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LET'S ACTUALLY MEET PEOPLE

GET OUT THERE AND
MAKE NEW FRIENDS 12

NEWS

MEN CONQUER IN MOUNTAIN-TOP
EXPERIENCE 5

ADVENTIST RECORD | MAY 20, 2017
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SOUTH PACIFIC DIVISION

EARLY BIRD
REGISTRATION
26 JUNE 2017
REGULAR REGISTRATION
24 JULY 2017

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TP

MOVE
WITH
THE
POWER
FOUR

IV

LEADERSHIP TRAINING FOR:

- Youth Leaders
- University students
- Ambassador Leaders
- Pathfinder Leaders
- Adventurer Leaders
- Chaplains

SEPTEMBER 27 THROUGH OCTOBER 1, 2017

STUARTS POINT CONVENTION CENTRE, STUARTS POINT, AUSTRALIA

GUEST PRESENTERS INCLUDE:



Dr Gilbert
Cangy



Dr Peter
Roennfeldt



Pr Eddie
Hypolite



Dr Branimir
Schubert



Pr Jonatan
Tejel



Dr Jiwan
Moon



SEVENTH-DAY
ADVENTIST
CHURCH
YOUTH MINISTRY

mwtp4.com

“WHAT IF WE LOVED FIRST, WITH ZERO EXPECTATIONS?”

“What is the best thing about having zero expectations?” my dad asked me.

We had been having a challenging conversation. In fact, it was the first time I had talked to my dad about some issues that had been bothering me. He was giving me advice (which I am learning to treasure). When I was younger, I would sometimes feel annoyed when he would tell me things I thought I already knew—I felt like he thought I was a child. But I must be growing up (finally)—I appreciate his wisdom so much more now.

“You can’t be disappointed,” I murmured to myself.

“The best thing about having zero expectations,” he powered on, “is you can’t be disappointed.” He was in full flight now!

You don’t expect anything, so any relationship, any growth, any change, is a:

Blessing

Blessing

Blessing

You see, there are small blessings and normal blessings and bigger blessings but, no matter the size of the blessing, it is still a blessing, and an unexpected one if you go in with zero expectations.

If nothing comes out of it, you haven’t lost anything.

These comments were more profound than I expected them to be. Let me explain.

We need to give without expectations. Matthew 6 reminds us that we do not give for acclaim or gain. We should not give just so we can get paid back later. We should just give cheerfully and allow our joy to be free to flow onto others. We should give financially, not so we can control where the Church uses the money or how they act or what they preach (that is the beauty of the worldwide system over the congregational). We have high expectations so we give to independent causes instead of the communal storehouse. Nothing wrong with giving to independent causes but shouldn’t that be above and beyond our normal obligations?

We need to forgive without expectations. Not because we expect change or to get something back from the person who has hurt us. Not even to make them

feel bad or to get the relationship back. No, we need to forgive for ourselves and because Christ compels us. Anything else that comes out of it is just a blessing.

And we need to love. Not so we can be loved back. This is the hardest thing. Jesus says love your enemies. True love expects nothing in return. So I need to show my wife love (not to get something in return), serving her needs and laying down my life for her. I have to love the people in my church, not so I can collect the most lunch invites, but so that I can be a blessing to them in their times of need, even if I disagree with their style of worship or dress. What about our neighbours or the future church family that come to our programs? Do we love without an agenda, or do we try to sign them up to

further programs? We see people as targets, not *Imagio Dei*. We do not love without expectation but instead, we want them to conform to our idea of good religious practice. Like Pharisees we try to ask them to give up meat, smoking or sport, dress the right way, think the right way—before we’ve even understood who they are and cared about them. We promise unconditional love, but only after they conform. What if we were a Church that loved

first, with zero expectations?

Doing things without expectation is difficult for us as humans. If you’re anything like me you’re always over-analysing, trying to predict the outcome or work out the cost-benefit ratio.

Yet it comes down to respecting the freedom to choose, which is a reflection of true love. It gives power for God to work in our lives and the lives of others. It allows us to not worry about the future. And allows us to praise God for His good works, because everything is unexpected and we are grateful and awed by it.

We must lose control to gain control. Christ did it. He gave up heaven and all its glory to live with nothing, until He even gave His life (see Philip-pians 2:5-11).

So let go and let God. You won’t be disappointed.

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VIRAL FORGIVENESS

A "Forgive to Live" testimony filmed by Adventist Media (AM) for the Health specialists in the Discipleship Ministry Team (DMT) at the South Pacific Division (SPD) has gone viral on Facebook. At the time of writing the SPD Health Facebook page had a reach of 2,400,000 and 6100 shares. This caused frantic discussion and work in the Church offices. The AM Discovery team is busy writing and putting together an on-line course on forgiveness. The DMT Health team is working on a website with AM to direct people to the forgiveness course. Agility at work.

Forgive to Live is a seminar that the DMT Health team put together with Dr Dick Tibbits, from the USA, and Dr Marcha William, from Queensland, for local churches to use as part of their community outreach. As part of the DVD series, testimonies from Australians who have faced horrific pain and injustice were filmed. One of these stories, by Junior Sulusi, went viral.

Add to the numbers by viewing at <www.facebook.com/SPDHealth> and share it with family and friends.

People are seeking practical and spiritual answers to life's core challenges and the gospel has the answer. I have had to learn to forgive others and myself—over smaller issues. However, to forgive is among the best decisions I have ever made.

Jesus' example of forgiveness is the one I try to follow. "Father, forgive them, for they know not what they do," (Luke 23:34 ESV) He cried as He hung on the cross. He was asking God to forgive those who had crucified Him—the decision-makers and executioners. They deserved justice—punishment—but Jesus did not want to die with regret, holding a grudge until death. Everyone who is forgiven by someone else deserves justice. So the act of forgiving places the blame on the perpetrators but "forgoes" or gives up on desiring justice. This process releases the burden of justice. Then we are spiritually and emotionally free. Forgiveness is core to being a disciple of Jesus (Ephesians 4:32).



GLENN TOWNEND

SPD PRESIDENT

/SPDpresident

SAN NURSES IN THE SPOTLIGHT FOR ANZAC DAY

TRACEY BRIDCUTT

Two nurses from the Sydney Adventist Hospital were in the national spotlight on April 25—featuring at an Anzac Day service, followed by a morning TV show interview.

Dressed in World War I nurses' uniforms, clinical nursing unit manager Linda Thomson Mangnall and student nurse Hannah Muggeridge were in the lead group for the official march to the Wahroonga Cenotaph (NSW). During the service special mention was made of the work of World War I nurses.

Ms Muggeridge, who attends The Haven church on the Central Coast, said she was inspired by the stories of the nurses.

"The spotlight has never been on the nurses before. It has been an eye-opening experience . . . the fact that they willingly chose to go and help our country is just such a sacrificial thing to do," she said.

"And they had to care for so many soldiers. They just didn't have the resources, not even clean water. The power of touch was all that they could give these men in their last



AT THE ANZAC DAY SERVICE.



AND LATER, WITH THE TODAY SHOW HOSTS.

Images: Melanie Windus

moments."

After the service, Ms Thomson Mangnall and Ms Muggeridge went to the Channel 9 studios for an interview on the *Today* show conducted by hosts Sonya Kruger and Richard Wilkins.

VANUATU MISSION SEES INCREASE IN GIVING IN AFTERMATH OF CYCLONE PAM

APISALOME SERU/TALEMAOT

Only one year on from Cyclone Pam, which devastated Vanuatu, damaging Adventist churches and schools, Vanuatu Mission has reported that tithes and offerings collected in 2016 exceeded budgeted figures.

While still finalising its 2016 accounts in preparation for the June audit by the General Conference Auditing Services (CGAS) Group based in Australia and Indonesia, Vanuatu Mission reports that total tithes remitted to the Mission in 2016 amounted to Vt204.7M (\$A2.4M), exceeding the budgeted figure of Vt165M (\$A1.9M)—an increase of 8.4 per cent compared to 2015.

Gross offerings of Vt24M (\$A289,000) in 2016 were Vt3.5M more than that received in 2015—a 17 per cent increase in offerings.

According to *Talemaot*, Vanuatu Mission's newsletter, "these achievements mean increases in the Mission's contribution to the world Church and they help meet Mission commitments in the country".

"The Mission thanks members, local church leaders and treasurers, pastors and all its workers for their faithfulness. More will be revealed in a special report to be prepared when the 2016 accounts are finalised."

NZ PASTORS GET MISSION INSIGHTS FROM EUROPE

VICTOR HULBERT/RECORD STAFF

A team of pastors from the New Zealand Pacific Union Conference (NZPUC) visited with Trans-European Division (TED) staff in London on April 11 with the aim of gaining an insight into how mission can be achieved within secularised and diverse cultures.

Led by NZPUC Discipleship Ministries leader Pastor Victor Kulakov, the group chose to visit TED because, both in New Zealand itself and on the islands that make up the NZPUC territory, they see themselves facing similar issues.

During an intense morning of presentations and discussion, Dr Daniel

Duda, TED Education and Adventist Mission director, highlighted the challenges faced by the 11 unions and three attached fields within the TED—whether in highly secularised countries like the Netherlands and Finland or more religiously monocultural countries like Greece, Poland or Serbia where, despite a monopoly religion, secularism is making serious inroads.

“While 19th century methods are still having some success in a few areas, we have to be innovative and change our mindset in order to reach out to people groups who have radically

changed their world view, either post-communism or post-Christianity,” Dr Duda said.

NZPUC Health Ministries director Dr Adrielle Carrasco found the debate refreshing. “It was such a blessing, and some great learnings and good challenges for us,” she said. The group reviewed some of the success stories and mission experiments that have taken place in the TED over the past 12 months. TED Communication director Victor Hulbert took the group on a whirlwind virtual tour of a variety of projects, including Messy Church success in Croatia and Greece, a pizza church linked closely to an Adventist school and church in Finland, health clubs in south-eastern Europe, a motorbike club, and creative youth and Pathfinder initiatives.

He showed how the Church in the UK was highlighted for the work it did around the 100th anniversary of the outbreak of World War I—using stories profiling courageous Adventist conscientious objectors.

Following their visit to the TED offices, the NZPUC group also made stops in Amsterdam, Denmark and Orlando (Florida) as part of their trip.



THE NZ PASTORS IN ENGLAND.

MEN CONQUER IN MOUNTAIN-TOP EXPERIENCE

JARROD STACKELROTH

For the first time, Xcell Adventist company (Sydney) ran a Men's Conquering Conference in the Blue Mountains, on the last weekend of April.

Xcell has run conferences annually, however this year is the first time it has run a separate conference for men. The corresponding women's conference is being held this weekend (May 19-21) at the same venue, the Camp Fletcher Christian Centre, Hazelbrook.

The gender separation was trialled to allow around 25 participants more freedom to talk about their struggles and the things they need to “conquer” with complete freedom and openness.

The presentations, from Xcell church leaders and Pastor Frank Ropati, challenged attendees to make the most of their lives, get real with sin,

break habits, stay delivered and leave a legacy.

There were physical activities, sports and powerful testimonies as well as small group work. Each man was assigned to a team for the whole weekend and they could go deeper, discussing the things they were hearing, sometimes for the first time.

One first-time attendee travelled from Brisbane (Qld), only making the decision to attend the day before the conference began.

“I came there a broken man. I had lost my zest for life,” he said. “I didn't know how to get out of the bottom. And now I'm at least 100 steps from the bottom.”

The man had been raised in a sec-



MEN ARE CHALLENGED TO LEAVE A LEGACY.

ular Australian household and on the weekend prayed in public for the first time. “I can't believe how strangers could show such love and support for me. It was a safe and authentic place to share my personal struggles. They had faith in me and now I'm starting to believe in faith. I didn't have any faith in myself but those men had faith in me.”

CHURCH BUILDING FOR NAURUAN ADVENTISTS

RECORD STAFF

Members of Nauru Seventh-Day Adventist Church finally have a building in which to worship.

The church was officially opened on April 9 by Pastor Maveni Kaufononga, president of the Trans Pacific Union Mission (TPUM), and Nauru Government Minister Shadlog Bernicke.

According to the brief history delivered by Reagan Aliklik, the elder and land owner who donated the land for the church, in 1975 a small group of Adventists made up of Kiribatians and Solomon Islanders who came to work in the phosphate mines, started worshipping together. Later, Nauruans who went to study in Adventist schools in Fiji (Navesau High School, Vatuvonu College and Suva Adventist High School), Kiribati (Kaume High School) and Papua New Guinea (Pacific Adventist University) returned and joined the group. Church ministers were sent to nurture and grow the small group.

Today, the total membership has

grown to more than 50.

At the ribbon-cutting ceremony there was joyful celebration and thanksgiving expressed by the members because, after so many years of waiting, they now have an appropriate place for communion with God.

During the worship service, Pastor Kaufononga reminded the members that the church is a lighthouse for the lost and wounded souls, and they are there to serve them.

Following the service the members served the guests a feast of food, with plenty of networking and fellowship taking place around the table.

The resident pastor was also excited as he no longer has to live in

rented houses and temporary shelters because a new three-bedroom house has been built under the church.

"We wish to thank the world Church for their kind gesture and financial assistance that enabled the construction of the church," said Pastor Ronald Stone, Ministerial Association secretary and Global Mission coordinator for TPUM. "We are also grateful and thankful for the two teams of builders from Fiji for their sacrifice and determination to complete the project despite the many challenges they faced."



MEMBERS WORSHIPPING IN THE NEW CHURCH.

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.

SCHOOL CELEBRATES STATE-OF-THE-ART FACILITIES

TRACEY BRIDCUTT

Children don't usually look forward to returning to school after the holidays, but the students at Wahroonga Adventist School (NSW) were all smiles on their first day back for Term 2.

The students returned from their Easter holiday break to the excitement of all new classrooms and other facilities in the school's new multi-storey building.

The building features state-of-the-art facilities, including a science lab, music room, art studio and a food technology room. Floor to ceiling windows provide plenty of natural light while also offering superb views of the surrounding neighbourhood. The opening of the new building has also enabled all the children to be on the one site again, with the junior and prep students relocating from the old campus.

Principal Michelle Streatfeild said the children and staff had been really looking forward to moving into the new building.

"It has been really great for the big kids and the little kids to be together again," she said.



THE NEW BUILDING.

"The facilities are fantastic."

Mrs Streatfeild said the school has doubled in size in the past two years.

"We are enrolling two years ahead," she said. "We have had a lot of enquiries recently when people have seen activity happening (in the new building)."

Work will now begin on another multi-storey building, which, when completed, will house the junior school.

The 112-year-old school currently offers classes for Prep to Year 8 and by 2021 will cater for students up to and including Year 12.

WA ADVENTISTS COME TOGETHER FOR EASTER

JARROD STACKELROTH

Seventh-day Adventists from around Western Australia came together over the Easter weekend for their annual big camp.

The Western Australian Conference is the largest single conference geographically in the South Pacific region and sees people travel great distances, up to one-third of Australia, to attend the camp. With perfect weather and plenty of space on the Advent Park campground in Maida Vale, programs were run to cater for all ages.

In the big tent, Dr Bill Kilgore, Theology professor at Southwestern Adventist University, Texas, spoke mainly about the Thessalonians and how they resemble Advent believers. Dr Ross Grant, from the Australasian Research Institute, presented on the secrets of longevity and the research his team is doing that backs up traditional Adventist health principles.



WORSHIP IN JENISUS TENT.

In the Jenisus tent, Professor of New Testament at Andrews Seminary, Ranko Stefanovic, spoke about the book of Revelation. His presentations focused on Jesus' role in the different parts of Revelation, as King, Priest and Lamb, and what that means today.

"The WA camp was so friendly and had such a good atmosphere," said one first-time attendee. "I'll definitely be back."

For the first time at camp, Adventist Media Network West held a film festival, themed Fruits of the Spirit. There were about 12 entries.

NEWS GRABS



MORE BLESSED TO GIVE

Women walking through Romania's capital, Bucharest, were touched by the gift of tulips in the lead-up to International Women's Day, March 8. The flowers were presented by people with disabilities and volunteers associated with the Adventist "Rise and Walk" Association. Some women struggled to accept that their gift was indeed free. — *Adventist Review*



RECOGNITION

Sweden's Christian vegetarian association has awarded the Adventist Church the Vegopriset (Vego Prize), commending the emphasis on the benefits of a plant-based diet. "By persistently discussing vegetarianism on Christian grounds, the Seventh-day Adventist Church contributes to the knowledge of an issue given limited space within Christendom," said the official announcement. — *tedNEWS*



PUBLIC SCANDAL

A congregation's decision to censure an Adventist member in Zimbabwe has been overturned by the high court. The judge agreed the unnamed man was denied procedural justice. The man was censured after he confronted his ex-pastor, who lost his job in connection with the indecent assault of the man's wife. — *Chronicle*

HOT TOPICS



STANDING TOGETHER

A quarter of Fiji's population are "squatters". They are vulnerable to eviction and extreme weather that floods low-lying land and damages their rough hand-built shacks. The Catholic-supported People's Community Network advocates for the rights of squatters and assists them with education, employment and financial management. —*Caritas*



THE MEANING OF SILENCE

A Melbourne man has revealed his disappointment after he tried to sign up the 105 Christian churches in his local area of Casey last year to a pledge of love towards Muslim neighbours and unity against bigotry. Only one of the churches signed up. Others saw the pledge as too political. —*The Age*



ONE BAPTISM; TWO WAYS

During Pope Francis's visit to Egypt, he and Coptic Orthodox Pope Tawadros II released a joint statement emphasising their Churches' commonalities and their path towards "full communion". In particular, the statement says the Churches will now accept one another's baptismal rites. Coptic churches practice infant baptism by triple immersion. —*Catholic Online*

SANITARIUM FOCUSED ON EMPLOYEES' SPIRITUAL WELLBEING

TRACEY BRIDCUTT



GILBERT CANGY.



KEIRA BULLOCK.



ELIA CREVAR.

Sanitarium Health and Wellbeing is enhancing its focus on the spiritual health of its employees.

The Seventh-day Adventist owned company has appointed Gilbert Cangy in the newly created role of pastoral services manager, based at the Berkeley Vale (NSW) head office. One of his core responsibilities is overseeing the work of newly appointed chaplains Elia Crevar in Australia and Keira Bullock in New Zealand.

"There are two key words that are incorporated in the mission statement of Sanitarium—they are health and hope," Pastor Cangy said.

"And it is part of the brief of the chaplains and the pastoral services manager to look at health as a doorway to hope."

Prior to joining Sanitarium, Pastor Cangy was the Adventist Church's world youth director, based at the General Conference. He has a wealth of experience in pastoral and youth ministry.

He is now working on strategies to improve Sanitarium's spiritual wellbeing initiatives, which include a daily morning reflection time known as Life Matters.

"There can be sometimes the perception that Life Matters is for Adventists or committed Christians and one of my goals is to reimagine it so that it becomes a 'normal' part of the culture of Sanitarium," he said.

"We are also looking at ways in which we can make Life Matters more accessible. Many of the workers, particularly mums who drop their kids at school, find

that 8:15am is not the most accessible time, so as a trial we held a week of Life Matters during an extended lunch time. People brought their lunch; we provided some special treats and hot drinks as well as unplugged music. A presentation covering engaging topics led to open discussions around their tables. Our daily attendance more than doubled and what our people valued the most was the opportunity for community building."

While Life Matters is a 15-minute daily event, the company also recognises that the development of a person's spirituality is pervasive and informs all aspects of life.

"We have another initiative we would like to further develop called Care Matters—we trust that the significant events in the lives of our people will not go unnoticed and they will not face the crossroads and challenges of life on their own. We want to provide a safety net for them where they can experience support.

"We are also looking at establishing a prayer network, Prayer Matters, at every company site."

Pastor Cangy said employees of Sanitarium know that when they join the company there are certain values they embrace.

"They know it's a church-owned organisation and that in itself creates a platform for conversation about spirituality," he said. "There's a place for greater awareness, providing some significant opportunities for pointing our people to the ultimate Hope."

FLASHPOINT



SECOND DOCTORATE

Dr Cornelis Bootsman, a teacher at Auckland Seventh-day Adventist High School (NZ), was recently awarded his second doctorate, this one from Avondale College (NSW). Dr Bootsman already had a doctorate in geomorphology from the University of Witwatersrand in Johannesburg when he began teaching at ASDAH. Through this contact, he was baptised and became a member of the Papatoetoe church. Realising the strong divergence between Adventist thinking and early scientific thinking around geological issues, he researched the nature of the engagement between geological and Adventist thought during the second half of the 19th and the first quarter of the 20th centuries. Dr Bootsman is now hoping to convert his doctoral thesis into a book. —Geoff Beissner



LITERACY LEARNING

Baimuru Station Adventist Church (southwest Papua New Guinea) recently started adult literacy classes for people in their community eager to learn how to read and write. With four teachers and more than 20 students, subjects taught include Bible, agriculture, hand writing and reading. The class aims to have each student reading the Bible and writing by the end of the term, as well as enabling them to work in the field of agriculture. The church hopes to develop their rice field to teach more students, and also has plans to buy a rice mill machine in the future to promote socio-economic development and Total Member Involvement (TMI). —Baimuru District Newsletter/Record staff



OFFERING FUNDS NEW BOAT

Since its launch in 2014, the Vanuatu Mission's H.O.M.E (Help Our Mission Expand) offering has funded church projects in Vanuatu that would have otherwise taken years to achieve, such as power generators, sound systems and iron church roofs. Recently, the offering raised more than 1M Vatu, enough to fund a new 5m aluminium boat for church members on the remote island of Futuna, in the south of the country. The boat has been shipped to Futuna with a new engine, a drum of fuel and safety equipment. Due to the geographical location of the church, sea transport is essential, and so the boat will help church members attend and run more programs in their district. The boat will also be used for fishing to earn income to fund further projects on Futuna. —Jean Pierre Niptik



FUNAFUTI SCHOOL GROWS

Funafuti Adventist School (Tuvalu) continues to grow. Currently, there are 155 students, six teachers and two ancillary staff. The local Funafuti Adventist Church is also heavily involved with the school, coordinating several church and school programs for students and their families. This year, the school's strategic focus is on acquiring more desks to accommodate growth, as some students are having to work on the floor. It also has plans to improve the school library through a grant from the Tuvaluan Government and through books provided by Auburn Adventist Primary School in Sydney (NSW). —Bev Norman



LEIGHTON'S SPECIAL DAY

Friends and family gathered at the recent North New South Wales (NNSW) Big Camp to witness the ordination of Pastor Leighton Heise. The afternoon service was a relaxed family worship, with the charge to ministry led by proud dad Dr Lyell Heise. Pastor Heise's Sabbath was made even more special due to the fact that it was also his birthday and, after his ordination, he baptised his 10-year-old daughter Charlie at sunset at Grassy Head Beach. Pastor Heise holds a Bachelor of Teaching, a Graduate Diploma in Ministry and Theology, and a Masters in Ministry, and has worked as a chaplain and pastor in Cooranbong, the Gold Coast and Adelaide. He is currently serving as the chaplain for Central Coast Adventist School. —Record staff



SIMPLE PLAN

In an attempt to keep evangelism simple, the Trans Pacific Union Mission (TPUM) recently developed tracts to be used across the South Pacific. The booklets, called "Simple Ways", were launched and dedicated at the TPUM headquarters in Suva, Fiji, last month by Pastor Leigh Rice, Discipleship Ministry Team leader for the South Pacific Division. The tracts can be used as training for church leaders, to foster small group discussion or to share with the community. —TPUM Newsletter



GUNNEDAH FOOD PANTRY

Gunnedah Adventist Church (inland NSW) recently started a food pantry ministry to provide for families struggling financially. The church works with Foodbank Australia to sell products that are close to their use-by dates and have incorrect labelling or damaged packaging. The service has been open on Wednesdays between 10am and 1pm for a number of weeks and people have been lined up at the door at opening since the pantry's inception. —Namoi Valley Independent



MISSION ON EFATE

Adventist Church members from around Efate (Vanuatu) recently visited homes on the western part of the island as a Total Member Involvement initiative. The outing involved more than 100 people, including pastors, elders, kids, young adults and even the Vanuatu Mission president Pastor Nos Terry. Church members brought buckets of gifts to distribute to the homes, and also sang and prayed with the communities they visited. —Vanuatu Mission

WHAT DOES COLGATE lasagne have in common with the Seventh-day Adventist Church? A lot more than you might think and it's all thanks to a Swedish organisational psychologist named Samuel West.

Dr West recently added "museum curator" to his already impressive list of credentials. But the title came with an odd twist. While there are already more than 55,000 museums around the world, each showcasing a variety of unique and beautiful objects, Dr West wasn't interested. What captured his attention was the unconventional. The disappointments. The catastrophes, the let-downs and the flops. And thus, the idea for the Museum of Failure was born.

Opening in the Swedish coastal city of Helsingborg on June 7, the unique museum will display more than 60 products that really shouldn't have left the drawing board. Harley Davidson perfume. Bic "For Her" pens. And Colgate beef lasagne—yes, lasagne baked by the same people who make things designed to be spat out of your mouth.

But while the idea is amusing and

somewhat trivial, Dr West's museum is actually enormously important. What he is aiming to do is change society's perception of failures, encouraging us to be better at learning from them. It's a beautiful lesson for all of us, especially as a Church.

Too often, our churches are too much like conventional museums—places where shortcomings are shunned, and "perfect" Adventists are on show. Too often we eschew those who aren't as quick to grasp doctrinal concepts, our health message or our dress standards. Too often we don't share our faults, afraid that those both within our walls and outside will judge.

But church isn't for displaying perfect objects. Church is for failures. For we've all sinned and fallen short of God's grace¹—doesn't that make us failures? Without failures, we can never have innovation. Without innovation, we will never grow. And if we don't grow, we are at risk of becoming a Church that is exactly like a museum—full of inanimate objects that are perfectly preserved, but lacking life.

Dr West recently introduced some of the exhibits from the Museum of

Failure during a Scandinavian talk show. But the lesson, he said, was much more important than the objects.

"Learning is the only way to turn failure into success," he said. "If you are afraid of failure, then you cannot innovate."

If our Church wants perfect people, then we should become a museum. But instead, let's challenge ourselves to be a Church of Failure—a moving, breathing, living array of people who recognise their shortcomings, accept God's grace and work together to disciple other failures.

Let's embrace the concept of failure—not because we condone it, but because it means we can learn, we can grow and we can become stronger together. How? "... My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."²

1. Romans 3:23

2. Corinthians 12:28

MARITZA BRUNT ASSISTANT EDITOR.

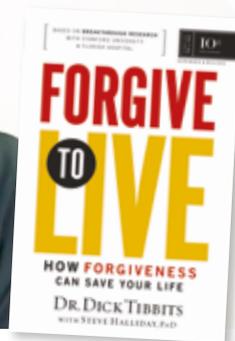
 @maritzaemunoz

WELCOME TO THE

CHURCH OF FAILURE



I WOULDN'T BE HERE IF I HAD NOT forgiven...



"AT THE EARLY AGE OF EIGHT . . . I was sexually molested."

These are the words of Adventist pastor Junior Sulusi, whose story of forgiveness was recently shared as a video on Facebook by the South Pacific Division's Health Ministries team.

It's a shocking way to begin a testimony. The rest of the video is just as confronting, with the New Zealand-born Junior sharing how he immersed himself in "hard-core crimes" as a teenager in San Francisco to numb the pain of abuse and abandonment. His actions ultimately landed him in prison for 14 years, after which he was deported back to New Zealand.

As far as stories go, this one is heavy—heavy and hard-hitting enough for the video to reach more than 2.5 million people on Facebook since it was posted online on April 18.

The numbers don't end there. By the time this article was written in early May, the eight-minute story had already generated more than 300,000

views, 8400 reactions, 5900 shares and 800 comments from people around the world.

It's not often you hear about an Adventist video going viral. The success of the video is a testament to Junior's story and the power of forgiveness.

"I wouldn't be here had I not forgiven," says Junior in the video. He now serves as a pastor in the Blue Mountains (NSW). "One of the things that I understand about the love of Jesus is that He forgave me as a sinner. And if I am to move forward in His work I am also to forgive."

Junior's video is part of the new *Forgive to Live* ministry developed by the Health Ministries team of the South Pacific Division (SPD). Based on Adventist psychotherapist Dr Dick Tibbits' book by the same title, the campaign provides resources to those wanting to "learn how forgiveness can change your story and save your life".

Among the resources available are the "10th Anniversary Edition" of the *Forgive to Live* book, a six-part DVD series and a corresponding workbook. These resources were launched during the Complete Health Improvement Program summits in Australia and New Zealand in February, with Dr Tibbits on hand to train people on how to facilitate *Forgive to Live* seminars and workshops.

"Forgiveness is not forgetting," said Dr Tibbits, from Florida in the United States, to those attending. "It's remembering things in a different way."

An excerpt from his book further demonstrates the healing that comes

through forgiving: "The bottom line of the forgiveness study is this: people's health and lives were measurably improved when they practised forgiveness."

Dr Paul Rankin, who drove the development of the *Forgive to Live* resources and establishment of the ministry in Australia and New Zealand, says the six-part program is a great way for Adventist churches to make a difference in their local communities.

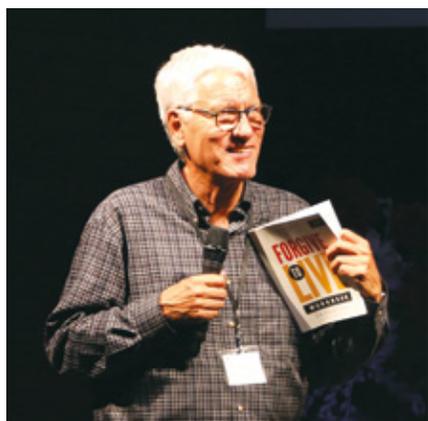
After all, as he says, "everyone of us needs to forgive as we have all been hurt".

The DVD resource, which includes Junior's testimony, was filmed at Adventist Media in Wahroonga (NSW). An online course has also been developed for people wanting to explore the journey of forgiveness further.

"The reaction to the video on Facebook demonstrates this is an issue that is very relevant, deeply personal and desired by everyone," says Hope Channel South Pacific director Pastor Wayne Boehm. "The new course allows us to journey with people through difficult experiences, and allow those seeking reconciliation and forgiveness to connect with the local church and experience the fullness of the forgiveness story as we find it in Jesus."

Forgive to Live resources are available for purchase at <www.forgivetolive.org.au>. To view Junior's story, and other forgiveness testimonies, visit <www.facebook.com/SPDhealth>.

LINDEN CHUANG ASSISTANT EDITOR—DIGITAL





LET'S ACTUALLY MEET PEOPLE

I WAS SITTING AT MORISSET (NSW) train station (good times . . .) when I struck up a conversation with the elderly lady next to me. She told me that she had lived in the area for more than 40 years. I eagerly leaned in and explained how I was a student at the local Avondale College (a seven-minute drive from the station). She looked baffled and questioned where that was. It was then my turn to look confused.

I was both surprised and saddened by the realisation that someone could live so close to the Avondale community and not be impacted by it. A place supposedly flourishing and thriving with young people who are on fire for God. A place full of energetic youth who attend spiritual events, study compulsory subjects about Christianity and who claim to be followers of Jesus. Yet the salt of the world—people called to flavour others' lives with goodness—were caught up in the salt shaker.

It was from this experience that LAMP was born. LAMP stands for Let's Actually Meet People. We can't just be cosy and comfortable in our own bubbles with people who think the same as us and let this joy and hope inside our souls eventually die with us.

Often we put LOTS of energy, resources, money and time into church events or outreaches that sometimes fade away and discontinue based on people's commitment and enthusiasm. Yet within our towns and cities there are often weekly community groups that are thriving. Badminton, books, soccer, Spanish, running, craft, travel, geocaching and ukuleles. A myriad of clubs, filled with people seeking friendships, growth and community.

So. Here it is.

Why not join a group doing an activity you have been wanting to do for years? You will love getting involved, learning new skills and building friendships with people who don't actually know God. Week to week you can be

an example and a witness through your love, kindness and interest in them.

In 2016 this was a concept I put into practice. I joined indoor soccer groups on Mondays and Wednesdays and an outdoor soccer team on Sundays and—you guessed it—I like soccer! I can now say that I have a handful of people who I have tackled, collided with, shared laughs and conversations—people who have no idea there is a God who loves them with all His heart. Sometimes we chat about food, travel and work. Other times we chat about God and what we believe about life. Each moment is a seed planted. I now have plenty to pray for and seek the Lord about.

A quick story I would love to share is about Linda. She is beautiful! The first time I played on her indoor soccer team, she embraced me and welcomed me. She is so open and expressed immediately that she actually was keen for some new friends (woohoo!). A few months later, we went out to a café and she expressed that she wanted a faith in God but was struggling because of her upbringing. I have been able to pray and chat with her and it's all because of soccer. I would never have known Linda without getting out there. She would not have walked through my church doors on her own. The journey with Linda still continues but who knows where God will lead. There is a Linda out there for all of you—striving, yearning for something greater—but they have no-one to turn to among their friends. They need you to show them Jesus.

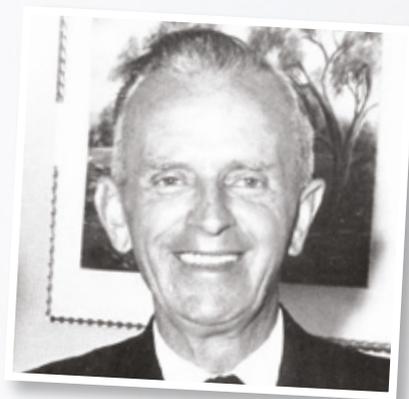
So let's do this folks! LAMP is a concept I would love to see in every church. It is totally achievable and it gets us out and about within our communities, being the salt and light!

Put that pamphlet down and pick up your hockey stick. It's time to make some friends.

ANNA BEADEN WRITES FROM TOOWOOMBA, QLD, WHERE SHE TEACHES AT DARLING DOWNS CHRISTIAN SCHOOL.



WE WANT TO BE NEIGHBOURS IN HEAVEN



James Arthur Bowen Blanch was born at Coffs Harbour (NSW) on November 12, 1908. During the Great Depression, searching for work, he moved north from Sydney. Travelling by horse and sulky he passed through the small town of Cooranbong and there made his first contact with Adventists when he was given some reading material.

Later, working in the Valla mines, he was influenced to think about spiritual things by another Adventist. His praying mother encouraged him to go to church and it was there, rather unwillingly, that he first heard Pastor Laurie Naden preach. Touched by what he had heard, he asked questions until 2am and after further studies and being influenced by the Adventist radio programs he listened to, he was baptised in 1937 by Pastor Battye.

Wishing to attend Avondale College, "Pat", as he was commonly known, self-financed his education by cherry picking. Once enrolled in 1939, he worked hard right through to 1945 to support himself through his education.

That was quite a challenge. Another obstacle for him was the reality that he had only a primary education. He thus found study quite difficult, eventually

graduating from the building construction course. Here the accounts differ a little, with one saying he also graduated from the "shorter ministerial course" in 1944 and another, in his own handwriting, indicating that "my ministerial course was not completed" and that he was advised to complete the "constructional course and get into the active work because of my age, which was then 36".

On April 5, 1945 Pat married Gwendoline Wright who had completed nursing training at Sydney Adventist Hospital. Shortly after, the couple took up their first appointment at the Mona Mona Aboriginal mission (near Cairns, Qld), working there six years. During that time their four children were born: (Pastor) David, Dawn, Adele and Robyn.

In 1951, the family moved to Wahroonga (NSW) and there gave 12 years of service, with Pat the caretaker at the Division office and also a courier-driving people to and from the airport particularly—and making many friends in the process.

With the closure of the Mona Mona mission in 1962, Pat returned to the north to once again assist the Aboriginal people he loved so much. He helped them in their move to the nearby village of Kuranda because their valley was to be flooded for a dam and, being uprooted, they needed a pastor they could look to for spiritual leadership, someone, "in tune with their needs". Then there were two years of ministry to the Aboriginal people in the Armidale district (NSW) following which he pastored the Moree, Gunnedah and Coonabarabran churches. He was ordained to the gospel ministry at Tamworth in 1973.

At the age of 65 and having had a heart attack, Pat retired in July 1974 to a small farmlet near Lismore. But before long he sold the property so that he could once again minister to the Aboriginal people and this he continued to do until shortly before his death on September 28, 1982.

When he heard of Pat's death, Mr P Killoran, director of Aboriginal and Island Advancement in Queensland, wrote, "The name of Pat Blanch will be remembered throughout North Queensland for the man he was, the work he did, his dedication, loyalty and devotion to Almighty God, and especially by the Aboriginal people of the Cairns hinterland, particularly in the Kuranda area. He is one of the few about whom it can honestly be said that he will not and cannot be replaced."

When they learned that Pat Blanch's life had come to an end, two senior Aboriginal people in Townsville commented, "We loved Pastor Blanch. When we get to heaven we're going to live next to him."

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

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THE PARALYSED GOD:

OMNIPOTENT OR IMPOTENT?

I WOKE UP PARALYSED. MORE precisely, I woke up partially paralysed, with total acute paralysis of some of my vital organs. After somewhat confusing and ultimately questionable medical advice, I ended up in the Emergency Department of a major public hospital.¹

It took a week in hospital and a barrage of medical tests to determine that I had transverse myelitis—a serious neurological disorder. The cause is still unknown, but my specialist believes it was most likely some form of stroke.

At the same time as I was struck down, another young man was admitted to the same hospital with an equally sudden and rare condition—meningococcal disease. While I lived, he died. I remained a nobody, but his death became a major news headline in my home state of Western

Australia.² The reason I mention this other young man is because he was no random stranger but, by an odd coincidence, a university classmate.³ Days before, we had sat metres from each other in a lecture theatre.

BIG QUESTIONS

Having a stroke is no easy thing, but I don't wish to overstate my experience as many have gone through far worse. However, one thing that really got to me was the confronting reality that while I, a 37-year old man with a wife and nine-month old baby, was ultimately able to walk out of that hospital, my 24-year-old classmate, about to graduate with his whole life ahead of him, left in a coffin.

Why did I live, but my classmate die? Is God really both omnipotent (all-powerful) and omnibenevolent

(all-loving)? Why then doesn't God use His power?

HUME'S CHALLENGE AND THE IMPOTENT GOD

The 18th century philosopher David Hume, reflecting on this problem, suggested that if God was truly all-powerful and all-loving, He wouldn't allow evil to exist; if He allowed evil to exist, then God couldn't truly be all-powerful and all-loving.⁴ The more I thought about this, while lying in that hospital bed, the more I began to think Hume could be right—in a manner of speaking.

Christians believe the best exemplar of who or what God is can be found in the life of Jesus Christ, God incarnate (John 1:1,2,14). And when you think about Jesus and the two seminal events of His life, events Christians throughout the ages have celebrated



as Christmas and Easter,⁵ they are not exactly depictions of God's power. In fact, they are the complete opposite of "power" as human beings ordinarily understand it.

In the first event, God incarnate became a baby, given into the care of mere human beings, immobile and completely helpless, lying in a manger.

In the second event, God incarnate was made immobile by being nailed to a cross. It was God incarnate who Himself felt helpless and abandoned by God, crying out, "My God, my God, why have you forsaken me?" (Matthew 27:46).

Thus, God incarnate was as paralysed as I was in that hospital bed. But why? You may like to contemplate this question for yourself, but speaking personally, I put forward three possible reasons for this divine impotence.

REASON #1: GOD WON'T BUY OUR LOVE

First, maybe love and power cannot easily co-exist. Maybe true love demands power be surrendered, because true love demands a risk that is antithetical to power's surety of control.

A God who performed miracles every time we asked wouldn't be God but Santa Claus. He would not be respecting our right to free choice—including past bad choices that have made this a cruel, horrible world.

REASON #2: WHAT SEEMS TO BE IMPOTENCE IS ACTUALLY COURAGEOUS INACTION

Second, in my own medical case, the specialist explained the best thing he could do was actually nothing. His intervention might make the situation worse. By analogy, we should consider that what seems to be Jesus' impo-

tence was actually God's means of disarming the power of sin and death, as well as shaming Satan.

A vaccine works precisely by taking in a part of the disease. Likewise, God humbled Himself incarnate as a man, embracing the worst of sin and death in order to disarm their power (Philippians 2:6-8). Now we too can share in this celestial immunity in faith through a spiritual blood transfusion, epitomised in the symbols of the Lord's Supper—consuming Christ's blood and flesh (John 6:53).

In the case of the cause of sin and death, originating in infected Patient Zero—Lucifer—it too meant a degree of courageous inaction. Dr Martin Luther King Jr, like many non-violent resisters before him, understood the true power of courageous inaction. In explaining his strategy behind the 1960s Civil Rights Movement, he said: "The nonviolent resister must often express his protest through noncooperation or boycotts, but noncooperation and boycotts are not ends themselves; they are merely means to awaken a sense of moral shame in the opponent."⁶

On a cosmic level, by going quietly as a lamb to the slaughter, Jesus' death actually shamed Lucifer by exposing him as the arch-terrorist he truly is (Colossians 2:15). "Not until the death of Christ was the character of Satan clearly revealed to the angels or to the unfallen worlds. The archapostate had so clothed himself with deception that even holy beings had not understood his principles."⁷

REASON #3: WE SHOULD RECALIBRATE OUR UNDERSTANDING OF OMNIPOTENCE

Third, and finally, German theologian Jürgen Moltmann explains that God perhaps only seems impotent because we misunderstand the nature of omnipotence.⁸ For God to be truly all-powerful, He must be able to experience everything, including sin and death, states of being that should be beyond God's reach (Job 7:21). A paradox to be sure: God who knew no sin became sin for us (2 Corinthians 5:21); God, who is the source of life (John 1:4), became a man and died

a criminal's death (Luke 22:37). Ellen White said: "Men need to understand that Deity suffered and sank under the agonies of Calvary."⁹

A god who cannot share in our suffering is not the God of the Bible, who, incarnate as a Man, is able to sympathise with our weaknesses, being tested in every respect as we are, yet without sin (Hebrews 4:15). The distant view of God is instead the impassable deity of pagan Greek philosophy, which would later influence Western thought through medieval Catholic theologians.¹⁰ And as this distant pagan-Greek view of God came to dominate Western Christianity, is it any wonder so many today, especially in the West, no longer believe in Him?

CONCLUSION: IS GOD THERE?

Everyday experience might suggest God is mostly invisible to our everyday senses. Nonetheless, be careful of assuming God isn't there, doesn't care and isn't doing anything.

1. Special honourable mention to Sonya Goltz, wife of Pastor Paul Goltz, who wasn't happy with the medical advice I was receiving and advised I immediately attend ED.

2. See <<http://www.perthnow.com.au/news/western-australia/perth-mans-meningococcal-death-raises-calls-for-greater-vaccine-coverage/news-story/a6652db3cb09575ab1910c1d6ffcbfaa>> and <<http://www.watoday.com.au/wa-news/fit-young-healthy-perth-man-dies-from-meningococcal-disease-20161024-gs91mz.html>>

3. While I am a lawyer, I met this fellow student in a post-graduate course in town planning I recently undertook.

4. My paraphrase of Hume's statement from *Dialogues Concerning Natural Religion* (1779).

5. Despite the festivals of Christmas and Easter admittedly having pagan origins, the events themselves are of course biblical, as described in the Gospels.

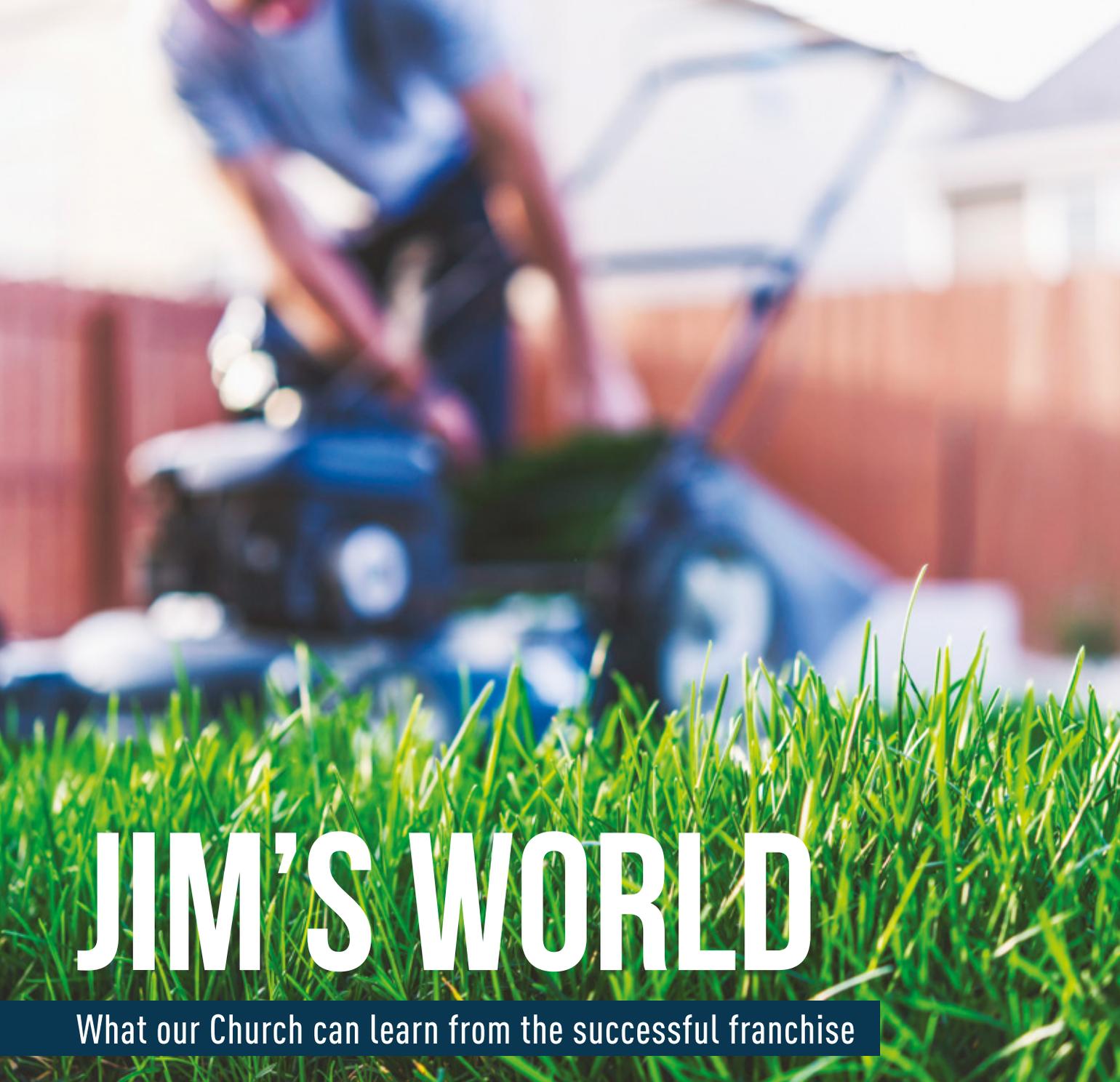
6. Martin Luther King, *Justice Without Violence* (April 3, 1957).

7. Ellen White, *Desire of Ages*, 758.

8. See <<https://www.youtube.com/watch?v=gQVwxO-qOk98>>

9. Ellen White, *Manuscript 44* (1898), and the *Seventh-day Adventist Bible Commentary*, vol. 7, p. 907.
10. The idea of a distant first cause dreamt up by ancient Greek philosophers Plato (427-423 BC) and Aristotle (384-322 BC), who would in turn greatly influence medieval Catholic theologians Augustine of Hippo (354-430 AD) and Thomas Aquinas (1225-1274). For example, Henry Chadwick in *The Early Church* (Harmondsworth: Penguin, 1993: 218) explains about Augustine: "His conversion to Neoplatonism and to Christianity were nearly so simultaneous ... The strong Platonic element in his conversion was also an influence in making it a decision for a celibate life."

STEPHEN FERGUSON LAWYER FROM PERTH, WESTERN AUSTRALIA, AND MEMBER OF LIVINGSTON CHURCH.



JIM'S WORLD

What our Church can learn from the successful franchise

JIM PENMAN IS AN AUSTRALIAN businessman whose bearded face has become synonymous with lawn mowing. Having started the business as a part-time venture to finance his PhD studies, it is now a very prosperous cluster of franchises that has diversified into many areas.

Known as Jim's Group, franchises now available include painting, locksmiths, roofing, bin cleaning, antennas, car cleaning, removal and storage, glass, fencing, electrical, dog wash,

skip bins, pool care, paving, security doors, computer services, solar, building inspections, amongst many others. The group is even making a foray into professional services such as book-keeping, finance and insurance.

Some of the franchises in Jim's Group are already international, with restricted services operating in New Zealand, the United Kingdom and Canada. It appears that there are expectations for even further growth both in Australia and abroad. Is it possible that

we will soon see Jim's Taxis or Jim's Airlines? How about Jim's Hospitals, Jim's Eye Surgery or Jim's Dental Services? Should Canberra get ready for Jim's National Party? Or how about the unthinkable . . . Jim's Church?

Although Jim is now clean-shaven, no longer sporting the same beard as his company's logo, his name and face continue to be associated with organisation, accessibility and service. "You want something done? We can do it for you—and do it to your satisfaction!"

So where is his group headed? Is this turning into Jim's World?

For the record, I have no association whatsoever with Jim and his franchises. But I do admire what he has achieved, and I believe that as a Church we could learn a lot from his experience. Jesus gives us permission to take a lesson from secular enterprises when He said that "the sons of this world are more shrewd in dealing with their own generation than the sons of light" (Luke 16:8).

So what could we learn from Jim? Here are a few ideas that I have considered.

Specialised. The antenna man wears one hat. He doesn't do lawns, pools or security doors. He fixes and installs antennas. From the little old lady who needs to move house through to a lazy husband who can't be bothered to trim the back hedge, Jim has someone to help in each of those niche areas.

Accessible. For every franchise in the group, from paving to getting your dog washed, you simply call one number: 13 15 46. You will be asked what service you would like, and where you would like it done. This centralised access has a lot going for it, both for the consumer and the provider.

Consistent. From the logo to each individual web page to presentation and quality of the delivered service, all is familiar, dependable and replicable. That is probably true for franchises generally, such as McDonald's and other fast food outlets. Although I rarely step into such premises, others who depend upon them want a predictable product.

Visible. Their logo is not placed apologetically near the bottom of the trailer's side panel. It is proudly emblazoned across as many panels of the vehicle and trailer as possible. People need them, so why evade such publicity? They take every opportunity to present and advertise themselves.

Few people would fail to recognise a Jim's logo.

The South Pacific Division continues to make innovations that address these areas too, including the development of logos, consistent web pages for churches and others. Wonderful progress, but could we do more? (By the way, local churches shouldn't depend upon the Division, unions and conferences to do all the innovating.)

I often use the iPhone app South Pacific Adventist Church Finder to locate a church when I am in unfamiliar territory. Understandably, the utility of such apps is only as good as the information supplied to its designers.



When visiting interstate recently, I tried to locate a certain church one Sabbath morning. Guided by this trusty app that had not previously failed me, I ended up beside an open field on the edge of a busy freeway! Not one for admitting defeat, I intensified my efforts to find the church that I knew should exist. Concentrated internet searching and a few phone calls later, we eventually arrived at the church.

At the conclusion of the service, I asked one of the members if their church was ever located in that other spot. "Oh yes, but that was years ago. We moved because of the new freeway."

As a test, try looking up your own church on that app (download it for free if you don't already have it). Is the information accurate? Does it tell you what you need to know? Now think of yourself as a potential non-Adventist visitor to your own church, and assess

whether the information would satisfy your needs. And don't forget to hit the button that directs you to your own church website. You may be in for a surprise!

Websites are most meaningful if they are kept current, and contain relevant and helpful information. People appreciate being able to speak with someone when in need, so including a phone number would be considered "helpful information". It's probably not a good idea to list the number for the phone that is located in the church office where no-one is there to answer it 97 per cent of the time (unless of course it is diverted to another phone).

We should be easily reachable if someone wants to talk with us.

For what service is your church best known in your community? Is it the cooking schools? The powerful preaching? Perhaps a kitchen for the homeless? Is it a health van or regularly conducted CHIP programs? Or could your church permanently close its doors and the community never miss you?

And how about the signage at the front of the church? Is it exploited to its full potential? Perhaps hidden behind overgrown shrubbery, or looking a little tattered and worse for wear? Maybe it is like one church I attended, which was promoting the two angels' messages on its logo (as one angel appeared to have fallen off).

Jim may have a sincere desire to see people with cleaner pools, or be kept safe behind a new and improved security door. But my guess is that he may have more of an interest in the bottom line. What we have to offer is of infinitely more value than gold and silver. Shouldn't our Church be driven to a level of innovation, enterprise and entrepreneurship that surpasses that of Jim's business? I think so.

DR ROBERT GRANGER DERMATOLOGIST AND ELDER OF BUNBURY CHURCH, WA.



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SUPPORTING YOUR MENTAL HEALTH

Mental health is a huge issue in the community, with rising rates of depression and anxiety being some of our fastest growing health issues. The contributors to mental illness are many and varied and sometimes out of our control, but science is showing us more and more that there are simple things we have the chance to do every day to help support our mental wellbeing.

1. FILL UP YOUR PLATE.

When it comes to meal time, you should fill your plate with plant foods! Research suggests plants can help our mood and wellbeing. Research out of Deakin University found that after 12 weeks on a plant-heavy Mediterranean diet, participants with a severe depressive disorder reported, on average, a significant improvement in symptoms and mood. And a study by the University of Queensland found that “an increase in fruit and vegetable intake was predictive of increased happiness, life satisfaction and wellbeing”.

2. GET ACTIVE.

Researchers have concluded that “young and elderly individuals who engage in programs of exercise display fewer depressive symptoms and are less likely to subsequently develop major depressive disorders”. Even better if you can get active outdoors, with research showing spending time in nature can also improve social bonds and community ties.

3. DESTRESS.

Find healthy strategies for managing stress that work for you, like learning to prioritise requests, exercising and taking time to clarify worries and determine if they are in your control. Stressed individuals are more likely to sleep poorly and have a greater propensity for poor health choices.

Mental health is a complicated area and it's important to talk with your doctor about all your options if you're struggling. There are things we can do ourselves every day to help support our mental health, but we don't need to do it alone.

STRESS-RELIEVING STRATEGIES



CLARIFY WORRIES

It sounds simple, but there can be great benefits from sitting down and working out what you're actually worried about. This simple task can help you to work out which of your worries you can directly work on and which are out of your control. We can often spend too much time worrying about events unlikely to happen or outside of our control.



PUT YOUR WORRIES IN CONTEXT

There are a whole lot of things that can go wrong in the average day—that's just life. The good news is that, more often than not, the things that go wrong are minor. The next time something goes wrong or you're worried about something going wrong, think about where it sits on the catastrophe scale. A 10 is the worst thing you could imagine, with a 1 being something like your lunch being made wrong. When you take some time you'll start to see just how few things are anywhere near a 10.

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GENESIS: A BOOK OF EXTREMES

Reading Genesis can be like riding the Mighty Mouse rollercoaster at the Melbourne Show. One verse we're experiencing the heights of Eden, the next we're in the depths of a painful rebellion and introduction of death—we witness two worlds colliding. **Consider the clash that erupted between these two worlds in Genesis 3:15.**

Relationships fractured, battlelines drawn, sin was now a problem that required a solution. A Melbourne theologian recently said, "It took one act of disobedience to open the door for evil . . . it has seeped deeply into the created order. That's why the act of Adam and Eve's sin takes just a few lines in the Bible, but the act of undoing it takes well over a thousand pages."

Several key words emerge in the Genesis stories. **Consider Genesis 3:24, 4:14, 16; Leviticus 21:7, 14.** The phrases "sent out", "driven out", "went out" refer to Adam, Eve and Cain's permanent exile from God. These terms are later used in the book of Leviticus to reference divorce, such are their significance. Notice the response of the guilty—isolation, blame and hardship. In addition, Cain appeared to be consumed with self-pity rather than remorse for his actions.

It seems easy to identify the rollercoaster moments in these stories and yet fail to identify them in our own lives. We are quick to point fingers at others—family, friends, public figures, colleagues and enemies—to identify where they have missed the mark, but fail to name our own sin and recognise the outcome is ultimately the same—separation from God.

Write down and memorise the Bible texts and words of Ellen White that will give encouragement for your walk with Jesus: 2 Corinthians 5:17-21; Hebrews 2:14-18; 1 John 2:1,2; Psalm 51; Steps to Christ p 62.



Image: Scott Catvini/Manning River Times

COMMUNITY CONVERSATIONS

Write your biggest regret.

These were the four words written on a giant chalkboard on a New York street, inviting members of the public to answer. Later, they were given an eraser to "wipe out" their regrets, leaving a "clean slate". The honest answers by real people turned into a viral video that has been watched by more than five million people worldwide.

The YouTube video eventually made its way to the mid-north coast of New South Wales, and into the hands of Taree Seventh-day Adventist Church pastor Graham Stewart.

The video touched Pastor Stewart's heart, and he immediately saw a way to connect with his community. A blackboard was promptly set up on the front of the church on Cowper Street in November 2016 to see what would happen. The only word written on it was "Eternity".

"We got a huge response with people contributing to the board," says Pastor Stewart.

"One instance that stands out was when church members wrote a slogan from a community member's funeral: 'We'll see you in the morning.' That simple sentence got some beautiful reactions on the board."

The responses both to and on the blackboard have largely been positive.



"I've got a lot of new people coming to the church, and they love the idea," says Pastor Stewart. "In fact, another local church down the road loved the idea so much, they've set up their own blackboard out the front!"

The original blackboard has been so well used it was decommissioned. In April a new blackboard was made of marine ply, to withstand the weather. Two Indigenous Australian church members will paint a border in an Aboriginal design around the blackboard. Leaving out a blackboard with chalk does, of course, invite the bad with the good. Pastor Stewart says bad words are occasionally written on the board, mostly by children. But community members are taking collaborative ownership and often wipe out the nasty words when walking past. "Putting bad words up doesn't bother us," says Pastor Stewart. "It's all part of trying to connect with people. Whether it's writing down good words or wiping out bad words, it's beautiful to see people reacting and contributing."

I JULIA DRISCOLL/MARITZA BRUNT

THIS MONTH IN

The Bible and planet Earth

Can you live without your phone?

9 ways to steal

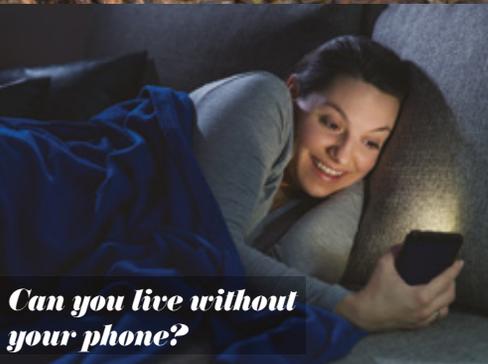
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BULA KIDS

KIDS SPACE

PRAY FOR KIDS CROSSWORD

As you complete this crossword, please remember the children who live in the places you've found may be facing difficulties in their lives, like being hungry, lonely and poor. Pray for these children this week and ask your mum and dad to help you pray for the children in your neighbourhood.

- | | | | | |
|----------|---------------|--------------|------------------|----------|
| Africa | Lonely | Sudanese | Fiji | Pitcairn |
| Hungry | Samoa | Cook Islands | Orphans | Vanuatu |
| Poor | Australia | Nigeria | Tonga | |
| Aotearoa | New Caledonia | Syria | French Polynesia | |
| Kiribati | South America | Egypt | Papua New Guinea | |
| Refugees | Bullied | Niue | Tuvalu | |
| At Risk | New Zealand | Tokelau | Homeless | |

V U A Y R G N U H F G C O O K I S L A N D S
 J Y P Q T X X D I G Q R F M K J I B Z S E B
 B P O X P B T J N W V B U K I R I B A T I V
 W A O V W Q I V T N V T S U Z L W P X H Q A
 Q P R C L X B Y O D A O A F R I C A F H A W
 J U U A L E K O T U B O N T B B P K T U J C
 X A X F A J A F N M D E R K N T C C S J L A
 L N I Q G G J A K M W E Q V U Q P T G M I T
 K E R V N V V Q Y C I W Q V A L R E D S P H
 F W Y N O A O R A E T O A C N A O Z E Y P H
 D G B A T E U L Z T U L I W L G Z N G T K Q
 E U P L O K E H M S U R N I P S Y E E K K N
 I I F J Z D Q P X L E E A U A L Z U V L R D
 L N I A O C Z A G M W K E M O U N V Q I Y S
 L E F N C X I P A Z R S O P R H T O A B W T
 U A I Q V R Q H E W E A H P M Y R C C F D I
 B A C T E H T A F N U C G P C P T L K P Q N
 V F R G H U L I A N N R B P H I P Y T H C I
 T I I Q O A F D W E S Z W A P A F G R F A U
 I N G S N R U G R J S X N K A T R I S K G E
 I P Y D I S X F B D I S R E F U G E E S E J
 O V I N H O M E L E S S Y R I A K X L L N A



BIBLE VERSE

USE THE LETTERS IN THE CHILD'S HANDS TO FILL IN THE BLANK (1 Thessalonians 5:17)

"Never

* hello in Fiji

MOVED TO WRITE POETRY

I was deeply moved by your Editor's Note on mental illness (April 29). It brought tears to my eyes. As I thought about it, the following poem seemed to emerge, which I thought I'd share with you.

Unspoken

The pain of words / Was like
A palpable injury: Without a sound
Of syllable, Just a wordful hurt
Of empathy / Enclosed my mind.

You shared / Your painful journey
As a cry of prayer / As a gift to share
Some small portion / Of your up-hill walk;
Of the courage / Through your thoughts.

Malcolm Ford, NZ

CONFORMITY CONCLUSION

Re: the two letters responding to "Creeping conformity" (Have Your Say, March 18) about speaking to the dead.

We appreciated the fitting title given to our letter.

It can hardly be construed that David's private grieving for Absalom (2 Samuel 18:33), traumatic though it was, was speaking to the dead as in the present-day issue we raised. Neither was it a "sign of hope" (April 15), but rather, a distraught man talking to himself in private, not in a public forum.

Not everything that the Scripture describes is being proscribed.

Paul appealed for us to contrast our grieving with those who do not understand death (1 Thessalonians 4:13). Instead, we're copying them.

To address the deceased with, "Til a better day my friend" and "may you rest peacefully" might be a "literary device" (April 29), but it undermines and contradicts Adventist understanding of the state of the dead and edifies nobody in the truth. "The dead know

nothing" should be enough for us to decide on whether we speak to them.

Robert Vincent and John Wallace, NZ

EAT WHAT IS GOOD

Very disappointed with "Is chocolate a health food?" (Health, April 29).

Without the obvious sugar and dairy used in most chocolate products and the theobromine detrimental effect on the body; or the counsel we have been given on taking tea and coffee and injurious substances into our bodies as the temple of the Holy Spirit—we also have the very clear instruction in Isaiah 55:2: "Why do you spend money for what is not bread, and your wages for what does not satisfy? Listen carefully to Me, and eat what is good. And let your soul delight itself in abundance."

Robyn MalaxEtxebarria, via email

CHOC-DIET

I totally support the article on chocolate ("Is chocolate a health food?") and have given health talks about it.

I am surprised that

mention was not made of the studies (including the excerpt below), showing that it can lower blood pressure and reduce cardiovascular mortality. These are respected studies. I've recommended no more than a small 2.5cm square of 70 per cent (or more) dark chocolate per day.

"Some of the earliest work in this area came from Dr Norman Hollenberg at Harvard and his colleague Dr Naomi Fisher. Their insights came from studies of the Kuna Indians in Panama, who have enviably low blood pressure throughout their lives—110/70 on average under age 40, with virtually no age-related hypertension. The most striking [factor] was the amount of chocolate they consume—specifically, an average of five cups a day of minimally processed cocoa.

"To get these flavonoids, your best bet is to eat dark chocolate, especially with 70 per cent or more cocoa.

"But chocolate bars also contain fat and sugar, which counteract some of the benefits of flavonoids, so limit yourself to a bite or

two a day. And be sure to eat plenty of other flavonoid-rich foods, such as apples and berries."—from *Controlling Your Blood Pressure*, a Harvard Medical School Special Report.

Dr Peter Tung, Vic

TOUCHING

Your article "Standing in the gap against mental illness" (Editor's Note, April 29) has deeply touched my heart and my husband's.

It was very courageous and I am sure it will be helpful to many. I would like to meet your wife one day and perhaps share mutual journeys. Blessings to you both.

Margaret Major, via website

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.

Appreciation

GALE The family of the late Roy Gale would like to express their sincere thanks for the prayers, love, support and messages of comfort following the passing of a wonderful husband, father, grandfather and great-grandfather and true friend. His life was long and well lived. Now he rests awaiting the resurrection morning.

Wedding

BOLEK-MILLER, Benjamin Alistair Bolek, son of Alex and Lilian Bolek (Melbourne, Vic), and Natalie Louise Miller, daughter of Doug Miller and Sandi (Avoca, NSW) and Sandi and Peter Davis (Bateau Bay, NSW), were married on 15.4.17 at "The Dome" in Melbourne.

Morrie Krieg

Obituaries



MORRIS, Bobbie, born 7.9.1916; died 25.3.17 in Cooranbong, NSW.

She was predeceased by her husband Les. Bobbie is survived by her son Mark (Qld), granddaughters Deborah, Kim,

Amanda and Kerry (NSW), great-grandchildren Amy, Bethany and Bridie (NSW); and sister Laurel. Bobbie was a positive, strong and independent woman who gave her time to help the elderly and those less fortunate.

Kenn Duke



NOLAN, Donald, born 23.8.1937 in North Dubbo (NSW); died 15.1.17 in Dubbo. He

was predeceased by his siblings Bill, Jack, Les, Betty, Daphne, Ray and Kevin. He is survived by his siblings Valda Naden (Dubbo), Joan Stewart (Dubbo), Lloyd (Dubbo) Ken (Hervey Bay, Qld) and Allan (Tamworth, NSW). Don played a key role in the establishment of the Aboriginal church in West Dubbo where he was the leader for 28 years.

Don Fehlberg, Bogdan Petrovic, Roger Ward

TROUBAT, Herold James (Jim), born 4.8.1930 in Port-Louis, Mauritius; died 27.3.17 in Perth, WA. On 18.9.1957 he married Ivy in Mauritius. He is survived by his wife (North Perth, WA); and sons Alain (Perth) and Gillian (Perth).

Jim spent his life improving the lives of many others irrespective of race or religion.

Terry Johnson, Eddy Johnson, Gervais Cangy

CORRECTION

DUFFY. The obituary notice for Leonie Duffy (April 15) omitted the following details: Leonie was predeceased by her siblings Joyce Totenhofer, David and Paul.

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POSITION VACANT | ADVENTIST HEALTHCARE GENERAL MANAGER – SERVICES

An exciting and unique opportunity has arisen to join Adventist HealthCare in a new executive role. Adventist HealthCare comprises three hospitals: Sydney Adventist Hospital, Dalcross Adventist Hospital and San Day Surgery Hornsby. Sydney Adventist Hospital is the largest (524 beds) and is located at Wahroonga. Sydney Adventist Hospital is a teaching hospital affiliated with Avondale College and the University of Sydney and offers excellent facilities, a full range of surgical and medical specialties, diagnostic services, a busy Emergency Care department, 22 operating theatres and an Integrated Cancer Centre. Dalcross Adventist Hospital in Killara is a specialised hospital in beautiful period buildings that have been cleverly designed to incorporate state-of-the-art surgical, medical and rehabilitation facilities. San Day Surgery is located in Hornsby and is a free-standing day surgery facility. All facilities have unmatched reputations in our community.

The role reports to the CEO of Adventist HealthCare and is responsible for working across Adventist HealthCare businesses to provide corporate-related services to the business. The role has direct leadership of the following services:

- Medical Services
- Risk Management
- Accounting Finance
- Procurement
- Information Service
- Property

The successful applicant would have the following skills and abilities:

- 10 years of management experience in health care
- Prior engagements must have included management of large numbers of staff and a familiarity with Human Resources issues
- Proven management record in terms of effective leadership and positive organisational outcomes
- Excellent commercial analytical and interpretation skills
- Previous experience overseeing a diverse range of corporate services
- High level of commitment to ongoing business process and system improvement

- Proven effective negotiation skills
- Proven collaboration skills with a wide range of staff demonstrating exemplary interpersonal skills
- A strong commitment to the ideals and mission of Adventist HealthCare
- Demonstrated commitment to continuous learning
- A post graduate degree or equivalent professional qualification relevant to areas of responsibility
- Previous experience in developing organisation-wide budget forecasts
- Demonstrated ability to direct and manage corporate legal matters
- Preferred previous hospital management experience

Further information at www.sah.org.au or Melva Lee – Director Human Resources. Email: Melva.Lee@sah.org.au. Ph: (02) 9487 9220

Applications should be emailed and addressed to:

Melva Lee – Director Human Resources
Email: Melva.Lee@sah.org.au

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Reporting to the General Manager – Hospitals, the role is responsible for planning, directing and controlling operational activities of SAH to achieve business objectives. Responsible for the sustainable operational development and growth of a business ensuring leadership is balanced and aligned with cultural and strategic objectives.

The successful applicant will have the following qualifications and experience

- A minimum eight years hospital management experience
- Prior engagements must have included management of large numbers of staff and a familiarity with Human Resources issues
- Proven management record in terms of effective leadership and positive organisational outcomes
- Excellent commercial analytical and interpretation skills
- Proven effective negotiation skills
- Proven collaboration skills with a wide range of staff demonstrating exemplary interpersonal skills
- A strong commitment to the ideals and mission of Adventist HealthCare
- Demonstrated a commitment to continuous learning
- A post graduate degree or equivalent professional qualification relevant to areas of responsibility

Further information at www.sah.org.au or Melva Lee – Director Human Resources.

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