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## THE POWER OF THE WORD

HOW THE BIBLE IS CHANGING STUDENTS' LIVES 8

NEWS

ADVENTIST WOMEN ASSIST  
FIRE SURVIVORS 6

ADVENTIST RECORD | OCTOBER 7, 2017  
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# FOLLOW ME

#FOLLOWMEFAITH



## SHORT-FILM COMPETITION

Do you like taking videos of your latest adventure? Showing your day on Snapchat and Instagram? Whether you use your phone, GoPro, drone or DSLR camera, this competition is for you.

Whip out your device and create a short film of 3-5 minutes—we want to see how you view Christian Faith.

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## A MINISTRY OF RECONCILIATION

To God be the glory. It is through His divine providence that the Church in Papua New Guinea is growing.

Since the first missionaries arrived in Port Moresby 109 years ago, the Adventist Church has grown from just one member in 1920 to more than 294,000 this year.

With growth comes challenges, but when we do things God's way and let Jesus be the Leader, those hurdles turn into success and victory.

Since last year, the PNG Union Mission has embraced the Total Member Involvement initiative to help reach one of its four key focus areas—Adventist Mission. Through this platform every member of the Church enters into a lifelong commitment to Jesus and His commission of disciple-making. Personal and public evangelism are ways in which church members are reaching out to their communities.

With its huge cultural diversity, the unity of the Church in PNG is sometimes challenged. But to be effective disciples and disciple-makers, we must be united.

I see reconciliation as the way forward for many individuals and the Church in this mission field. Jesus prayed for unity in John 17. He first prayed for unity within the Trinity, then among His disciples and thirdly for believers, especially in our time now. I am passionate about reconciliation because it brings unity, peace, togetherness and a sense of belonging. It brings revival and reformation to marriages, families, churches and communities.

Our churches, schools and health facilities must have this atmosphere of care and love. It makes our discipleship more attractive and powerful.

In Acts 2 the disciples met together before they received the Holy Spirit at the time of Pentecost. They confessed, forgave and reconciled. When they were in one mind they were ready to receive the Holy Spirit.

I strongly believe history will be repeated. Before the latter rain is poured out there should be reconciliation. We should be one despite our diversity. When we are one, we will receive the latter rain and be empowered to carry the gospel further before Jesus comes.

When I was called to serve as general secretary of the then North East Papua Mission in 2000, I was confronted

with leadership conflicts at a local church. I asked God for answers. After praying for four months, the Lord showed me that reconciliation was the way forward to bring the church together. It worked for that local church.

As a result of reconciliation, the membership of Kikori church in South West Papua Mission in 2002 grew from 15 members to 300-plus.

Reconciliation has helped the church in Efogi district (Central Papua Conference) and Antiragen church in Markham (Morobe Mission).

After the 10-year civil war in Bougainville, the Church struggled but reconciliation has helped in reforming and reviving believers. Fifty reconciliation ceremonies have been held in Bougainville with help from 15 pastors. One reconciliation ceremony in south Bougainville lasted 28 hours. Churches in Bougainville are now united. Tithes

and offerings have improved. I see a bright future for Bougainville.

Most recently, reconciliation ceremonies were held for the Western Highlands Mission staff and Kambubu Adventist Secondary School in New Britain New Ireland Mission.

Man's extremity is God's opportunity. We have limitations but the Church is God's organisation and we are able to create an environment of love through the Holy Spirit.

As the Church in PNGUM thrives, its roadmap for 2016–2020 should help to set the direction. The key focus areas of Adventist mission, comprehensive media ministry, human socio-economic development and institutional development should help believers to be Spirit-filled and ready to serve.

As a Union we continue to pray together for the leading of the Holy Spirit as we reach out to people in need of salvation through Jesus Christ. We have seen God at work in the lives of hundreds of people who now follow Him.

In this special edition of *Adventist Record*, we share our stories of the great things that God is doing in the various local missions of the Union. Please continue to pray for the Union. To God be the glory.

**KEPSIE ELODO**  
PNGUM PRESIDENT



**I AM PASSIONATE ABOUT RECONCILIATION BECAUSE IT BRINGS UNITY, PEACE, TOGETHERNESS AND A SENSE OF BELONGING.**

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"Muriel Sohong, a Bible

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## LAND OF OPPORTUNITY

Welcome to the Papua New Guinea Union Mission (PNGUM). This is a territory of diversity in culture. There are more than 800 languages spoken in our region, including the three official languages: English, Tok Pisin (PNG pidgin) and Motu. There are 23 provinces, from the Autonomous Region of Bougainville in the east to the Sepik in the west; from Manus Island in the north to the nation's capital, Port Moresby, in the south. Most of the population live a simple, self-sustainable lifestyle in rural communities, while 18 per cent live in urban areas.

Christianity in Papua New Guinea is roughly 70 per cent Protestant; Seventh-day Adventists account for 12 per cent of this group.

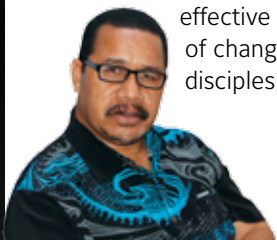
The nation's 297,867 Adventists worship in 1023 churches—about 42 per cent of the South Pacific Division's membership lives in PNG. Our Union has nine local missions and one local conference with 1636 active employees: pastors, administrators, teachers and literature evangelists.

While evangelism and pastoral ministry have historically driven the rapid growth of the Church in PNG, health and education services have become the main emphasis for discipleship.

These two emphases have motivated lay people, professionals, students and other church members to work together in reaching once-difficult territories with practical Christianity.

PNGUM recently approved a new focus on evangelism to the foreign-born community and to the nation's border regions as part of our Mission to the Cities commitment.

Our Union has embraced the Total Membership Involvement (TMI) initiative of the General Conference and, as you'll see in the pages of this special PNG edition of *Record*, it's very effective in creating waves of change as we make disciples for Jesus.



**CAMERON WARI**  
COMMUNICATION

### SEPIK

Members: 13,423  
Population: 763,749  
Churches: 64  
Companies: 172  
Schools: 8  
Health facilities: 7

Wewak

### WESTERN HIGHLANDS

Members: 77,634  
Population: 1,932,602  
Churches: 240  
Companies: 996  
Schools: 60  
Health facilities: 11

Mt Hagen

Goroka

### EASTERN HIGHLANDS SIMBU

Members: 75,211  
Population: 1,533,203  
Churches: 244  
Companies: 696  
Schools: 11  
Health facilities: 9

Kikori

### SOUTH WEST PAPUA

Members: 10,963  
Population: 348,048  
Churches: 25  
Companies: 92  
Schools: 6  
Health facilities: 2

### MADANG MANUS

Members: 14,402  
Population: 621,106  
Churches: 59  
Companies: 212  
Schools: 8  
Health facilities: 0

Madang

# Papua New Guinea Union Mission

## MOROBE

Members: 24,319  
Population: 746,632  
Churches: 71  
Companies: 220  
Schools: 8  
Health facilities: 1

## BOUGAINVILLE

Members: 8010  
Population: 270,613  
Churches: 44  
Companies: 132  
Schools: 12  
Health facilities: 1

## NEW BRITAIN NEW IRELAND

Members: 13,813  
Population: 779,236  
Churches: 109  
Companies: 184  
Schools: 18  
Health facilities: 7

## NORTHERN & MILNE BAY

Members: 13,813  
Population: 515,143  
Churches: 46  
Companies: 192  
Schools: 8  
Health facilities: 0

## CENTRAL PAPUA

Members: 48,192  
Population: 640,669  
Churches: 124  
Companies: 773  
Schools: 15  
Health facilities: 9

## EXTRA STATS

Pacific Adventist University  
(SPD): 1200 students  
Sonoma Adventist College  
(PNGUM): 702 students  
Omaura Vocational Training  
School: 137 students  
Literature evangelists: 158



# ADVENTIST WOMEN ASSIST FIRE SURVIVORS

KEKE OMOA

Seventh-day Adventists in Port Moresby assisted villagers affected by a devastating fire that destroyed 15 homes in Hanuabada village in August.

Another 12 homes were partially burnt, leaving almost 150 people homeless; literally left with the clothes they were wearing.

The Church's Community Services (ACS), led by National Capital District president Veronica Baliki, visited the affected families and donated 15 bales of secondhand clothing, food items and kitchen utensils.

ACS is comprised mostly of simple, faithful and committed members who have a heart for service, wanting to touch lives and make a difference. Although they have limited means, these volunteers, mostly women, gave what they could. Local Adventist church buses and trucks were on hand to transport the donated items from the Conference yard in Ela Beach to Hanuabada village.



ACS PRESIDENT VERONICA BALIKI ADDRESSES THE VILLAGERS.

ACS director for the Central Papua Conference, Pastor Keke Omoa, was among the team and shared his conviction that, "The way of the gospel is to go out and assist the people who are in need. The affected people

need our help and we need to act and translate love from the pulpits of our churches into action."

ACS continued to supply hot meals to Hanuabada survivors for up to a month after the fire.

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## CHIP FACILITATORS TRAINED

GAD KOITO

An additional 63 people are now licensed facilitators for the Complete Health Improvement Program (CHIP) in the PNG Union Mission. Adventist pastors and Baptist church members are among them.

Thirty-three were trained at Mt Hagen, Western Highlands, while 30 were trained in Kokopo, East New Britain, from June 6 to 16.

At the end of their training the facilitators said they planned to run training in their local churches and communities.

Sydney-based CHIP director Dr Paul Rankin conducted the training with assistance from PNG Union Mission health director Gad Koito.

Mr Koito said the training allows church workers, including leaders and others, to conduct the CHIP program for churches and communities.

"The reason for this training is basically to strengthen the Church's capacity to address the rising incidence of



NEWLY CERTIFIED KOKOPO CHIP FACILITATORS.

lifestyle diseases such as diabetes, heart diseases and cancer that have caused many deaths of Church employees and community members as well," Mr Koito said. "The other reason is to help the Church reach out to the community using CHIP as a health tool to share God's love, helping people to realise that their body is the temple of God and that we are accountable to Him in the way we take care of our body, which is His. We are not our own."

The training was funded by the South Pacific Division Comprehensive Health budget allocated for PNGUM this year.

## YOUTH GROUP REACHES OUT

SAMSON WAGI

Young people from Apotiko Adventist church in Lae district, Morobe, are working tirelessly to reach others through community service.

In June, they visited Bobong village, Erap, donating two water tanks and providing health checks, including malaria tests, for around 100 people.

Led by community health worker Edward Juakun and pathologist Francis Mandari, the team took three hours to

do the health checks.

The 80-plus youth group also provided 50 cement bags to the Guruf Adventist church at Intuap, Markham, and 10 roofing sheets to the Markham church. Youth leader Samson Wagi said they plan to help build a church at the Morobe Patrol Post.

Mr Wagi thanked the Give Them The Keys initiative for providing funding through the PNG Union Mission youth department for the projects.

Mr Wagi added that young people are the hands and feet of Jesus and need to work while they still have the energy.

"Youths must be fully involved in spreading the gospel, but firstly, we must touch people physically by doing our best to provide some form of service," he said.



VILLAGERS QUEUE AT THE HEALTH CHECK TABLE.

## NEWS GRABS



### HEALTH MESSAGE SLAMMED

Controversial medico Dr Gary Fettke said it's "criminal" that Adventist researchers and health professionals fail to declare their religious bias when promoting plant-based diets. Featured at August's Wisconsin CrossFit conference, Dr Fettke, an orthopaedic surgeon, favours low-carb diets but is banned from talking about nutrition by Australian health authorities. —*FoodMed.net*



### DOUBLE BLOW

Teams from the Adventist Development and Relief Agency were some of the first to reach remote locations in the Caribbean after Hurricane Irma, during which more than 100 people died. ADRA was already in place when Maria, a second hurricane, hit. ADRA's assistance included food, clean water and hygiene kits. —*adra.org*



### ROCKS CRY OUT

The Geoscience Research Institute has an exhibition at the Adventist Church's world headquarters in Maryland, USA, focused on the scientific evidence for the biblical account of creation. The displays include fossils and other geological samples. October 28 has been named Creation Sabbath. Online resources are available at <creationsabbath.net>. —*ANN*



# THE POWER OF THE WORD

One simple change  
is transforming the  
lives of students

## WHAT IS THE BIBLE SUMMARY PROJECT?

It is the reading and summarising of one chapter of the Bible every day. This is the second year that the Bible Summary Project is being rolled out in all Adventist schools in PNG. It began as a pilot project with Grade 10 students at Mt Diamond Adventist Secondary School (Port Moresby) in 2013. The students were asked to read and summarise a Bible chapter every day as part of their English learning. Interestingly, by year's end, most, if not all, students who faithfully did their reading and summaries every day were rewarded with very good grades academically, not just in English, but in all other subjects too. Furthermore, it was found that students involved in the project were also better behaved: they faithfully attended all school activities, showed great interest in participating in spiritual activities and simply enjoyed school.



## The rationale for using the Bible in PNG Adventist secondary schools.

### BACKGROUND

Researchers are concerned at the decline in the standard of English in PNG.

To help improve a student's written English we recommend the use of the Bible as an added English learning resource in all Adventist schools. The rationale for using the Bible for this purpose includes these points:

- The Bible has been edited over many years by many top professors. There are no errors in spelling, punctuation, vocabulary and grammar, not to mention the content! When students have daily exposure to a book with no errors, they make no errors.
- The Bible is a complete library in itself; the reader is exposed to varied subjects in one "textbook".
- The Bible is the only book whose author is present with every reader. It offers daily connection with the Master Teacher for true wisdom and knowledge.







to the water, the school encourages the Adventist student to bring his/her Bible Summary partner to the officiating pastor for baptism.

Nagum principal Lancedown Wirise reports that the students' academic performance has seen surprising improvements. Nagum had been ranked last in the province for a good number of years. But last year, the school's Mean Rating Index jumped from 19 to 42 per cent. For the first time the highly selective National High Schools accepted seven senior students from Nagum, not to mention those who were accepted by various secondary schools in the province.

Students from Nagum are impressing their new teachers with their attitude, behaviour and performance.

"Your students know how to work and can work without supervision," one principal said. "They have leadership skills; they are friendly and well-behaved. Nagum, please send us more students next year. We will take them all in."

God is blessing Nagum in big and small ways and He wants to do the same for your school, too.

Please connect with Him today through the reading of His Word. It has power to do that which you and I cannot do.

## SPIRITUAL GROWTH

Apart from the academic benefits, many students involved in the Bible Summary Project begin to show a keen interest in the study of God's Word. The daily Bible reading and summary writing always leaves the student with a message to share with others. It's not surprising then that many participating students have taken the initiative to conduct morning and evening worships at their schools using their summaries and lessons learnt, with an emphasis on personal application. In short, the Bible Summary concept makes disciple-making both possible and exciting in schools, with ripple effects being felt in homes and churches.



## THE NAGUM EXPERIENCE

Nagum Adventist Secondary School, in the Sepik Province, runs a Years 9 and 10 program and is in the process of adding Year 11. About 70 per cent of the students are from non-Adventist families. The boarding school incorporated the Bible Summary Project into its daily routine last year as well as other disciple-making strategies. Now, every morning between 7am and 7:30am the whole school is reading and doing their Bible summaries.

Every Adventist student has two or more non-Adventist students they work with; they are on hand if there are concepts that need explanation. The students consult the school chaplain or their teachers if they need further help.

Since last year Nagum has been having consistent baptisms with new commitments being made almost every quarter. During the baptisms, instead of the deacons and deaconesses escorting the candidates down

**SERAH KELIWIN IS ASSOCIATE EDUCATION DIRECTOR (SECONDARY) FOR THE PAPUA NEW GUINEA UNION MISSION.**



# WATER OF LIFE

sharing  
the gospel  
along PNG's  
longest  
river

Getting to Ambunti involves a fair bit of travel. First there's the international flight to Port Moresby, Papua New Guinea, then a domestic flight over the cloud-shrouded Highlands to picturesque beachside Wewak on PNG's northern coast. After that a four-hour drive winds up through steep rainforested hills where rough shacks made from bush materials peep through the greenery. There are more villages up on the grasslands.

All the way along the road people are walking, walking, walking. To a morning church service, to the market, to their gardens, to school, to a friend's or relative's house. They carry firewood on their heads; buckets of fruit and vegetables; machetes swing casually by their sides. Nearly everyone's tattered and grimy outfit is paired with PNG's trademark string bag, the *bilum*. The default scowls break easily into smiles—people wave at passing vehicles, sometimes in the hope of catching a ride in an already overcrowded ute tray; sometimes just to say hello.

The road ends suddenly at the wide, muddy Sepik River. Twigs and branches swirl downstream, marking a surprisingly strong current for such a large body of water. Long wooden outboard canoes are pulled up on the pockmarked clay riverbank. A man carries a 40 centimetre-long baby crocodile, caught alive. Its reptilian pupil slits regard the world coldly over a snout safely trussed in a couple of rounds of string.

Now the journey must continue by boat. The passengers

crouch where they can, positioning themselves around drums of fuel and other supplies needed upstream. The captain is keenly focused on the river ahead, standing at the stern, one hand on the outboard motor's controls, making slight adjustments to avoid floating detritus—the boat is planing along at skicraft velocity; running over a floating log at that speed would be disastrous for the propeller.

Sugarcane fields scroll past. The occasional thatched village graces the riverbank. A startled wading bird, pristine white, abandons the shallows for the sky, keeping pace with the boat before it swerves away to safety. Other boats share the water, including small dugout canoes propelled by a standing paddler in the traditional Sepik fashion.

After about three hours Ambunti emerges at a bend in the river. Scatterings of timber shacks—some with sago thatching, others with corrugated steel roofs—are interspersed with coconut palms, lush greenery and neatly trimmed lawns. Dark, jungled hills rise behind the township, their vivid greens muted by the smoke of cooking fires.

A small fibro houseboat is tied up at the riverbank. This is *Pathfinder*, the floating clinic that first carried Adventist medical missionaries up and down the Sepik in 1971. After falling into disrepair it was refurbished by a team of Australian volunteers in 2013 and once more pressed into service. Although essentially sound, it's not currently operating due to some electrical issues that require the attentions of a solar power expert.

Visitors are garlanded with leis at

Ambunti. This is typical in South Pacific cultures.

But there's a special local touch here: children giggle as they throw fistfuls of homemade confetti—finely cut petals and leaves that decorate visitors' heads and shoulders with shards of colour.

Worshippers crowd into Ambunti Town Church for the Sabbath service. The singing is unaccompanied but enthusiastic and tuneful. Children sit on woven mats along the middle aisle. The congregation has overflowed to benches outside the building and the undulating lawn. Most in attendance are pictures of glowing health and dressed in their Sabbath best, which includes a large number of uniforms—Adventurers, Pathfinders, Adventist Youth, Women's Ministries and Adventist Community Services.

At the front of the sanctuary sits a small wooden box with a slot in its lid. The freewill offerings placed inside are the sole means of financial support for Ambunti's three missionaries, including Elisha Kombun, a church elder.

"My spiritual talent is visiting new areas and praying for people, including prayers for healing," he says. "My pastor and I have travelled to Yambun Village a number of times, as well as other places. To save fuel costs we don't use boats with outboard motors; we paddle a canoe, upstream against strong currents sometimes. We've capsized twice so far while doing this.





“When we arrive at our destination the people are happy to see us, especially the old people who know me best. They often ask for a visit and a prayer if they are sick. We have seen miraculous healings from prayer.”

Elisha is part of an integrated outreach strategy operating in Ambunti that seems to involve nearly everyone in the congregation. The Adventist clinic and school provide the institutional core of the Church’s presence in the area, but “Total Member Involvement” is more than a slogan in this remote region; it’s a way of life.

Ambunti town struggles with drug and alcohol issues, particularly with marijuana and homebrewed coconut beer. Since April, a team of 16 Adventist youth has been making weekly visits to the informal settlements on the edge of town where many of the poor and marginalised live. “We find a good public location and set up a data projector in order to make health presentations about the damage caused by alcohol and other drugs,” says Kenneth Sau, one of the youth leaders. “The people at the five different locations we have visited are happy to hear the information. Some tell us they are reducing their use and that they want more information.” Friendships are being built and plans are in place to conduct more sessions on *buai* (the mildly narcotic betel nut) and lifestyle diseases such as cancer and high blood pressure.

The women of the church are likewise occupied, donning their tan Adventist Community Services uniforms every second Tuesday. “We visit local

widows and sick people in the Ambunti community,” explains their leader, Florence Sui. “We clean houses, bring food and distribute clothing—providing basic needs and praying for the people as we build relationships with them.

“We try to make a special trip away from home to a different village once a quarter,” Florence adds, “but finances are a challenge—the cost of fuel to travel along the river is too much for this quarter. We’ve been to Singiok Village three times now. It’s a Catholic/SSEM (evangelical) community but the people want to know more about the Sabbath and other issues. They also want Bibles, which we don’t have the budget to give right now. We would also like to have a shed in which to store our clothing and other supplies. We want to keep up our work because we know there are other villages waiting to hear the message.”

The statistics tell the story. There are 1026 established Adventist congregations around Papua New Guinea, but they need to support the 3669 smaller groups (companies) that worship regularly. Many of these are new church plants, evidence of the missionary spirit and strong growth of the Church in PNG.

“I support two branch churches,” says one of Ambunti’s missionaries, Philip Kinjin, “one at Bogul, where there are 33 attending, and one at Yambun, where there are 28. I help to follow up people who have been helped by our Adventist Community Services ladies and are interested in knowing more about the truths of the Bible. God has blessed me with the

ability to befriend new people, pray for them and teach them the Bible. So I work with these people and help them begin to worship together as a small branch church. They really need Bibles of their own—song books too and picture rolls—but due to financial pressures I am not able to help them with these needs right now.”

The theme of budgetary constraints comes up often, but there’s no despair. As the sun sets over the lush hills, District pastor Pius Garry points to the jungled slopes behind the Adventist school where a pineapple plantation is planned. The produce will be sold at the market to fund ongoing outreach activity.

Leaving Ambunti involves a fair bit of travel. The journey cannot begin without prayer and farewell embraces. Then, in the pre-dawn darkness, the passengers must negotiate the steep muddy banks and step into the waiting boat, positioning themselves around their luggage and supplies needed downstream. The boat drifts, rotating in the current while the captain struggles to start the outboard. Then with a roar and a lurch the nose lifts and the boat is soon skimming over the Sepik. The captain is standing in the stern, one hand on the outboard’s controls, the other holding a powerful torch that sabres the darkness ahead.

The balmy night whips past, occasionally carrying a waft of woodsmoke. A billion stars fill the velvet sky, awaiting the promise of dawn.

**KENT KINGSTON IS AN ASSISTANT EDITOR FOR ADVENTIST RECORD.**



## HOT TOPICS



### ONE IN FIVE DEATHS DUE TO DIET

Researchers from the Global Burden of disease health study have found that poor diet is the second highest risk factor for premature death, after smoking. Most people don't eat enough whole grains, fruit, nuts, seeds and fish oils. And our salt intake is too high. The result? Heart disease, stroke, diabetes.—*The Guardian*



### MY FATHER'S WORLD

Pacific church leaders say they're pleased Fiji will chair November's UN climate change conference in Germany. The Pacific Conference of Churches has been a "prophetic voice" on climate change. International experts are realising that environmental discussions in the Pacific must include a faith perspective.—*Fiji Times*



### CAMP MEETING 24/7/365

Pentecostal megachurches in Nigeria have found that people love their conventions so much they don't want to go home. In recent years a number of permanent communities have sprung up. The largest is the 5000 residence Redemption Camp, which provides power, rubbish collection, schools, a university, shops, a health centre and bank.—*The Guardian*

## GENEROUS KIDS SHINE FOR JESUS

JACQUELINE WARI

Empty shoe boxes have become useful vessels for sharing the love of God to children in remote parts of PNG's Central Papua Conference.

Since 2016, more than 800 shoe boxes have been filled with Bibles, song books, study guides, stationery, toys, shoes, dresses and other items needed for a child's spiritual growth.

Known as Shine Boxes, they are filled with love and compassion by children worshipping at Adventist churches in Port Moresby for their friends who live in remote villages where it's difficult to access these types of faith-building supplies. The children in the city decorate the shoe boxes in colourful wrapping paper and stickers before filling them up with the items.

Of the total number of boxes, 279 were given out to children in Barai, Rigo district, while another 257 boxes were given to children along the Kokoda Track and the Efogi district. Another batch of 132 was distributed to children in Maria in the hinterlands of Rigo. Shine Boxes were also given to 143 children in the Catholic-dominated village of Inauaia in the Kairuku district. About 660 Bibles were distributed with the boxes.

The Shine Boxes are part of the SHINE (Serve Him In Everything) Project, an initiative of the Conference's Children's Ministries Department. Introduced in 2014, the project teaches children to serve God through giving.

Ruthy Batu, the Conference's Children's Ministries director, is passionate about seeing children develop an attitude of mission and service and says that the SHINE project is a realisation of her dreams. "I want children to start learning how to care for others. They will learn to do service for God through giving," she said.

This year, the recipients of the Shine Boxes and their leaders wanted to experience the blessing of generosity for themselves. Taking the initiative, they decided to help their friends in the city via their rural skills; planting vegetable gardens and catching fish for a feeding program in Port Moresby. The food was given to safe houses that take care of children and women escaping violence and abuse. Some food was also given to families of students studying theology at Pacific Adventist University.

On the evening of June 4, the children, with help from older folk, took to the streets of Port Moresby city with food packs to feed the homeless. Blankets, towels and water bottles were also given out that night. They found and fed the needy at bus stops and drains. Another group visited the Port Moresby General Hospital where they gave food to sick children and their guardians.

Mrs Batu is thankful to God for allowing the children and their parents to reach out to others. "I was overwhelmed to see what SHINE is all about: Serve Him In Everything. People have grasped the idea. They are empowered to do it. We did this project on a bigger scale. We got families involved and now they are able to do it on their own," she said.

"Elders and pastors were involved this year and I am thankful that they are now able to organise their local churches. We want to ensure all local churches are involved in the program in future."



GIRLS FROM KIRU VILLAGE SHOW THEIR GARDENING MACHETES AND THE CORN THEY'RE GROWING TO GIVE TO THE NEEDY.

# FLASHPOINT



## REACHING OUT

A Total Member Involvement (TMI) program run recently by the Morobe Mission saw students from three primary schools in Salamaua receive donations ranging from toiletries to stationery, all gifted by Adventist Church members. Teachers were also given gift packs containing toiletries, books and a World Changers Bible. Six new school toilets were built (pictured) as part of community services by church members while sewing and cooking lessons were also on offer for the local women. "I am so happy—this program is one of its kind and I would like to thank the Seventh-day Adventists for reaching out," said Mr Bami, a local primary school teacher. —*Adrian Ales*



## GOING DEEPER

Seven different prayer groups across Pacific Adventist University (PAU) were formed to affirm spiritual life and challenge the university to put more emphasis on prayer. However, after a recent visit to PAU from Dr Leigh Rice, a deeper understanding of discipleship brought a positive change: adding the Discovery Bible Guide to all prayer groups to engage participants in richer discussion. "Some of our students and faculty members have embraced this concept seriously and are making some significant contributions to our spiritual life on campus," said Obed Yamasombi, PAU Spiritual Services director. "They have become disciple makers in their own schools and work departments." —*Record staff*



## FREE FRIDAY BUS

Every Friday, people wanting to travel from Madang Town to Kubugam on route 17C can save themselves 7 kina if they ride with independent bus operator Owen Justin (left). Inspired by other Adventists who are ministering to their communities in unique ways, Mr Justin decided to use what God had given him, for His glory. "When they ask why it's free I tell them that this is my ministry and that the bus belongs to God, not me," he said, adding that he always offers a prayer for everyone on his bus. "People ask me, 'Why don't you want your 7 kina? It's a long way.' I tell them that, somehow, on Friday, the fuel gauge stays steady." —*Kent Kingston*



## BLESSINGS FROM BAIMURU

Gauri Seventh-day Adventist church (Baimuru District) recently hosted an open-air Stewardship Evangelism Campaign at the Paia Log Shipment Company Base in the Gulf Province. No church has set foot in the company base since its inception in the 1980s, but the Adventists decided to hold a week-long campaign with much success. After the Friday night program, almost 200 people responded to an appeal to accept Christ as their personal Saviour, while 26 people were baptised that weekend. Another appeal was made after the baptism ceremony, where a further 48 people made a decision to join an Adventist Bible study group. —*Lenon Greson*



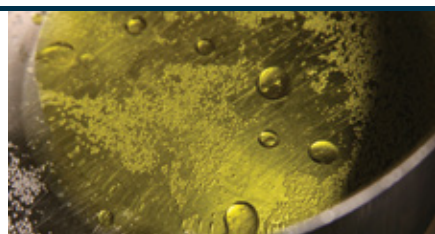
## FIRST GRADUATION

It was a joyous moment for the Hagen Park Seventh-day Adventist church in the Western Highlands with the first ever Revelation Seminar graduation on July 15. A total of 63 students graduated with a certificate of completion. Leaders from the Western Highlands Mission officiated at the ceremony. "It was always difficult for elders and ordinary church members to preach prophecy, especially from the book of Revelation," said organiser Bill Kapen. "But now the graduates understand and can preach from the book of Revelation." —*Solomon Paul*



## JOINING FORCES

Hope Channel South Pacific director Pastor Wayne Boehm was recently part of a team who visited the Operation Food for Life headquarters to help out with several activities. The team conducted a Sabbath service at the maximum security unit at the Bomana Men's Prison in Port Moresby, gave out food and toys at the Port Moresby General Hospital and visited patients at the Laloki Hospital for the Criminally Insane. —*Dennis Perry*



## RESEARCH FUNDING FOR PAU

Pacific Adventist University (Port Moresby) recently received K200,000 in funding from the Papua New Guinea Government. The money will go towards a new clean energy bio-fuel research project initiated by the university's School of Science and Technology, and was presented to vice-chancellor Dr Raul Lozano by Pila Niningi, the new PNG Minister for Higher Education, Research, Science and Technology. —*PNG Today*



## HIGHLANDS DISCIPLE MAKERS

More than 300 women and girls recently attended a Total Member Involvement training day held in the Unggai district (Eastern Highlands Simbu Mission). Over six days, the presentations focused on how to be a disciple maker. "Following the gospel commission is not just for pastors or church leaders," said a local pastor. "It is for everyone who has answered God's calling—all members of the Church." —*Komura Thompson*



# tingting long wok bilong God

**L**aip bilong sikin Sevende manmeri i pulap wantaim pasin nogut na ol hevi bilong dispela graun. Olsem wanem, yu wanpela sikin Sevende o yu trupela Sevende? Olsem wanem, yu bihainim God tru na laip bilong yu i pulap wantaim bel isi bilong heven olgeta de? Olsem wanem, Kam Bek promis bilong lesus Kristus na gutpela sindaun bihain taim wantaim laip i stap oltaim i mekim yu laikim lesus Kristus moa yet? Olsem wanem lesus Kristus i lewa tumas bilong yu?

Olsem wanem, yu bilip olsem lesus Kristus i lusim na rausim olgeta pasin nogut na pekato bilong yu pinis wantaim blut bilong em taim em i dai antap long kruse? Sapos em i tru olgeta, orait yu bai i manmeri bilong hamamas olgeta taim (wankain olsem Pol maski long haus kalabus em i aiapapim nem bilong Bikpela long singsing na

hamamasim ol manmeri).

Maski wanem kain birua o hevi i wiliwilim Kristen manmeri em bai i hamamas yet. Olsem wok meri bilong God i tok, "taim manmeri i tanim bel em bai i laikim tumas long tok autim poroman bilong em lesus Kristus i go long arapela manmeri. Na tok i tru bilong God i save kisim yumi bek na klinim yumi ba i no nap stap pas insait long bel, nogat" (*Desire of Ages*, p 141.)

Olgeta Sevende Kristen manmeri lesus Kristus i kisim ol bek ba i givim olgeta laip bilong ol long wokim misinari wok sios i wokim. Dispela ba i mekim ol hamamas tumas, bilong wanem marimari bilong Bikpela God na bilip insait long lesus Kristus i strongim ol.

Bipo Ellen White, wanpela het meri bilong sios, i pasim ai na dai, pikinini

boi bilong em i harim em tokim dispela laspela tok Aposel Pol i raitim long 2 Timoti 1:12, "mi save long husat mi bilip long en." Tru tumas, dispela tok i mas kamap mak bilong olgeta kristen manmeri.

Ellen White i save olsem lesus em i lewa poroman bilong em. Em i save olsem olgeta pasin nogut na pekato bilong em i lus na raus pinis. Em i save olsem lesus i namel tru long olgeta wok misinari na laip bilong em.

Dispela bikmeri i dai pinis i bilip olsem trupela tanim bel tasol i ken kamapim trupela senis i save kamapim gutpela pasin na laip long olgeta bilip manmeri bilong lesus.

Olgeta bilip manmeri i mas silip, kirap, kuk, kaikai, wokabaut, na wok wantaim lesus Kristus olgeta laip bilong ol. Olsem Aposel Pol i tok, "Wanem samting gen, Mi skelim olsem

# know Jesus, know joy

**A**re you an Adventist by name only, your life wound and bound up with the agendas and issues of this world? Or are you living daily with the peace of heaven; with the hope and assurance of eternal life, knowing that Jesus means everything to you and that He is real in your life? If so, you ought to be the happiest person and the most joyful—like Paul in prison, singing praises and encouraging others.

That's the result of true joy. As God's messenger says: "No sooner is one converted than there is born within him a desire to make known to others what a precious friend he has found in Jesus. The saving and sanc-

tifying truth cannot be shut up in his heart" (*Desire of Ages*, p 141).

*Saved to be totally involved in the life and mission of the Church* is to be the driving motto for every believing Adventist Christian. It will be joy to the soul. It is not just impulsive feelings and false excitement based on religious pride, but joy that is built on the principles of God's love.

Ellen White experienced speech problems and lost consciousness a few days prior to her death. But as the great leader of our Church lay dying she was heard by her son to echo these pithy words of Paul—what I deem should be the ultimate goal of every Christian: ". . . I know whom I have believed . . ." (2

Timothy 1:12).

Here was dying one who knew Jesus as a personal friend; who was absolutely certain that her sins were forgiven; who knew that Jesus had been the guiding principle for the entire course of her ministry and life.

It should be the ultimate aim of every disciple to know Jesus—not just *about* Him, but to know Him experientially; to be rooted and grounded in Him. Paul could not have expressed it better: "I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish that I may gain Christ" (Philippians 3:8).

## tok pisin

olgeta samting long dispela graun i pipia na samting nating. Bikpela samting em long save long lesus Kristus Bikpela bilong mi. Olsem na long kisim lesus Kristus mi hamamas tasol long bungim bikpela hevi na lusim olgeta samting” (Filipai 3:8)

Maus Meri bilong God i tok, “Wankain olsem kaikai, wara, na pulim win i save givim laip na kamapim yumi, Kristus tu i mas kamap olsem win yumi pulim, kaikai, wara, blut, na bun bilong yumi. lesus Kristus i mas kamap olsem lewa tru bilong yumi i nap laip, marimari pasin na gracia bilong em i kamap bilong yumi tu” (*My Life Today*, p 275). Em nau, autim gutnius, wok misinari, na bringim arapela manmeri i kam long lesus ba i isi tasol olsem yumi pulim win.

## english

God’s messenger has this to say: “What food is to the body, Christ must be to the soul. Food cannot benefit us unless we eat it, unless it becomes a part of our being. So Christ is of no value to us if we do not know Him as a personal Saviour. A theoretical knowledge will do us no good. We must feed upon Him, receive Him into the heart, so that His life becomes our life. His love, His grace, must be assimilated” (*My Life Today*, p 275). Only then will witnessing and discipling become a spontaneous expression of joy—as natural as breathing.

**MAX ZACCIA** SERVES THE PNG UNION MISSION IN THE AREAS OF PUBLIC EVANGELISM, PERSONAL MINISTRIES AND SABBATH SCHOOL.



It stands solemnly along one of Port Moresby’s oldest roads. Many historic buildings around it have been pulled down but this one remains. Although unkempt and maybe an eyesore to visitors frequenting the shoreline of the city, it is no ordinary building. It is the first Seventh-day Adventist city church building in Papua New Guinea. It was built in 1952, 44 years after the first Seventh-day Adventist missionaries arrived in Port Moresby in 1908.

When completed, the Ela Beach Seventh-day Adventist church was always packed with believers on Sabbaths. According to church records, two worship services were held every Sabbath to meet the demands of the growing congregation.

As Port Moresby grew, the church administration decided to find new locations to build more churches. From the late 1960s, new churches began to be built, including Korobosea, June Valley, Gordons, Hohola and Sabama. Many of the congregation who had originally worshipped at Ela Beach moved to the new churches. Those who continued to worship at the Ela Beach church were the Motu-speaking people. They came from Rigo, Koiari and the Aroma coastline. The Wanigela people who live a few kilometres away at the Koki settlement also continued worshipping at Ela Beach until the Koki Hill Adventist church was opened in 2001.

The Ela Beach church was decommissioned in 2008 for health reasons. It has remained that way for almost eight years. However, according to plans confirmed by the Church’s Central Papua Conference, the building will soon be refurbished and once more used for worship services by believers in the city. The refurbishment is part of the Conference’s new office building project.

Meanwhile, Seventh-day Adventist church buildings are located in almost all suburbs in Port Moresby, the surrounding settlements and in rural areas. The Conference continues to support local congregations in building churches. In recent times, new church buildings were opened in Rainbow, June Valley (Ted Wilson Memorial), Four Mile (Mango Avenue) and Nine Mile. The Korobosea Adventist church is due to open within a matter of months.

PNG Adventists are focused on growth and innovation, but they still hold the pioneers in high regard—those early missionaries from Australia, Fiji, New Zealand and the United States who established the first struggling mission stations. Ela Beach Adventist church will continue to stand as a testament to their commitment and sacrifice.

**JACQUELINE WARI** IS ASSOCIATE COMMUNICATION DIRECTOR FOR PNGUM.





# PNG ADVENTISTS IN POLITICS:

## opportunities and challenges

**P**olitics in Papua New Guinea is often contentious. For Seventh-day Adventists, it provides important challenges as well as opportunities. Every election a high number of Adventists, representing various parties, contest for the 111 seats across the country. The recent election in June was no exception.

Political participation is a constitutional right for all citizens who want to be involved, including Adventists. Across the Pacific Islands and in many developing countries, Adventists hold key political positions.

Dr Ben Carson's run for the US presidency in 2016 raised the profile of the Church and invited huge interest from people around the globe in the Adventist faith and what it teaches about politics. Perhaps some of those interested may have been disappointed that the 28 fundamental doctrines of the Adventist faith do not strictly provide a political

ideology but instead a set of principles intended to create a Christ-centred, advent-focused community. Nevertheless, Dr Carson's campaign certainly highlighted the Adventist faith and reinforced the view that Adventists can engage in politics.

### OPPORTUNITIES

In the case of Papua New Guinea, where there are high levels of government corruption and a lack of basic services, Adventist candidates are often popular because of their adherence to a relatively strict code of discipline and lifestyle that includes no alcohol, monogamy, charity and goodwill, and faithfulness to church. Adventist politicians are relied on not only to deliver the social services and address corruption, but also to make morally informed decisions on important national issues.

Having Adventists in high office has also been beneficial for the Papua New

Guinea Union Mission and local Adventist organisations when it comes to making representations to the government. Like in many Pacific Island countries, Adventist politicians have been key supporters of Church-run education and health institutions as well as evangelistic campaigns.

Earlier this year, Seventh-day Adventist and recently ousted PNG opposition leader Don Polye gave prominence to Pastor Doug Batchelor's visit to the country by skipping a parliamentary session to attend the welcoming ceremony. Another Adventist politician, John Pundari, has built a vibrant church and ministry organisation at 17 Mile outside Port Moresby. In 2014, another Adventist, former opposition leader Belden Namah, committed K100,000 to Kopiago Adventist church. These are only a few examples of the positive influence Adventist politicians have had on the work of the Church in PNG.





## CHALLENGES

But these positives often come at the cost of significant challenges to Adventist politicians and the Church as a whole. For PNG the challenges come in three different stages, as demonstrated in this year's elections.

The first set of challenges occurs during the campaign stage. According to the Australian National University's Development Policy Centre, Papua New Guinea is known for having one

after elections. Adventist losing candidates may continue their animosity against voters who failed to vote for them, including fellow Adventists. Winning candidates are expected to deliver on election promises. The latter is critical and is the dilemma facing Adventist MPs in the new parliament.

Failing to deliver or succumbing to corruption and mismanagement will not only jeopardise their political reputation but also harm the positive

regulatory bodies. Not all assistance or support from political actors should be counted as blessings—churches need to be cautious when seeking political assistance that it does not discredit the Adventist faith or undermine state institutions.

## CONCLUSION

Dr Carson's views on same-sex marriage and social services prompted criticism that his Adventist faith lacked empathy. The issues are different in the Pacific Islands and especially in Papua New Guinea, where political contests are played out in a highly fragmented context with strong tribal affiliations. People expect that their political leaders will deliver on their promises; the failure to deliver can have great ramifications on the way the community views a political leader's life, family and faith.

Our political leaders need more than just our prayers as they navigate these challenges and represent hope to the electorate. As interest in politics increases among Seventh-day Adventists the Church may need to actively provide counselling and mentoring programs to assist MPs with their challenges as well as implement countrywide revival and reconciliation programs after elections to address election-related divisions and conflicts.

In a world perplexed by political contests and moral decline, the tenacity of Adventist leaders can be a powerful tool for witnessing. Devout Christian and Seventh-day Adventist David Maraga, the Chief Justice of Kenya who recently led the Kenyan Supreme Court to invalidate Kenya's presidential election on the basis of widespread election fraud, is an inspiration to Adventists in public office—to remain true to Christ's values despite the pressures and intimidations of politics.

**BAL KAMA IS A COMMENTATOR ON PNG AFFAIRS AND A PHD CANDIDATE AT THE AUSTRALIAN NATIONAL UNIVERSITY IN CANBERRA. HE IS FROM CHIMBU PROVINCE.**



# NOT ALL ASSISTANCE OR SUPPORT FROM POLITICAL ACTORS SHOULD BE COUNTED AS BLESSINGS—CHURCHES NEED TO BE CAUTIOUS.

of the world's "most expensive elections"—bribery and vote-buying form part of the overhead costs in running elections. Adventist candidates are highly vulnerable to engaging in some forms of bribery and inducement to appease electoral officials or voters in the hope of influencing election outcomes. And, as is the case in democratic countries around the world, campaigning may include deliberate misrepresentations or downright lies to convince voters.

The second set of challenges for Adventist candidates comes during the counting of votes. In some instances, voting results may lead to tribal fights and electoral fraud. For example, the 2017 election saw supporters of an Adventist candidate engaged in violence, resulting in the loss of innocent lives and property, not to mention the killing of police officers.

In Port Moresby, an Adventist candidate was accused of fraudulently influencing election results. The incident was widely circulated in the media and forced the president of the Central Papua Conference to deny any attachment with the accused candidate.

The third set of challenges comes

Adventist image admired by voters during the election campaign. As ambassadors of the Adventist faith, their actions or inaction can generate distrust among the people and ultimately become a hindrance to evangelism. This has been the case with Adventist politicians in previous governments.

A number of serious corruption allegations currently in the courts involve Adventist politicians. Others have been accused of facilitating unscrupulous deals, misleading the public on important issues or simply failing to deliver on the basic services promised during their elections.

Having Adventist politicians in parliament is a win for the Church. It has long been a practice to call on them to help finance evangelistic meetings, facilitate government partnerships with the Church and construct a church or a pastor's house. These are undoubtedly worthy benefits, but these arrangements can also raise some serious questions. For instance, the likelihood of financial support rendered to the Church being corruptly procured. Or when the Church enters into partnerships with the government this can mean, at times, bypassing certain



# brothers

*disability no barrier*

**S**ITTING NEAR THE LITTLE church by the river, I marvel at the skills and agility displayed by two unique brothers.

Genegele and Oraraka Koutoana are an inspiration to their families and the people who have crossed their paths.

They live along the Lako River in Marshall Lagoon, Central Province. Like other subsistence farmers in their area, they live from their gardens, the river and sea.

Both men are also very passionate about church music, love God and work hard to spread the gospel. They attend Lako Seventh-day Adventist church.

They relocated to Kalagama in 2010 from the main Gavuone village because life is much easier along the river.

What's amazing about these brothers is that both live with

disabilities. The oldest, Genegele, is blind and uses a walking stick while his younger brother, Oraraka, moves around in a wheelchair. Their other siblings also live with disabilities.

Despite not being able to walk and see, they can do things that other people do. They live happy lives as they are supported and well-loved by their families.

Genegele spends his days planting bananas and working in the garden, fishing or climbing coconut trees.

He also helps with errands at the church, which is built next to their home.

The brothers often help each other to get tasks done. On most occasions it is Genegele who pushes Oraraka around in his wheelchair with the latter giving directions.

Genegele was born a healthy child on December 7, 1962. He is the fourth

of eight children.

In 1996, he lost his sight and, following several visits to the Port Moresby General Hospital eye clinic, was told that his eyes were "beyond repair".

However, that news from the eye doctor only made his faith stronger in God.

"My only hope is to see Jesus come. I returned home (from the hospital) with a greater interest in doing His work.

"I will go wherever He calls and I will die in His service," he says.

Genegele, 54, and single, remains true to his word today. Although blind, he has played leadership roles in youth ministry and is also a deacon in his local church. He also built the little church building they currently worship in—it was opened on Christmas Day, 2011. With help from others, it took him only six days to complete his work. There are 82 members worshipping there every Sabbath.

Singing keeps Genegele's heart close to God. His strong sense of hearing enables him to learn new songs quickly. He leads the praise and worship sessions with ease and is also gifted with a beautiful voice.

"I do almost everything," he says, listing off his skills. "Gardening, wrapping bananas, building a house, fishing, climbing coconut trees, going to church and helping my brother to teach songs to the local congregation.

"I hear well and feel my way around. My brother also gives directions when I push him around in his wheelchair.

"My greatest desire is to see Jesus one day."

As we talk, Genegele is busy repairing pews for the church. I can only wonder at how he knows the number of nails and the location of each piece of timber.

Oraraka is no less talented. Oraraka and his twin were born healthy on July 25, 1965 at their Gavuone village. Sadly, the twin died at six months.

Oraraka enjoyed his childhood and early school life in the village until an unfortunate accident turned his life around. A canoe had rolled over



him along the Lako River in August 1977, leaving him with injuries he hoped would be temporary.

But on March 24 the following year, his situation took a sudden turn for the worse.

"When I awoke that morning, I fell from my bed," he remembers. "I was unable to walk well and I struggled with moving around.

"I withdrew from school and stayed home but I was determined to move around with the youth in my local church," he says.

His enthusiasm drew the young boys who would carry him to and from church activities. This led to his baptism, which was conducted by Pastor Gapi Ravu (now deceased) and his first wheelchair, which he received from the Lions Club in 1986.

His interest in youth ministry and singing continued to grow as he fervently asked God to reveal his spiritual gift.

"I bought a book, *Rudiments of Music*, read it and taught myself. I did not attend any music school or training. I am thankful to God for the gift of music."

It wasn't long before Oraraka began translating songs from English to Keakalo, the local vernacular spoken along the Aroma coast.

He also led choirs of Pathfinders and youth at the Gavuone Adventist church. To this day, he has helped many people with writing and translating songs for choirs, solos, duets and quartets.

He was invited by several choir groups at an Adventist church in Port Moresby to compose and teach them songs.

Oraraka, 52, has so far composed nearly 300 songs.

His current and biggest project is translating the Seventh-day Adventist Hymnal into his local vernacular.

"I have a great interest in singing but I am saddened because many people in my village cannot sing in English," he says.

"I began translating the hymnal in

2013. I translated 500 songs but lost all my work when the computer crashed.

"Fifty of those songs have been edited with 23 sung in church. I have yet to teach 17 songs."

Each Sabbath, he teaches a new song to the congregation at the Lako Adventist church.

This year, he is translating another 150 songs and hopes to complete his work by the end of next year.



"My biggest challenge is the young people. They must be committed to herald the gospel through singing."

Although it may seem difficult, Oraraka sees life in a wheelchair as a blessing. He has been happily married to his beautiful wife Della for 26 years.

"On March 24, 1991 we vowed to live according to God's blessings. I have not regretted that decision as my marriage to Della has helped me."

The couple has two sons, Russell, 26, and Valo, 23, and grandchildren.

"I am also thankful to my brother Genogele who has been my feet, moving me around in my wheelchair to do my tasks," says Oraraka.

Apart from composing songs, Oraraka was clerk and communication secretary for the Gavuone Adventist church in the '90s and was also the personal ministries Sabbath school leader for 15 years.

In 1999, he started a pre-school in his home, using lessons from the Adventurer Busy Bee class. He was also a commercial artist.

Oraraka attained his leadership skills from the Madana laymen's school along the Aroma coast, which he attended three different times.

As he continues to translate the hymnal from his sixth wheelchair, Genogele sits beside him, adding suggestions.

With the rest of their family and congregation, they look forward to each new day as they share God's love through music.

Both men have their eyes fixed on Jesus and look forward to that blessed hope.

**JACQUELINE WARI** IS ASSOCIATE COMMUNICATION DIRECTOR FOR THE PAPUA NEW GUINEA UNION MISSION.





## WHOLEGRAINS AND CANCER RISK

The World Cancer Research Fund (WCRF) has just released the latest update to its Second Expert Report, compiling and reviewing the most up-to-date evidence around nutrition, lifestyle and colorectal cancer. The original report was the most comprehensive book ever published on the links between food, nutrition, physical activity and cancer prevention. But science is an ever evolving area and so to ensure health professionals and the public continued to get the most accurate and up-to-date advice following its publication, the WCRF started the Continuous Update Project (CUP), which periodically revisits the science around different types of cancer.

Many findings remain the same in their latest colorectal cancer update, but one food group in particular makes a new appearance, with the latest report now finding strong evidence that consuming wholegrains decreases the risk of colon cancer. Evidence showed that eating 90g of wholegrains a day reduces bowel cancer risk by 17 per cent. Wholegrains are grain foods that still contain all three original parts of the grain—the bran, the germ and endosperm—and the nutrients naturally found in them.

Good sources of wholegrains include brown rice, barley, rye, traditional rolled oats, bulgur, sorghum, buckwheat, millet, quinoa, corn on the cob, corn kernels, semolina, polenta, wholegrain breads, wholegrain pasta and wholegrain breakfast cereals. If you want to know if your packaged food—like a bread or cereal—is wholegrain, look at the ingredient list. Some foods declare a percentage of wholegrains in the ingredients, so aim for products that contain more than 51 per cent.

Look for whole instead of refined grains when choosing between grain foods. It's a simple change that research suggests can make a significant difference to your health.

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### HOW EASY IS IT TO REACH 90G OF WHOLEGRAINS A DAY?



#### BREAKFAST

One-third of a cup of rolled oats gives you 30g of wholegrains to start off the day—great as a porridge or bircher muesli. Add your favourite in-season fruits and a sprinkling of chia seeds for an extra fibre boost.



#### LUNCH

A sandwich made with 2 slices of wholemeal bread containing at least 51 per cent wholemeal flour can give you anywhere from 30–40g of wholegrains at lunch.



#### DINNER

A veggie stir fry with ½ a cup of cooked brown rice will give you another 30g of wholegrains, taking you to your daily 90g!

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# KIDS SPACE



## 12 SPIES EXPLORE CANAAN

The Israelites reach the border of Canaan at last. Twelve spies are sent ahead to study the Promised Land. Ten of the spies say that the Canaanites are too powerful to beat. Only Caleb and Joshua are not afraid. They remember that God is greater than any obstacle. The discouraging words of the 10 spies cause the people to rebel and they threaten to stone Caleb and Joshua. The Lord tells the rebels that none of them will enter Canaan.



COLOUR IN THE SPIES

## FIND-A-WORD

Use your spy skills and find all the words below. Use some of them to finish the **Community Message**. When you have found them all, highlight the letters that are left - these will help you finish your **Memory Verse**!

FIND THESE WORDS:

- ONE
- ANOTHER
- CALEB
- CANAAN
- ENCOURAGE
- FOLLOW
- GOD
- JOSHUA
- REBELS
- SPIES
- TWELVE
- WILDERNESS
- PROMISED
- LAND

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

### COMMUNITY MESSAGE

We e \_\_\_\_\_  
 o \_\_\_\_\_ a \_\_\_\_\_ to  
 f \_\_\_\_\_ G \_\_\_\_\_.

### MEMORY VERSE

Follow the instructions in the Find-a-Word puzzle to complete the verse.  
 Let us... \_\_\_\_\_  
 \_\_\_\_\_ another. *Hebrews 10:25*

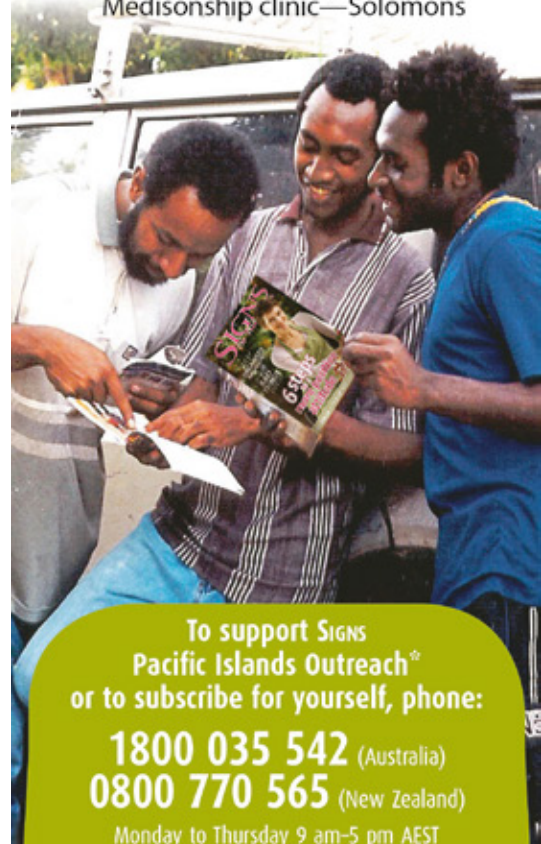
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## Weddings

**REICH-HEATON.** Tyler Reich, son of John and Debra Reich (Toowoomba, Qld), and Eshel Heaton, daughter of Robert and Kay Heaton (Toowoomba), were married on 9.7.17 in a beautiful setting in Gordon Country, Goomburra (near Warwick).

*Allen Sonter*



**TAYLOR-WARD,** Jim Taylor and Eleanor Ward were married on 19.3.2017 at the Merredin church (WA). It was a lovely day celebrating with family and friends. Church members and friends decorated the church and hall with a country theme and catered for the high tea that followed.

*Malcolm Eastwick*

## Obituaries

**BEECH,** Robert, born 3.8.1943 in Londonderry, Northern Ireland; died 25.4.16 in Sydney, NSW.

He is survived by his brother Matthew (Coleraine, Northern Ireland) and former wife Elizabeth Beech (Sydney, NSW). Robert was lovingly farewelled at Kings Langley chapel. He wished to be cremated and his ashes returned to Northern Ireland for burial in the family plot next to his parents Charles and Elizabeth. A memorial service was held at Mt Druiht church. Robert was nominated for the Nobel Prize in physics and awarded a doctorate in mathematics for solving "Schrodinger's equation". He dedicated his thesis and his strength to God.

*Alwin Hilton*

**CORNELL,** Valerie Joyce (nee Higham), born 18.4.1927 in Brisbane, Qld; died 17.7.17 in Victoria Point. Valerie was married to Arthur Cornell in 1960. She is survived by her husband; and children Jeneen Schmidt (Bundarra, NSW), Desley Hanlon (Adelaide, SA) and Greg Cornell (Robertson, Qld). A committed Christian who walked the talk, Valerie used every opportunity to share her faith. Despite her failing health,

her faith never waned. She was loved by all who were privileged to have known her.

*Bob Possingham, Tony Urrea*

**HARDY,** Caleb Boyd (George), born 12.5.1936 in Lakemba, NSW; died 17.6.17 in Murwillumbah. On 23.2.1957 he married Margaret (nee Buchan). He was predeceased by his great-granddaughter Kalani Hardy-Hawken on 19.5.17. He is survived by his wife Margaret (Murwillumbah); children Harold and Maree (Alstonville), Boyd and Pauline (Helidon, Qld), Kay and Murray Lucas (Helidon), and Glen and Sherie (Murwillumbah, NSW). George was a man who loved his family and his Saviour supremely. In his practice he took every opportunity to tell his clients of his love for Jesus and His soon return. There will be many stars in his crown because of his influence and witness. George served the church for many years as a deacon.

*John A Lang, Ray Hobbs*



**HOBDEN,** Dorothy May (nee Mundy), born 17.11.1929; died 15.7.17 in Warragul, Vic.

Dorothy was predeceased by her first husband Jack Swift in 1968 and her second husband Mervyn

Hobden in 2010. She is survived by her two children Kathrine (Warragul) and Eric (Inverloch); granddaughters Kay, Michelle, Jessica and partners; great-grandchildren Justen, Alexa, Giorgi and Ivy; and her sister Lorraine McFarlane and husband Doug (Yinnar). She is remembered for her work at Lilydale Adventist Academy as girls' preceptress, along with her aged care nursing and literature evangelism work with Merv. In each church she attended she was known as a prayer warrior. She took on most roles in her church when asked and loved every single member.

*Andrew Jasper*

**LAUGHLIN,** Ronald Thomas, born 20.8.1924 in Greenock, Scotland; died 4.8.17 in Newcastle, NSW. On 23.1.1945 he married Peggy Bryant in Melbourne (Vic). He was predeceased by his wife in 2014. He is survived by his children Rhonda and Colin Russell (Newcastle, NSW) and Joe and Cheryl Laughlin (Maitland); four grandchildren and nine great-grandchildren. Ron was involved in literature evangelism ministry for many years, both in sales and departmental leadership. Later he pastored several churches in the

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Students and teachers – past and present – will commemorate our school's anniversary on World Teacher's Day

**Thanksgiving Service – Saturday, October 28 – 10.45am**

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North NSW Conference and prior to retirement was manager of the Crosslands Youth & Convention Centre in Sydney. His enthusiasm for his Saviour knew no bounds. Ron was strong of faith, a keen student of the Bible, and a friend to all.

*Roger Nixon, Bob Bolst*



**LEUSSINK**, Vincenzina (Vivian), born 10.5.1932 in Legnano, Italy; died 25.6.17 in Alstonville,

NSW. In 1954 she married Mr Speers. Following their divorce, Vivian married Gerhardus (Gerry) Leussink on 1.12.1985. She is survived by her husband (Alstonville); sister Phillipa and brother Vincent. Vivian commenced work as a linen weaver at the age of 14 and in 1954 emigrated to Australia. She worked at Sydney Adventist Hospital, retiring in 1985. Gerry and Vivian were living at the Alstonville Adventist retirement village prior to Vivian going into hostel care 12 months ago. Vivian will be remembered for her emphasis on healthful living, her love of the Lord and passion to share the gospel message.

*Beth McMurtry, Paul Mitchell*



**MARTIN**, Alwyn Leslie, born 1.8.1938; died 9.7.17 in Milton, NSW. On 14.1.1968 he

married Loraine. He is survived by his wife; and children Robert, Christine and Susan. Alwyn was a committed follower of Jesus. He was a loving husband, a proud father and grandfather. He was an experienced and capable bushwalker. Martin was also known by the community as "the peach man" because of his farming abilities in producing juicy peaches and nectarines at his family orchard. He left his family and community a legacy of trusting God, hard work, never giving up, following your dreams, doing what you love and not worrying what others think.

*Tony Moala, Owen Ellis*

**MATTHEWS**, Mary Erica, born 21.9.1928; died 14.7.17. On 7.6.1951 she married Trevor Matthews who predeceased her. She was also predeceased by her sons Kelvin and Jason. She is survived by her son Graeme (Hobart, Tas), daughter Allison Mattner (Perth, WA),

daughter Glenys Blagden (Perth) and sister Violet Hockley (Perth). Mary's life was one of service to others. A devoted nurse, wife, mother and grandmother, she enjoyed spending time with her family. Her catchphrase in life was "What can I give you?" A dedicated church member with a strong faith in Jesus, Mary helped run basket lunches and Sabbath School classes well into her 80s.

*Gervais Cangy*

**SPARROWHAWK**, Pastor Mervyn Harold, born 16.7.1937 in Northam, WA; died 14.3.17 in Melbourne, Vic. On 18.1.1965 he married Billie Godfrey. He was predeceased by his brother Jack. He is survived by his wife; his daughter Simone and Clyde Campbell (Brighton); son Damon and Kristy and their children Ella and Jackson (Mar-rickville, NSW) and son Kirban (St Kilda, Vic); and his siblings Barbara, Ethel and Reg and their families. Merv and Billie first served in the Western Australian Conference before transferring to the Victorian Conference. He served as conference health secretary for a number of years while continuing as a pastor. Merv was a man of faith who loved to study the Scripture and share the gospel. Merv was proud of his family and loved them all, especially his two grandchildren.

*Morrie Krieg, Tony Campbell*

**SWENDSON**, Pastor Raymond Charles (Ray), born 29.10.1938; died 27.1.17 in Auckland, NZ. He is survived by his wife Lily; son Kevin, daughter Belinda and son in-law Chris; and granddaughter Elizabeth. Ray was a fighting Australian Queenslander who gave up boxing to fight the good fight as an evangelist. He baptised hundreds throughout New Zealand, Hawaii, Tahiti, Tonga, Samoa, Fiji and the Cook Islands.

*Paul Siopo*

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November 18-19, 2017. All former members, families and friends invited. Lunch provided after Sabbath service. Sunday community event includes live music, afternoon tea and kids' activities. For more info or to RSVP by November 8, contact Connie on <connietoga@adventist.org.au> or 0439042082. Any memorabilia including photos would be appreciated for displaying.

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