thrive in isolated, difficult environments—as do many of our church members," he says. "We're proud of them, but we're also concerned about their long-term health and the health of their families. Central to the Ministry Development Process is being 'Healthy in Christ'. Ministry works best when it flows out of a healthy relationship with Christ and expressed in healthy relationships, especially with those we see the most."

For their study, Long and Williams wanted to know whether the perpetual connectivity of technology such as email helped or hindered the work-life balance of ministers.

They found almost all ministers (98.7 per cent) check their work emails when not at work. About two-thirds "like to know what is happening" or find "it helps me manage things when I go back to work on paid time". Almost one in four indicate "work is an important part of who I am".

Most of the ministers (53.8 per cent) find it "helpful" having email available all the time, although comments in response recognise the need for balance.

However, like the finding from a similar study of administrators, support staff members and teachers employed by Adventist Schools Australia, two-thirds of ministers (60.3 per cent) do not want restrictions placed on their access to work-related emails outside of work hours.

"Should pastors be available all the time?" appears in the May 2016 issue of *Ministry*, an international journal for pastors published by the Ministerial Association of the worldwide Adventist Church.

BRENTON STACEY, PUBLIC RELATIONS OFFICER, AVONDALE COLLEGE

STEP OUT

Our group leaders described it as a bonding activity. The rest of us just stared in disbelief. Did they *really* expect us to go to the rock ledge, allow ourselves to fall off and hope that they would catch us at the bottom?

We were camping in the Blue Mountains (NSW) and we thought we were prepared for everything. We had sleeping bags, insect repellent, even a stash of instant noodles. What we didn't have were bubble suits for protection or tranquilisers for emergency surgery. Those weren't on the "What to Bring" list!

"You'll be fine," one leader said reassuringly, seeing the fear in our faces. "It's not really that high."

We looked at the ledge again. Really? Not that high? Then he could go first.

"Oh, I'm not going to do the fall—I'm going to help catch you," he explained.

Like a flock of sheep on its way to the slaughterhouse, we were somehow shepherded up the hill and led to the ledge. One by one, we reluctantly turned our backs and let ourselves fall. As promised, we were caught. And although we felt slightly shaky afterwards, we survived.

I don't know whether this activity turned out to be the bonding experience our group leaders had hoped for. But it did teach me an important lesson.

The objective of the activity was to build trust—we had to have at least a little faith that the leaders would catch us. There weren't any tangible reassurances like ropes or harnesses to count on. But it wasn't until we made conscious decisions to participate in the activity that our faith was put into action. And it was only by making those decisions that the group leaders were able to demonstrate they were trustworthy and able to catch us.

It reminds me of the experience of Joshua and the Israelites crossing the Jordan River during its flood stage

(Joshua 3:14-17). They had to cross the Jordan to get to Canaan, their long-awaited Promised Land. I used to think this was a similar story to the Israelites crossing the Red Sea. But there's actually a significant difference. When the Israelites were fleeing Egypt, the Red Sea was parted before they crossed. When they were at the Jordan, the priests had to physically step into the water before it ceased to flow. They literally had to take a step of faith so that God could prove He was faithful.

A few months ago, my pastor and his wife asked me to accompany them on a trip to Romania. I would have the opportunity to preach my first evangelistic campaign, working in conjunction with a local church. Accustomed to praying that God would open and close doors where He saw fit, I was confused when more doors seemed to be closing than opening. If I were waiting for a sign from God, it looked like Romania was the last place I should go to!

I was assigned to a small church in Apalina with a predominantly Roma community. Viewed as scam artists, thieves and general outcasts, Romanian gypsies are often rejected by the rest of society. Incidentally this made them the ideal people to listen to the gospel—they were hungry for knowledge of a God who created, loved and valued them.

The church was packed full most nights. An average of more than 20 non-Adventists consistently attended throughout the campaign. At least eight people and their families stood up for baptism during my appeal. And on the final night I was brought to tears as two of the men testified how knowing Jesus had changed their lives.

As I reflect on the many blessings I received from this trip, I think about how much I would have missed out on if I hadn't gone. I'm thankful that I chose to step out in faith. God proved that He is faithful.

VANIA CHEW ASSISTANT EDITOR

 @Vania_Chow



When Brian and Linda Forrester set sail for Solomon Islands in June they hope to take bundles of donated Bible and school resources for distribution to remote villages.

It will be the Australian couple's third trip providing medical assistance to isolated Solomons communities aboard their catamaran *Drumbeat*. Their first trip in 2015 saw them visit Kolombangara delivering medical supplies. In 2016 they visited the North Vella region in the Western Province with a local nurse, and this year they plan to visit North Vella and North New Georgia.

"We have two groups with a total of eight local medical practitioners to support us this year," Mr Forrester says. "We will have a dentist on board this year, dental health being one of the greatest immediate needs in remote areas."

As they travel around the villages, many of them Adventist, they receive lots of requests for resources. Clothes and books have been generously donated by the ADRA shop in Mackay (Queensland) and the community of Airlie Beach—the couple's home town—but the need is great.

"We are constantly asked for Sabbath School resources, specifically the 'old school' resources: picture rolls, flannelgraph, Bible Story books, anything that doesn't require electricity," Mr Forrester says.

"Bibles and church hymnals are also greatly appreciated. We are sourcing a publisher of Pijin Bibles that will require sponsorship, so if anyone is interested in being involved in that please let us know."



School supplies are in short supply, including text books, exercise books, paper and stationery. Reading glasses are also in demand while the men need good quality hand tools as carving is one of the primary sources of income in many areas.

"Linda is also starting a community program for volunteers to hand make re-useable sanitary napkins, which we will distribute. We need volunteers who have access to a sewing machine and some basic materials; Linda will provide the instructions."

The Forresters previously worked with Pacific Yacht Ministries, an independent Seventh-day Adventist ministry providing dental and medical assistance to remote villages in Vanuatu.

They are inspired by the warmth of the people they meet—they develop bonds with them and provide spiritual encouragement.

"The welcomes are amazing; we often are the first foreigners to visit in living memory," Mr Forrester says.

"We see that more as a hurdle though, and it takes time and consistency to break through so they are comfortable with us and we can move forward as equals. It will also take time to see the results as our best chance for long-term improvement is through education."

** Anyone who can assist this ministry by donating resources is asked to email linda.forrester7@gmail.com or phone Linda on 0428 769 182.*

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TRACEY BRIDCUTT HEAD OF NEWS AND EDITORIAL

@Tracey_Findlay

ARE REGIONAL CHURCHES DEAD?

The benefits of attending a country church vs a city church



YOU ARE SO LUCKY MAN!"

It was just after my 21st birthday and I was sitting on my parents' brown corner lounge, hanging out with a long-time friend of mine. We were talking about church.

He was from a big city where there were churches everywhere, replete with large youth groups and seemingly endless options for fellowship.

To my mind, as someone who had always grown up attending regional churches with very few peers and primarily populated by lovely people who were usually more than 50 years

my senior, his idea of "normal" church life seemed to me like some kind of promised land. The simple suggestion that I was actually the lucky one almost stripped a gear in my 21-year-old brain. I had to probe further.

"How can you say that? I have been to your church, it's great!"

His response is one that has always stayed with me. He said something to the effect: "Up here you have to have a better relationship with the Lord; you can't just go to church for your friends."

Regardless of the truth of his state-

ment, that was the first time I ever considered that there may be blessings I was receiving in my little regional church that I never knew existed. You see, in my mind, I was the one with the handicap. I was the one in a "dead" church that had no prospect of growth and where I had only a couple of friends. We didn't have well-attended, vibrant events or enough numbers to do the amazing things I considered that church should be all about. I thought it was my spirituality that was on the line, not his.

On the flip-side of that coin, his

I HAVE HEARD DIFFERENT PEOPLE OVER THE YEARS CALL MY CHURCHES “BORING” OR TELL ME THAT THERE IS NO OUTLET FOR MINISTRY, BUT I DISAGREE.

church was brimming with youth who were always hanging out together and had all kinds of opportunities afforded to them by virtue of their location. Conference events, youth rallies, camps and more. I thought this would bring all the fulfilment that anyone could want in a church, but apparently not.

This conversation was the beginning of a paradigm shift that has taken years for me to be able to understand and articulate.

Fast forward to today, many experiences and church positions later, I

am at yet another regional church and starting a family of my own. Looking back, I'm so grateful for the blessings that have come from growing up in a regional church. Here are some of the greatest that I have identified.

PATIENCE AND HUMILITY

When you live in a regional area, there are often only one or two churches you can attend for practical reasons. This means that if something occurs that makes church life difficult, you can't "church hop" or drift around congregations; you have to humbly work on the issues (as much as is in your power) and apply a lot of patience until those relationships are functioning again.

EXPERIENCE

I remember when I was baptised at the age of 20, I didn't know exactly what God wanted me to do for Him but I knew I was willing. I remember telling God, "Now I'm baptised, seeing I don't know what to do, I am simply going to accept whatever the church asks me to do this year. So please impress them with what You want me to do."

What a firecracker of a prayer that was! I was not aware that the nominating committee was due to meet that week. Within two weeks of that prayer I had three church offices. That experience has set the tone for my life ever since.

I sometimes wonder what my church experience would be like if I was in a large church with a slew of highly qualified people holding all the positions. I would probably be barely getting off the bench now. My point is, due to their size and low numbers of willing, capable members, regional churches are usually on the look-out for willing workers to serve in all kinds of roles, thus making them excellent training grounds.

COMMITMENT

Sticking with one congregation for years on end can be tough, but over time you stop seeing it as the elder's church or the board's church or any-

body else's church. You start seeing it as your church. Almost in the same way you consider your home to be yours.

This sense of ownership can help you work more selflessly, welcome more warmly and forgive more quickly because you know you are totally committed to the congregation. It's not about that one person or that one experience; in regional churches you learn to play the long game.

WHAT ABOUT THE COMPLAINTS?

There will always be naysayers. I have heard different people over the years call my churches "boring" or tell me that there is no outlet for ministry, but I disagree. Where there are people there is an opportunity for ministry, and if you think the church is boring try investing in the people. If you love them without limits and seek to serve those around you, a boring church can become a vibrant place where love is exchanged.

That's nice, but let's have a reality check . . .

If you read all of this so far and have been thinking, "Well he didn't grow up in my church!" I want you to know that I am fully aware that I am looking through a positive lens. Like you, I have had many thorny experiences in churches over the years but have tried to look through the lens of Romans 8:28:

"And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

I see a brighter history, one in which God has blessed me and allowed me to navigate through by His grace.

No matter which church we attend, if this is the lens we look through, we see the potential that God sees and if we see it, we can work toward His goals together.

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FOR THE LEAST:

A MATTHEW 25 RESPONSE TO CURRENT WORLD CRISES

Imagine if, when you woke up this morning, you heard that a passenger jet had crashed overnight. We would all have some interest: Where was the crash? Was it an act of terrorism, pilot error or mechanical failure?

What if the crash had occurred near your closest airport? Your interest would be heightened. Did you know anyone on board? Perhaps you had heard sirens or seen some smoke.

Now I want you to expand your imagination. Imagine if, when you woke up this morning, you heard big news—100 passenger jets had crashed, killing all on board. We would all be talking about it. There would be 24/7 coverage, comments from every expert and self-proclaimed expert available. Millions would be spent on investigations into what had happened.

Now imagine if you woke up the next day to news that another 100 passenger jets had crashed overnight. All air traffic would be grounded until a solution was found. Can you imagine the impact this would have on the world and how we do business?

Why is it then that the number of children who die each day from preventable diseases is equivalent to

100 passenger jets crashing, killing all on board, but we never hear anything about it? It does not make the news or enter our conversations.

I remember a tragic event from when I was studying at university in Adelaide (SA). A youth activity had been organised on Kangaroo Island and a series of small planes had been chartered to take us all there.

On Sunday evening, 10 minutes before the program was due to start, we received news that the last plane to take off had crashed, killing all on board: three young people from our youth group and the young pilot.

Why is it that the deaths of four young people can still have such a profound effect upon those of us who were there 40 years ago while the preventable deaths of more than 30,000 children every day doesn't?

Why is our compassion for others directly related to whether they are close to us socially, emotionally, culturally, ethnically, economically and geographically?

What about God? Does He look at the suffering of a child in Cambodia or Malawi with a certain sense of emotional distance? Does He have differ-

ent levels of compassion for children based on their geographical location, their nationality, their race or their parents' income? Or does He forget their pain because He is preoccupied with other things? Does He turn the offending page to read the sports section? Or is His heart broken because each child is precious to Him?¹

In Matthew 25 we see a well-known piece of Scripture where the sheep are separated from the goats. "Inasmuch as you have done it unto the least of these you have done it unto me. I was naked, hungry, thirsty . . ."

Well, you say, I am comfortable with those things. I am happy to help staff a soup kitchen or raise money for a well. But are we really happy to provide these things?

How do we remain silent in a world where:

- \$US6 billion could provide basic education for all, yet Americans spend \$US8 billion per year on cosmetics.
- \$US11 billion could provide water and sanitation for all, yet Europeans spend \$US11 billion per year on ice-cream.
- \$US13 billion could provide basic health and nutrition to all, yet Ameri-

cans and Europeans combined spend a total of \$US18 billion on pet food.

If we truly believe Matthew 25, can we remain silent in a world of injustice, exploitation and greed? The issue is not a shortage of resources but the distribution of resources.

I am a strong believer in the power of prayer but too often we find it easier to pray that a poor friend's needs may be met when God placed us here and provided us with the means to be the solution.

Now for the hard ones that Jesus mentioned in Matthew 25. I was "a prisoner"? *Well, we ask, what was their crime? "A stranger", a refugee? Well, if it's safe for my family and they don't take any jobs away from me.*

In 2015, more than one million refugees crossed into Europe, sparking a crisis. How could the world deal with these unprecedented numbers?

IS OUR COMPASSION LIMITED BY OUR OWN SOCIAL BOUNDARIES, OUR OWN COMFORT ZONE OR OUR OWN SAFETY?

ISIS terrorists—who had destroyed these people's homes, robbed them, destroyed their businesses and killed many of their relatives—secretly inserted themselves into this mass migration, causing public suspicion of any and all refugees to heighten, especially as acts of terrorism such as the Paris bombings shocked the world.

So we see countries closing their borders to refugees. In a Bloomberg survey of the American public 53 per cent of respondents said they did not want any Syrian refugees in the United States. A further 28 per cent said they would only let Christian refugees in. That's 81 per cent who, in some way, did not want to give refuge to people fleeing the Syrian conflict.

Where do we sit with this issue as Christians? Is our compassion limited to matters that move us or that we are passionate about? Is our compassion limited by our social boundaries, our own comfort zone or our own safety?

In 2 Kings 6:8–23 we read of how Syria's plans to ambush and capture the king of Israel repeatedly failed. The Syrian king was told that the prophet Elisha was warning Israel. Apparently, Elisha even heard the private conversations within his chamber. So he sent his army to Dothan to capture Elisha. When the army attacked, Elisha prayed and God struck the army with blindness.

Elisha brought the blind, captured Syrian fighters to Israel's capital, Samaria. Israel's king asked if they should all be killed. Elisha said no, God had captured them, not humans. Elisha commanded that they should be shown God's mercy—*feed them and set them free*. A good example of Christian compassion, right? Elisha didn't just release them; he fed them a banquet then set them free.

In the very next verse we read that

the Syrians returned and placed Samaria under a siege, creating a famine so devastating that women boiled their babies to eat them.

Was Elisha justified in his compassion even though it opened the door to greater evil later on?

In Matthew 5:43–45 we read:

"You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven."

We live in a world that is increasingly xenophobic. Brexit was about Britain for Brits. In my home country, Australia, during the elections last year, a woman was elected to Parliament on a platform of "No Muslims in Australia". No mosques, no halal foods, no provision for what, in her terms, is un-Australian. We live in a society full of increasing hate speech. You only have to listen to some of the

speeches made during the lead-up to the recent US elections.

In our society, the divide is increasing between the haves and have-nots; racial tensions are on the increase.

In the US, where I now live, mothers of children with certain skin types warn them to place their licences and insurance papers in an obvious and open place before they get into the car. This is so that if they're pulled over by the police they will not have to reach into a glove box or coat pocket, which could be mistaken for an act of aggression and trigger a lethal response.

We live in a world full of brokenness. Responding to Matthew 25 is not just about going to places where you can have a good time or have a great story to tell on your return. There is a reason they are called "the least of these"—sometimes getting involved will drive us out of our comfort zone. Dealing with poverty and people on the margins of society can be confrontational, complicated and dirty.

What the world needs is people who are willing to speak love. People who, through their words and actions, will point people toward a loving Saviour who desires their good. A Saviour who offers hope and healing to their brokenness. A Saviour who desires peace and reconciliation for this broken world.

As a Church, are we willing to give voice to the social outcast? Are we willing to champion issues of justice even if they are unpopular? He said go but are we prepared to go regardless of where He asks us to go? Or is our compassion driven by social norms or concern for our own safety?

When we look at it clearly, Matthew 25 is not about who they are—it is about who we are.

1. I'm indebted to World Vision CEO Richard Stearns for this insight and have paraphrased here from his 2009 book, *The Hole in Our Gospel*.

JONATHAN DUFFY, PRESIDENT OF ADRA INTERNATIONAL. THIS ARTICLE IS ADAPTED FROM A PRESENTATION HE FIRST MADE AT THE NORTH AMERICAN DIVISION'S MISSIONS CONFERENCE IN 2016.



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EATING PLANTS SAVES LIVES

You're probably familiar with the idea of a "dose" response. It basically describes how when we take more or less of something, it has a greater or lesser effect on us. We normally associate this concept with medications, but it applies to many of the diet and lifestyle choices we make every day.

A recent study out of London is a great example of this. Researchers found that eating 200g of fruits and vegetables daily (about two and-a-half serves) was associated with a 4 per cent reduction in cancer risk and a 15 per cent drop in risk of premature death.

A pretty good benefit for a relatively small amount of plant foods daily, right? Well when researchers looked at those study participants who were eating 800g of fruits and vegetables daily (about 10 serves), they found this was associated with a 28 per cent reduction in cancer risk and a 31 per cent reduction in premature death. On top of this, they also saw a 24 per cent reduced risk of heart disease, a 33 per cent reduced risk of stroke and a 28 per cent reduced risk of cardiovascular disease.

But what do these numbers mean in everyday terms? Based on their findings, the researchers estimated that in 2013, 5.6 million premature deaths worldwide could be attributable to fruit and vegetable intake below 500g a day and 7.8 million premature deaths to consumption below 800g. So it seems that when it comes to fruit and vegetable intake, while even a little may be good, more is even better.

health tip

A serve of vegetables is half a cup of cooked vegetables or 1 cup of green leafy or raw salad vegetables. A serve of fruit is 1 medium piece of fruit like an apple or banana, 2 small pieces like apricots or kiwi fruit or 1 cup of diced fruit salad.

3 WAYS TO USE A SIMPLE SAUCE TO BOOST THE VEGGIE CONTENT OF SOME FAMILY FAVOURITES



LENTIL BOLOGNAISE

Swap out that mince meat for a couple of cans of brown lentils.

To really boost the veggie content, grate your other favourite vegetables like carrot, zucchini or squash and add to the mix as well!



BAKED POTATOES

Did you know that half a medium potato counts as a serve of vegetables? Take a full one and cover it with a big spoonful of the lentil bolognese sauce and sprinkle with sweet corn and your favourite fresh salad vegetables like tomato and cucumber.



STUFFED CAPSICUM

Chop the top off a medium capsicum, fill with lentil bolognese sauce, sprinkle with low fat cheese and bake in the oven until warm through.

Sanitarium
 health & wellbeing



YOUR RADIO DOCTOR



Born in Melbourne, Australia, on October 25, 1905, Clifford Anderson, a twin, was reared in a home of culture and academic excellence. In early adulthood he did some canvassing in New Zealand, was a stenographer from 1921–1923 and assistant editor of the *Australasian Record* before studying ministry at Avondale College.

In 1924, Clifford joined his brother, Roy, in evangelistic work in New Zealand. On his return to Australia, he worked for Sanitarium Health Food Company. He was soon appointed to evangelistic work, once again with his brother, in Queensland. There he met and later married Lela Fowles.

Clifford and Lela, from 1930, were involved in a major evangelistic outreach in London, England, where he also edited a small weekly paper and during that time was ordained to the gospel ministry. A son, Ian, was born during their time in England.

From 1937 he studied medicine at the College of Medical Evangelists in Loma Linda, California, and during his final year was the first editor of the medical school annual.

In 1942 he went into practice in Washington DC and during those years a daughter, Bette June, was born. In 1944 the family moved to Jamaica for five years, where Clifford was responsible for the development and building of the Andrews Memorial Hospital in Kingston and served as the medical secretary of the Inter-American Division.

The family returned to the US, to Worthington, Ohio, where Clifford undertook graduate study. During this time he began his well-known series of “Your Radio Doctor” broadcasts. These programs were soon in great

demand internationally; used by the Burmese government and endorsed by the World Health Organisation.

Consequently Clifford became the family doctor to millions around the world. In 1957 he and his family moved to California, took a residency in internal medicine and established a specialty practice in Glendale. There his wife, Lela, died.

As well as his broadcasts, Clifford was a prolific writer. His ability to explain complex scientific health issues in language readers, and listeners, with a non-medical background could easily understand was a special gift. Many of his articles for popular journals such as *Signs of the Times* were translated and re-published in many languages. His 16 lesson correspondence course *Radiant Health* was used in the US, Australia and England. From 1962 his 900-page book *Modern Ways to Health* was published in the US and internationally.

In 1968 Clifford married Dr Dulcie Blunden and in the last years of his life took a special interest in epidemiology and health education. He died on June 2, 1967, after a nine-month struggle with a brain tumour.

General Conference president Robert Pierson wrote, “Few men have made the contribution to this cause that Cliff has made by his preaching, his writing, his medical practice and his daily witness for the Saviour. It is a real loss to the cause of God, as well as a personal loss to some of us who have known him intimately through the years.”

LESTER DEVINE DIRECTOR EMERITUS OF ELLEN G WHITE/ADVENTIST RESEARCH CENTRE

LIVING HIS WORD WITH WAYNE BOEHM

LESSONS FROM THE FIRST SABBATH

Imagine the first Sabbath. Creation is complete. As the sun sets, picture Adam and Eve resting on a mountaintop, watching a vast array of colours light up the sky as they welcome their first Sabbath by reflecting upon their Maker.

Consider Isaiah 40:12-14, 18-26, 28-31; 46:9,10.

God’s own commentary declared all of creation good. Sabbath was not only a memorial of creation, but a testimony of God’s character and love. Sabbath was a gift from an omnipotent God to humans who were made in His image—it would act as a reminder of their religious heritage lest they forget what He is like.

Consider Psalm 92:4,5,104.

The Sabbath was designed to be a regular event that would keep us in community with God for all time. Community originates from the Latin *communis*, which refers to a sum of people who are united around a common belief or thought. God’s Sabbath was to be a time when He, as Creator, would be united with His creation in both belief and purpose—creating community.

Consider Exodus 31:15.

The Sabbath came from the heart of God. It was designed to form a deep eternal bond between Himself and humanity and centre our hearts on Him. Mankind’s first full day was a Sabbath. This day was to be a joy and delight, a blessing, and bring Adam and Eve into community with Him (*Desire of Ages*, 286).

Consider Isaiah 58:1-14.

Nothing has changed in God’s desire from the first Sabbath to now; He still desires to live in community with us both now and for eternity.

What are your most memorable Sabbaths? What made them so? How does your view of God impact your view of the Sabbath? What lessons can you learn from the Sabbath in Eden?



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HI KIDS!

Kids' SPACE

Hosanna! Jesus is nearing the end of His ministry. Soon He will be crucified. But first He enters Jerusalem in a rare display of pomp and honour. People praise Him - their Messiah. The attention draws others to ask who He is. The Jewish rulers are jealous and tell Jesus to stop the praises, but Jesus responds by saying if the people didn't praise Him, the rocks would shout praises.

LINE PUZZLE

Draw a straight line to join the top half of the image to the bottom. Use the circles as a starting and end point. Write down the words the line crosses through.

Link the words together to find out the Memory Verse.

John 12:13, NIV



H
T H E
E
O E H E
S H
I S T
S I A H E
N T N O
I T E N
F R A
T I
O A

All the lines cross through one letter, what is it?

Place this letter in the missing spaces to finish the Worship Message.

__ worsh__p God when __ pra__se H__m.



IMAGINE IF . . .

Re: "Five marks of successful church plants"(online, February 11).

Imagine if we: put away all differences; put away all desires for supremacy; pray earnestly; humble ourselves before God; seek forgiveness from God and

each other; claim the power that God has promised. "And when the day of Pentecost was fully come, they were all with one accord . . . Thousands were converted in one day" (Ellen White, *Acts of the Apostles* p 37,38). Are we of "one accord"?

A E Hobbs, via website

THE SANCTUARY

"Open-minded" (Letters, March 4) suggests that further study should be given to the Church's understanding of what took place in the meeting at Glacier View in 1980.

In the early 1900s Albion Fox Ballenger had similar ideas to those held by some people about 1980. One of many responses from Mrs White was in letter 50 she wrote to W W Simpson on January 30, 1906:

"So you see that it is impossible for us to have any agreement with the positions taken by Brother Ballenger, for no lie is of the truth. His proofs do not belong where he places them, and although he may lead minds to believe his theory in regard to the sanctuary, this is no evidence that his theory is true. We have had a plain and decided testimony to bear for half a century. The positions taken in my books are truth. The truth was revealed to us by the Holy Spirit, and we know that Brother Ballenger's position is not according to the Word of God. His theory is a deceiving theory, and he misapplies Scriptures.

"Theories of the kind that he has been presenting, we have had to meet again and

again. I am thankful that the instruction contained in my books establishes present truth for this time. These books were written under the demonstration of the Holy Spirit. I praise the Lord with heart and soul and voice, and I pray that He will lead into all truth those who will be led."

I hope "Open-minded" encourages church members to study carefully all that the Scriptures teach about the sanctuary, the second coming of Christ and what Christ has done for our salvation.

Matthew (Bert) Cozens, NSW

STRENGTHENED

Thank you to the author of "Open-minded" (March 4). I was born in 1983 so missed the described debate, however I have spent a lot of time talking to dear friends whom it affected and listening to recordings of sermons, debates and interviews from the time, as well as reading the Glacier View documents (quite a job!).

To me it seems many people were badly treated for asking intelligent, gospel-centred questions. The Church's response to these questions was not ideal. However the dialogue was

not without impact. Over the decades, scholars, pastors and lay members have engaged seriously with the questions and found deeper and more biblical rationales, explanations and applications of our distinctive doctrines than ever before.

Unlike a melting glacier, the bedrock of our faith has become ever firmer. Contemporary scholarship from other denominations is increasingly supporting our positions.

Personally, I appreciate those who raised questions at that time and would encourage them now to re-investigate what has developed since. Some kind of corporate apology may be appropriate, not for theology, but for practice.

Daniel Matteo, Qld

NO APOLOGY NEEDED

The writer of "Open-minded" (March 4) requests an apology for "demanding strict adherence to a debatable interpretation" of "difficult theological questions".

He refers to the deliberations of the committee of church scholars which, in 1980, rejected interpretations of prophecy proposed regarding the heavenly sanctuary and the 2300-day prophe-

cy of Daniel 8. [We should remember] other church doctrines that the same scholar has openly challenged in public forums since—the biblical age of the earth, doubts about the inspiration of Ellen White and confusion, if not outright rejection, of the role of sanctification in salvation.

Courts of judgement start with "an open mind" but their conclusions, based on the evidence, remove any alternative view of guilt or innocence. You can't be both. Interpretation of Scripture is the same . . . there is only one correct interpretation, and that can only be made by the leading of the Holy Spirit. I don't believe that, in rejecting the aberrant views expressed at Glacier View, church leadership owes anyone an apology.

David Pennington, NSW

NOTE: Views in "Have your say" do not necessarily represent those of the editors or the denomination. Comments should be less than 250 words, and writers must include their name, address and phone number. All comments are edited to meet space and literary requirements, but the author's original meaning will not be changed. Not all comments received are published.

Anniversary



MILLER. Ross and Myrtle (nee Oakenfull) celebrated their

70th wedding anniversary with their Wantirna church (Vic) family on January 28 and two weeks later with family and close friends at the Morgans' property "Plum Hill" in the Yarra Valley. Among the latter group were Ross's brother Geoffrey, and Geoffrey Jones, two of the guests at the Wagga Wagga church wedding in 1947. The couple have four children, 12 grandchildren and 18 great-grandchildren. Family and friends honoured their lifetime of love and devotion to each other, their mission service in Fiji, Solomon Islands and Vanuatu, and pastoral ministry in New Zealand, Queensland and Victoria.

Obituaries



MCDUGALL, Noel Alexander, born 6.7.1945 in Kingaroy, Qld; died 5.11.16 in Mackay. He was predeceased by his son Troy in 1977. He married Heather Petersen on 11.8.1974. He is survived by his wife; daughter Tanya, son-in-law Jamie, and his son Shane; and grandson Ethan Cochrane (all from Mackay). Noel was an experienced motor mechanic who was active in his local church in various capacities for many years despite his ongoing illness.

Rick Ferret



OAKLANDS, Pastor John Valentine, born 16.7.1934 in Prospect, SA; died 24.1.17 in Blackburn South, Vic. He is

survived by his wife Myrna (nee Harris); children Karyn Asher and husband David (Doncaster East) and Quentin Oaklands and wife Rochelle and their two daughters Tahnisha and Shanaya (Bunbury, WA). John began in pastoral ministry in WA. He and Myrna were the first Australian missionaries to South America where John worked in education in Peru and Chile for nine years. He also studied at Andrews University and ministered in New York and Los Angeles. He returned to New Zealand and then lectured at Avondale College (NSW) for five years, later serving as a church pastor in Newcastle and on the NSW Central Coast before retiring in 1997. A strong Bible student, John was also fluent in German, Hebrew, Greek, Spanish and French, and could understand and write in 12

languages. Living in the Avondale retirement village, he tutored many ministry students struggling with Hebrew and New Testament Greek. With failing health, he and Myrna moved to Melbourne in mid-2016 to be close to family. John remained a deep Bible student to the end. His body was failing him, but his mind was sharp and his faith in Jesus never wavered.

Bruce Manners

ROBERTS, William Arthur, born 12.3.1929 in Dubbo, NSW; died 3.7.16 in Dubbo. He is survived by his wife Anni (Dubbo); children Gail Roche (Albert), Ann Prendergast (Murwillumbah), Julie Roberts (Canberra, ACT), Maree Bowman (Narromine, NSW) and William (Dubbo); 10 grandchildren and seven great-grandchildren.

Trevor Roberts

POSITIONS VACANT

Assistant manager—marketing

ACA Health Benefits Fund (Wahroonga, NSW) is seeking a qualified, highly competent and experienced marketer, with excellent managerial skills, to join our management team. As the assistant manager—marketing, you will be responsible for the design and implementation of ACA Health's marketing plan. You will work with the manager and management team to ensure cross-functional support of the achievement of ACA Health's strategic objectives while executing the marketing activities of the fund and effectively supervising the operations of the sales and membership team. For more information about this role or to apply in writing, contact Jody Burgoyne, ACA Health Benefits Fund manager, by email <hr@acahealth.com.au> or phone (02) 9847 3390. ACA Health reserves the right to fill this position at its discretion at any time. Early closure of applications is possible if a suitable candidate is found ahead of the closing date. **Applications close April 7, 2017.**

Pilot managers

Adventist Aviation Services (Goroka, PNG) is seeking expressions of interest from suitable candidates who are qualified pilots with aviation management experience, for positions becoming available in November 2017 and January 2018. The ideal candidates would be pilot managers who are Seventh-day Adventist mission oriented, have commercial aptitude, are professional, hard-working, who like adventure and have an aptitude for business management. For more information please visit the South Pacific Division's Human Resources website at <www.adventistemployment.org.au>. All applications, including your CV, three work-related referees and a reference from your church pastor, must be forwarded to: Human Resources Seventh-day Adventist Church (Pacific) Ltd, Locked Bag 2014 Wahroonga NSW 2076 Australia; email: <hr@adventist.org.au>; or fax: +61 2 9489 0943. **Applications close April 14, 2017.**

Assistant accountant

Seventh-day Adventist Schools (North NSW) Ltd is seeking a full-time assistant accountant to join the head office finance

ministry team currently based at Wallsend, NSW. The successful applicant will work closely with the finance team members to meet the company's statutory reporting obligations and to provide relevant financial reports, information and support to the company's CEO, school principals and business managers or bursars of 10 schools and two early learning centres. Applicants should hold a business or accounting qualification at undergraduate level and have commenced/be able to commence studying towards professional accounting qualifications (CA/CPA). Experience in a similar position is preferable. The applicant must be legally able to work in Australia at the time of application. For a detailed position description: <adventistemployment.org.au>. Enquiries and/or applications to the HR Manager: <nnswpayroll@adventist.org.au>. **Applications close April 26, 2017.**

Receptionist and personal assistant for Youth Ministries and Communications

Northern Australian Conference (Townsville, Qld) is seeking an enthusiastic and competent individual to fill the role of receptionist and to provide support for the Youth Ministries department and communication director. This full-time position requires an individual who is self-motivated, well organised, has a high level of computer skills, and excellent written and oral communication. Commencing late June, this role involves providing administrative and clerical support to the youth director, developing design concepts and final artwork for all promotions and publishing material, maintaining the youth and Conference websites, assisting with the organisation and running of Youth Department events and activities, and compiling and editing the Conference newsletter. Graphic design skills would be an advantage. This position is for an initial 12-month period while the current receptionist takes maternity leave. For the full job description or to apply, contact the General Secretary, Northern Australian Conference, PO Box 5, Aitkenvale Qld 4814 or email: <robellison@adventist.org.au>. Applications must include at least two written references. **Applications close May 5, 2017.**

For more: ADVENTISTEMPLOYMENT.ORG.AU



SPECK, Lillian Winsome (nee Gallop), born 13.1.1927 in Albany, WA; died 19.1.17 in Mt Gravatt, Qld. She married Orm Speck on 5.12.1946. She is survived by her husband (Victoria Point, Qld); daughters Nerolie Gate (Bonnells Bay, NSW), Julie Bevan (Perth, WA), Lee-anne Smit (Victoria Point, Qld) and son David Speck (Berry, NSW). Win was a warm, fun-loving and compassionate person who was always hospitable. Her life was one of service. She was devoted to her family, her church and her God.

Neil Tyler

ADVERTISING

VOLUNTEER OR RETIREE MINISTRY OPPORTUNITY!

The Northern Australian Conference is sounding a Macedonian call for interested parties who are willing to strengthen and assist the church in the Port Douglas/Mossman region. Although a popular holiday/retirement destination with beautiful beaches, the Lord's vineyard in this area of North Queensland is in need of willing labourers. All that is required is the ability to move to the area, sustain an income, and be willing to attend and serve in the activities of the local church. Ministry opportunities would include Bible studies, visitation, personal evangelism, etc. For details contact Pastor Daniel Matteo on 0421856790 or <danielmatteo@adventist.org.au>.

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WHAT IF YOU
WOKE UP TODAY
WITH ONLY THE
THINGS THAT
YOU THANKED
GOD FOR
YESTERDAY?

— UNKNOWN

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SUPPORTING MINISTRIES

Chief executive officer

International Children's Care Australia (ICCA) is seeking expressions of interest for the position of chief executive officer. ICCA is a Christian development organisation. We provide holistic care for orphaned, abandoned and destitute children, empowering them to integrate into their communities and become self-sufficient adults. ICCA is an accredited independent ministry of the Seventh-day Adventist Church. The successful applicant will have: proven team leadership capacity; strong people and project management experience with a reputation for consistently delivering positive outcomes; good interpersonal and communication skills; strong organisation and time management skills; sound financial management skills; strong ethics and integrity in the management of all aspects of ICCA's business; demonstrable awareness of cultural issues in the context of international development; a reputation for highly effective stakeholder networking and relations; a high level of energy, enthusiasm, drive, commitment and the capacity to translate this into effective management. For further information please contact David Hughes <dmhughesy@gmail.com> or Colin Clark <cclark@iccaustralia.org.au>. Phone: 0402 957 804. Web <www.iccaustralia.org.au>. Send expressions of interest to <cclark@iccaustralia.org.au>. **Applications close April 19, 2017.**

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WORLD MISSION OFFERING

MARK THE DATE

APRIL
8

“Therefore go and make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit, teaching them to obey everything I have commanded you.”

– MATT. 28:19

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giving.adventistmission.org