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## LEST WE FORGET WHERE THE LORD HAS LED US

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### NEWS

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## GREATER WORKS THAN JESUS?

The nature of Christ has been debated in the Christian Church since its inception. How human or divine Jesus is and how these crucial elements were manifest in Jesus' life have also been discussed from the beginning of the Seventh-day Adventist Church. The incarnation—how God became flesh in Jesus Christ—is an eternal mystery and I claim no new insight. The Church's Fundamental Belief 4 entitled "The Son" and quoted Bible texts give the basics of this teaching.

Jesus is fully God and fully human. He is unique. However, how we perceive Jesus affects how we view salvation and how we live out our beliefs. And while we cannot fully understand Jesus, we do know that He demonstrated to us how to minister to humanity and that He did it in a way that we can follow—as a human.

Jesus is God (John 5:17,18, 8:58, 10:30,33; Colossians 2:9). The Gospels are very clear that Jesus' authoritative teaching and miracles were from God, not from Himself (John 5:19,20, 7:16, 14:10,11, 17:7,8). Jesus' miracles provided evidence He was the Messiah from God (Matthew 11:4,5; Luke 4:18,19, 5:24; John 10:38). The apostles did similar miracles to Jesus and they did not claim to be God, but rather disciples of Jesus (John 15:5; Acts 4:7-10,30).

Jesus did not use His prerogative of godly power during His ministry on earth. This is what Philippians 2:5-11 suggests: ". . . who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied Himself, taking the form of a slave, being born in human likeness and being found in human form" (verses 6,7 NRSV). Jesus' form or nature or substance was God in verse 6. His form or nature or substance was human in verse 7. He is both fully God and fully human—indeed, unique. However, Jesus "emptied Himself" of divinity while on Earth. Perhaps Jesus' divinity was unveiled briefly at the transfiguration (Mark 9:2-8). Jesus lived life like the original first man, Adam (Romans 5:12-21). He was the ideal human that Adam was not (and we are not). Jesus did not use His deity to live out His humanity. Jesus was fully dependent, fully obedient and fully reliant on God His Father in all that He did as a human.

So how did Jesus do the extraordinary as a human?

Firstly, He was anointed (Luke 4:16,18), filled (John 3:34), sealed (John 6:27) and led (Luke 4:1) by the Holy Spirit. Secondly, He was continually connected with God through prayer (Luke 3:21,22, 5:16, 22:32,41,42). Thirdly, He knew the Scriptures well—quoting and applying them to life continually (Mark 14:27; Luke 22:37, 24:27,44). This close connection with God was Jesus' source of power as a human being.

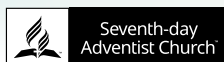
We, as followers of Jesus, have access to the same God in the same way. We can be filled with the Spirit (Romans 8:11), connected with God in prayer (Philippians 4:6,7) and know the power of the Scriptures (1 Thessalonians 2:13; Hebrews 4:12).

Five times in Jesus' last words before His crucifixion He said something like this: "I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything I will do it" (John 14:13,14, NRSV. See also John 15:7,16, 16:23,24,26,27). Just before, Jesus says, "Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these because I am going to the Father" (John 14:12, NRSV).

Jesus' dream is that we do greater things than He did. If that is the case, we need to live and minister like Jesus. As God, Jesus gave up more than we will ever do—to become one of us (John 1:1-3,14). In following Jesus, we will come close to people—all races, socio-economic groups, ages, genders and cultures. We will live with others and try to connect with them. My usefulness is limited when I don't believe we today can do greater things than Jesus. We grossly underestimate what God can do for us, with us and through us. Jesus built a movement that turned the world upside down in a generation (Acts 4:13). We can do the same as we surrender to Jesus, come close to God and other people, and become disciple-making disciples.

1. E G White, *Desire of Ages*, p 363.
2. E G White, *Ministry of Healing*, p 25.
3. E G White, *Desire of Ages*, pp 663,664.

**GLENN TOWNEND**  
SENIOR CONSULTING EDITOR



South Pacific

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## ADVENTIST HEALTHCARE LTD

Adventist HealthCare Ltd (AHCL)—commonly known as the San—includes Sydney Adventist Hospital and San Day Surgery Hornsby. Founded in 1903 as a Sanitarium where people learned to stay well, the San evolves alongside evidence-based healthcare advances.

The San is the largest private hospital in NSW, caring for 180,000 patients annually. Its mission is “Christianity in Action: Caring for the body, mind and spirit of our patients, colleagues, community and ourselves”, fulfilled by an exceptional 2400 staff, 500 volunteers and 1100 medical specialists. We stand on the shoulders of previous generations who saw work as a God-inspired vocation.

One of the San’s differentiators is spiritual care, with First Friday, Sabbath Praise, Chaplaincy Symposiums, weeks of spiritual emphasis for staff and our recent accreditation to train chaplains.

Since 1903, the San has been addressing the burden of lifestyle-related chronic disease through dietetics, exercise physiology, rehabilitation, physiotherapy, cancer support services and public health forums.

The San trains future doctors and nurses onsite at the Clinical Education Centre in partnership with Sydney University and Avondale College. We invest in research through the Australasian Research Institute, providing access to clinical advances through the San Clinical Trials Unit.

Our vision for the next 3–5 years is: “To be a thriving, faith-based provider of world class care, inspiring hope and wellbeing”. This is backed by strategic planning, informed by mission and grounded in values of excellence, dignity, respect and continuity.

Thank you for your support and prayers as we serve our community. We invite you to become a Prayer Partner ([prayer@sah.org.au](mailto:prayer@sah.org.au)) or to support the San Foundation ([sanfoundation.org.au](http://sanfoundation.org.au)).



**BRETT GOODS**  
AHCL CEO

## SOUNDS OF HOPE FESTIVAL IN VANUATU

MARYELLEN FAIRFAX

The Seventh-day Adventist Church in Vanuatu recently hosted its annual music festival, Sounds of Hope 2019. Held at Epauto Adventist Multi-Purpose Centre, the celebrations began on Sunday, June 9, and continued until Wednesday, June 12, with a special program held each evening to commemorate 107 years of sharing the Adventist message in Vanuatu.

The festival was officially opened by the director of tertiary education for Vanuatu, Anne Rose Tjiobang. Each evening, the programs were filled with original songs and choir performances by Topua Youth, Kawariki Children’s

Choir, He Speaks, Olwi Youth Boys, Mahalia Kai, Gospel Voice, Freshwind Youth, Wiles Memorial Singers and many others. Presentations were also made on Adventist history, and a special children’s corner was set up for the kids. Mission secretary, Pastor Kaio Timothy, delivered the final speech.

Thousands of people attended the festival over the course of the week. Over a seven-day period, Sounds of Hope reached 17,200 people through live stream and social media, with post engagements by 13,700 people. The celebrations were centred around the theme “Hope to My City”.



## SOUTH PACIFIC WRITES SABBATH SCHOOL

LINDA EDORSSON

The South Pacific is making a global impact through the third quarter’s Sabbath school lesson study guide. It’s designed to encourage church members to respond to injustice, oppression and suffering by highlighting the Bible’s call to “do justice”.

Australian Jonathan Duffy, CEO of ADRA International, is the official author of the study guide and Nathan Brown, author and editor for Signs Publishing, has written an accompanying book: *For the Least of These*.

The book focuses on how faith can impact “living and loving well, acting meaningfully and sharing hope”.

Mr Brown said the collab-

oration has been ongoing since 2011. There are multiple resources that come with the study guide. ADRA has produced discipleship videos and Mr Brown has co-hosted a podcast at Andrews University, which will be released weekly during this quarter. The thirteenth Sabbath offering also will go towards funding South Pacific Division projects.



## PROFESSIONALS GATHER ON GOLD COAST

LINDA EDORSSON

More than 260 Adventist employed business professionals from all over the South Pacific were trained in workshops and presentations from around 35 speakers at the Seventh-day Adventist Business Professionals Convention 2019 at Surfers Paradise on the Gold Coast, Queensland (June 4–6).

The event was organised by the South Pacific Division (SPD) with help from Risk Management Services and Avondale Business School. Participants came from various profes-

sional disciplines including administration, business management, information technology, accounting, human resources and more. The General Conference Leadership Department also contributed funding for the event.

The convention's focus was professional development, networking and collaboration for business professionals in the church. Participants appreciated the opportunity to build connections across the Division with people in similar business roles within the Church.

"The Business Professionals Convention offers an opportunity to inspire, motivate and enable people to serve better," said Juan Prestol, treasurer and CFO of the General Conference. "It also allows for networking and mutual support. I certainly encourage it."

Adventist Media's commercial manager, Jean Tiran, saw the conven-



THE CONVENTION PROVIDED GREAT OPPORTUNITIES TO MEET OTHER ADVENTIST BUSINESS PROFESSIONALS.

tion as very beneficial. "[It was] a great opportunity to gain an understanding of how the Church works in the SPD."

SPD treasurer Rodney Brady ran a workshop called "The ambiguous church" that unpacked the nature and legal structure of the Church, and why the Church structure has been set up the way it has, as well as comparing biblical principles with corporate law.

Mr Tiran said the workshop helped him understand the Church better as someone who has come from a commercial business into a Church role.

The next convention is planned for June 2022.



ATTENDEES ENJOYING THE VARIOUS WORKSHOPS AND PRESENTATIONS.

## ADVENTISTS UPLIFTED BY PRAYER BREAKFAST

TRACEY BRIDCUTT

Seventh-day Adventists were among 1300 attendees at the ninth annual Sydney Prayer Breakfast on June 5.

Held at the International Convention Centre at Darling Harbour, the breakfast was an opportunity for people of faith to come together to pray for God's blessing on Sydney.

Around 50 Adventists attended the breakfast, including 32 from Greater Sydney Conference and representatives from the South Pacific Division (SPD), ADRA, Avondale College, local church pastors and members.

Guest speaker, World Vision CEO Claire Rogers, shared an inspiring testimony and Australian entertainer Silvie Paladino uplifted the audience through song.

Deputy NSW Premier John Barilaro was among five guests who offered

prayers for Sydney, specifically for the poor and marginalised; those working in the media and arts; for civic and church leaders; young people, students and teachers; and for the business community.

The attendees then had an opportunity to pray with those at their tables.

First-time attendee Pam Townend, who works in the SPD's health department, said she thoroughly enjoyed the breakfast.

"It's really empowering to think that there are 1300 people here all with a prayer focus," she said. "I found that inspiring, really empowering. I just feel so blessed this morning."

It's the second year Greater Sydney Conference (GSC) has attended



SPD ATTENDEES (FROM LEFT): LOSALINI FOX, MIRIAM HUBBER, HENRIETTE HEUNIS, PAM TOWNEND AND JANE GIBSON-OPETAIA.

the event, "and each time it's been fantastic to pray with Christians for our city and its salvation", president Pastor Terry Johnson said.

"We had two tables in 2018 and three this year. Next year we will have seven tables (a record for the organisers) and we aim to have 10 per cent of attendees be Seventh-day Adventist!

"Our high school captains will be invited to attend as well," Pastor Johnson said.

## YOUNG ADULTS BRAINSTORM NEW MINISTRY

VANIA CHEW

More than 40 people attended a recent brainstorming session at Fox Valley Seventh-day Adventist Church to discuss possible initiatives for a young professionals' ministry in Sydney.

This session was initiated by Tabitha Krznar-Radovanovic, a young adult in Greater Sydney Conference (GSC).

"I took a good look around at the current youth and young adults in our Conference and I realised how many were now missing," said Ms Krznar-Radovanovic.

"Some of the friends I had grown up with were no longer in church and had no intention of returning. Church wasn't relevant to them anymore, they were too tired from work and they would rather attend events for successful professionals."

This concerned Ms Krznar-Radovanovic. "If this generation leaves church, who will the future leaders of the

Church be?" she wondered.

Ms Krznar-Radovanovic soon discovered she wasn't alone in these concerns, with GSC president Pastor Terry Johnson, GSC youth director Pastor Simon Gigliotti and Fox Valley's associate pastor Landry Patti strongly supporting the initiative.

"We have an excellent ministry system in place with Adventurers (4-9 years old) and Pathfinders (10-16 years old), but we seem to struggle with the age group after that," said Pastor Gigliotti.

"While it's true that young people are making key decisions between 4 and 14, the later years are also crucial. They are entering university, travelling or entering the workforce. The strong foundation they had as high-schoolers is often lost in these new spaces and pulls them away from the Church



ONE OF THE SMALL GROUPS DISCUSSING MINISTRY IDEAS.

community and God."

The brainstorming session was a chance for attendees to discuss what does and doesn't work well in youth ministry as well as talk about future initiatives.

"I envision creating an Australia-wide network and hope to have a conference for young adult professionals one day," said Ms Krznar-Radovanovic.

"It's time we step up and give them a place to network, make friends and re-encounter Jesus."

The advertisement features a photograph of a smiling father holding a young child who is holding a wrapped gift. The ACA Health Benefits Fund logo is in the top left. The main text reads: "NOW INSURING LOCAL CHURCH OFFICERS AND THEIR FAMILIES JOIN ONLINE AND RECEIVE A \$100 GIFT CARD COMBINED HOSPITAL + EXTRAS COVER\*". A large red gift card with "\$100" written on it is shown in the bottom left. At the bottom, it says "\* Terms & Conditions Apply Offer ends 30th August 2019".

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## ADVENTIST DOCTOR PIONEERS POSSIBLE CANCER CURE

VANIA CHEW

An Adventist doctor from Sydney is at the forefront of a revolutionary treatment that could potentially cure cancer.

In an interview with Australian current affairs program *60 Minutes*, Dr Ken Micklethwaite from the Westmead Institute said he and his team have been working with modified immune cells, called CAR T cells, which could help cure blood cancer. In regular circumstances, the immune system cannot distinguish cancer cells from regular cells. However,



DR KEN MICKLETHWAITE.

these modified CAR T cells can.

"We take immune cells that are unable to see cancer, we insert a gene in them that enables them to actually see and then respond to and kill cancer cells," Dr Micklethwaite said to *60 Minutes* reporter Charles Wooley.

The CAR T cell treatment has been approved by the Food and Drug Administration in the United States and has a 70–80 per cent success rate. However, it costs approximately half a million dollars per treatment.

Dr Micklethwaite's research reduces the cost significantly. A member of Epping Seventh-day Adventist Church, Dr Micklethwaite is excited about the ramifications of this revolutionary discovery. "The team at Westmead have been working hard for nearly 10 years to bring us to where we are today," he said. "Things are still in their early phase, but if we can be part of the cure cancer story, then it is well worth it."

## HYMNFEST RAISES \$6000 FOR INDIGENOUS MINISTRY

DANIEL KUBEREK

Wahroonga Seventh-day Adventist Church teamed up with the Bible Society to host Hymnfest on June 15.

More than \$A6000 was raised for the Bible Society's Indigenous ministry, as the 800-strong audience enjoyed orchestral pieces and solo items.

Conducted by Benjamin Milis, the orchestra was comprised of musicians from various Christian denominations, accompanied by a joint choir from Wahroonga and Waitara churches.

"In a divided culture, there is something profoundly beautiful about moving beyond our differences and . . . singing to a living God that redeems us and gives us hope," said Mr Milis.

Concertmaster Lee Thompson reflected on his highlight from the night.

"'Burdens are Lifted at Calvary'—the arrangement was very vibrant, it put a smile on my face."

The Indigenous theme was highlighted throughout the night, as Izak Rigney—

Sebastian played the digeridoo.

A choir from Wahroonga Adventist School also featured, with the program intermittent with videos and presentations from soprano, Marian Moroney.

Hymnfest is a first for Sydney, having previously been hosted by the Perth Adventist Orchestra in Western Australia.

The format of the concert was inspired by Dr Lyell Heise and Valmai Hill from the Institute of Worship.

The orchestra and choir will return later this year for the annual Wahroonga church Christmas concert.



THE COMBINED ORCHESTRA.

## NEWS GRABS



### 8000 BAPTISMS IN TANZANIA

For three weeks, Hope Channel Tanzania livestreamed the gospel across the country to more than 4000 homes. Through family life programs, health messages emphasising nutrition and sermons, the event culminated in more than 8000 baptisms. —Prince Bahati, ECD



### LOMA LINDA BEST WORKPLACE

Loma Linda University Health has been named by America's leading hospital industry publication, *Becker's Hospital Review*, as one of the "150 Top Places to Work in Healthcare in 2019". Loma Linda was recognised for its employee benefit plans, community outreach, and unique wellness and spiritual programs that support employees' efforts to lead healthy lifestyles. —Loma Linda



### ADVENTISTS ON RADIO IN JAPAN

Top radio stations in Japan have given prime time to Adventist health programs up to five days per week. These live programs are hosted by Mitsuyo Kusano, a famous former TV news anchor. Listeners call in to ask their biggest health questions on air. The program has more than 34,000 followers. Most religious groups only receive slots between midnight and 5am, but this program airs between 4pm and 5pm weekdays. —NAPD

## HOT TOPICS



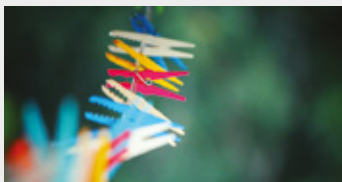
### PINTEREST CENSORS CHRISTIANITY

Whistleblower “Project Veritas” has reported that social media website Pinterest censors searching biblical terms. The group reviewed Pinterest’s “Sensitive Terms List” and found that Christian jargon like “Bible verses” and “Christian Easter” were considered “brand unsafe”. Pinterest has responded, saying its actions are to protect users from being targeted based on their religion. —CNN



### MOVIE BRINGS GOSPEL TO CHINA

The Erwin brothers’ 2018 film *I Can Only Imagine* was the biggest faith-based movie of 2018, grossing \$US85 million worldwide. Given its international success, even China has paid for the right to translate the movie, despite persecution against Christianity remaining severe. The directors have called this “the gospel on autopilot”. —*Gospel Herald*



### LIGHT EXERCISE HAS BENEFITS

A new study by JAMA has found that doing six or more hours of light physical activity per day—like hanging out the washing and putting away groceries—reduces cardiovascular disease. Active women were 46 per cent less likely to have a heart attack and 26 per cent less likely to suffer any cardiovascular “event” (stroke, severe angina), compared with women who did less than three hours of physical activity per day. —*JAMA Network Open*

## ADVENTISTS FEATURE IN AUSTRALIAN SOCIETY OF LIFESTYLE MEDICINE CONFERENCE

MARYELLEN FAIRFAX

The Seventh-day Adventist Church was well represented at the Australian Society of Lifestyle Medicine (ASLM) Conference in Auckland, New Zealand, on the weekend of June 7–9.

More than 300 GPs, medical specialists, allied health practitioners, educators, academics and laypersons attended the event, including about a dozen Adventists.

The conference was designed to promote lifestyle as a viable means of treating disease and emphasised the importance of a whole food, plant-based diet for long-term health, particularly in relation to gut microbiota and mental health.

“It’s great to hear that science is now affirming the health message that Adventists have held since 1863. There is a clear message that a whole food, plant-based diet is the best place to go,” said Greater Sydney Conference health director, Dr Paul Rankin.

Dr Rankin, Dr Paul Wood, Dr Alipate Vakamocea and Mel Renfrew presented a two-hour pre-conference workshop on CHIP (Complete Health Improvement Program) as an effective community lifestyle initiative.

Dr Darren Morton, from Avondale College of Higher Education, presented the closing keynote entitled “The Problem with Parachutes”.

At the closing ceremony of the conference, Western Australian Conference health director, Dr Cherrille Fitzclarence, Adventist physician, Dr Richard Gee, and Cedarvale Health Retreat director, Julie Higgins, were awarded fellowships in the ASLM.

“A huge congratulations! It’s fantastic to have so many Adventists as Fellows of the Australian Society of Lifestyle Medicine,” said Dr Rankin, who received an inaugural fellowship alongside Dr Morton some years ago.

Presentations at the conference by Dr Joanne McMillan, Professor Felice Jacka and other medical professionals strongly emphasised the link between a person’s



DR CHERELLE FITZCLARENCE (TOP) AND JULIE HIGGINS (BOTTOM).

gut microbiota and mental health, particularly depression.

“Research in this area has exploded in the last 4–5 years,” said Dr Rankin. “A healthy microbiome requires a high-fibre diet, so meat, eggs and dairy aren’t good for that.”

The ASLM is a multidisciplinary society working towards improved prevention, management and treatment of chronic, complex and lifestyle-related conditions. Areas of focus include reversing type 2 diabetes, weight loss and management, largely plant-based, whole food nutrition, reducing sugar consumption and reducing harms from alcohol.



# FLASHPOINT



## HIGH NOTE FOR STUDENTS

Students from Canberra Christian School (ACT), Hills Adventist College, Wahroonga Adventist School, Macarthur Adventist College and Hurstville Adventist School (all Greater Sydney Conference) gathered on June 3-5 for this year's Band Camp at Crosslands Convention Centre. Band Camp consists of three days of worship, activities, great food and lots of music. The students brought their instruments and, with varying degrees of ability, came together to learn a collection of pieces before presenting a concert for parents and friends on June 5 at Galston Adventist Church. —*Megan Lillo*



## STEPS FOR REID

Students from Whangarei Adventist Christian School (NZ) have raised \$NZ101 for "Steps for Reid", an initiative to help Reid, a four-year-old boy with cerebral palsy, get life-changing surgery. Unable to walk unassisted, Reid's family hope to take him to St Louis Children's Hospital in the USA for surgery that will permanently remove the tightness in his spine and to undergo intensive rehabilitation. The students at WACS are praying for Reid's safe and successful surgery so that he will be able to walk again. —*WACS News*



## FAMILY TRAINING LAUNCHED

Vanuatu Mission president, Pastor Nos Terry, and principal of Vanuatu Institute of Teacher Education, Ben Bulekuran, are jointly launching a youth training manual called *Vanuatu Blossom—Family Life Education Training Manual*. The manual is designed to help lay proper foundations in the home and combat negative external influences infiltrating Vanuatu's society. While the manual aims to teach biblical lessons to young people, it is not strictly targeted at Adventists and training is being organised within other denominations. It aligns with the Vanuatu Government's Develop Plan 2030 to eliminate all forms of violence and discrimination against women. —*Kaio Timothy*



## STUDENT'S RISE TO STARDOM

Brisbane Adventist College Year 6 student Lupita Madrana played Pepper in the Queensland Musical Theatre Company's production of *Annie*. The 11-year-old performed three of six shows at the University of Queensland's Schonell Theatre in her first professional role. Lupita has experience playing roles in BAC musicals, the Brisbane Lord Mayor's carols pre-show (2013, 2015, 2016) and was selected to go to the 2017 Disney Premiere in Florida. —*BAC News*



## WOMEN DISPLAY SEWING SKILLS IN PAPUA NEW GUINEA

The Western Highlands Mission of Papua New Guinea hosted its district camp meeting at Wakwak church on June 2. Stewardship and family ministries director, Pastor Leighton Kasimo, talked about the responsibility of mothers and fathers to lead their families in worship each day. During the day Pastor Kasimo and his wife conducted skills training on financial literacy, tailoring, flower decorating and draping. Thirty sewing machines were repaired by Pastor Kasimo so that he could share his skills with the attendees, free of charge. —*Leighton Kasimo*



## ALBURY UNIVERSITY MINISTRY

Albury young adults (NSW) are reaching students at Charles Sturt University with their "Foodie Fortnight" ministry, a community event centred around cooking and eating together. At the University Market Day early in the first semester, Foodie Fortnight ran a stall promoting a woodfire pizza night and gave away samples of simple, healthy food. As a result, more than 130 students gathered on campus to eat together. —*Toby Clare*



## DOG EDUCATION AT AUBURN

Students at Sydney Adventist School Auburn were visited by the Responsible Pet Program on May 20. Students learned about how to live safely with dogs, how to tell if a dog is happy, scared or angry, and how to approach a dog. The children enjoyed singing songs and watching interactive videos that taught them how to behave around dogs, and enjoyed meeting the presenter's dog, Kiki, an Old English Sheepdog. —*SASA News*



## QUEEN'S MEDAL OF HONOUR

Three Cook Islanders received the Queen's Medal of Honour during the Queen's birthday ceremony at Government House. The medals were to recognise their community service. Pae Iro Puna, a member of Matavera church, was one recipient. He worked as a public commissioner, helped establish the community hostel in Aitutaki, was recognised for services to his church and his graduation from Fulton College. —*Kia Orana News*



## Frontline mission at Adventist campgrounds

Hey Scotty, thanks for everything. I'm just calling to say goodbye." It was David\*. Beset with a range of personal struggles, he'd been a permanent resident at the Adventist-owned Pascoe Park campground in Christchurch, New Zealand, for more than eight years. He and Scott Cameron—who manages the facility with his wife, Leah—had developed a close friendship in that time.

Hearing the tone of David's voice, Scott could sense that something was badly wrong. It became clear that David was saying his final goodbyes before taking his own life.

"Where are you, mate?" said Scott, desperate to intervene. "Tell me where you are—I'll come to you."

But while David stayed on the phone, he refused to give his location. Scott ran across the campground to another friend's residence, knocked on the door and, muting the phone for a moment, said urgently, "Get in the car!"

While the phone conversation continued, with David still refusing to divulge his location, Scott was praying hard internally. His friend was driving and, from time to time, Scott pointed left or right as they approached various intersections. There was no rational reason to take the route they did. They drove for more than 10 minutes with not one U-turn and pulled into a beach carpark. There was David's car. He was midway through writing a suicide note and had an overdose of pills ready.

"He was shocked when we arrived," recalls Scott. "I took the pills off him and he asked us, 'How did you know where I was?' All I could say is that I'd prayed."

Scott is passionate about the mission of Pascoe Park, the relationships that are being built and the spiritual conversations that he says occur two or three times per week.

"Ninety-nine or a hundred per cent of the people who are sent to Pascoe Park are sent for a reason," he says.

There are 16 Adventist-owned campgrounds and convention centres around Australia and New Zealand—large and small; in the city and the country; by lakes, beaches and mountains. The managers of 14 of these facilities came together at Adventist Alpine Village in Jindabyne (NSW) for their biennial AdCamp gathering, held from May 27 to June 1.

"The South Pacific Division (SPD) coordinates AdCamp

as an expression of acknowledgement and support of the work you do," said SPD Discipleship Ministries' Pastor Nick Kross to the managers. "AdCamp is a time of refreshing and renewal—some professional development as well as a break from work."

Listening to the stories and concerns shared by the camp managers, it's clear that, while Scott's story is dramatic, it highlights a commitment to mission they all have in common. Many of them feel they're only viewed as grounds caretakers, while the importance of their daily contact with campers is under-appreciated. But whether it's school groups, individual campers or even long-term residents like at Pascoe Park, up to 80 per cent of the people enjoying Adventist campgrounds are not Adventists.

"People say they feel something's different at the campground—a sense of peace. I tell them it's the Holy Spirit," says Karen Housenloge, who manages the Stuarts Point (NSW) convention centre together with her husband, Glenn.

Many of the camp managers purchase evangelistic resources at their own cost and make them available for non-Adventist campers—tracts, DVDs, *Signs* magazines, E G White books and Bibles. They find that this material is taken readily. Advent Park campground in Perth hosts an annual Carols by Candlelight event for the local community. Brisbane's Watson Park is the venue for one of Australia's largest *Road to Bethlehem* events. The Stuarts Point and Yarrhapinni camp managers have assisted in planting a church at their site. Adventist campgrounds are genuine mission fields.

"You are at the frontlines," said Phil Hyland, Victorian Conference youth director and the featured speaker for the AdCamp retreat. "You are all full-time ministers."

*Find links and details of Adventist campgrounds in Australia and New Zealand at <[adventistcamps.org.au](http://adventistcamps.org.au)>. If this article has brought up difficult feelings, please speak to a trusted support person or call Lifeline on 13 11 14 (Australia) or 0800 543 354 (New Zealand).*

*\* Name changed to protect privacy.*

**KENT KINGSTON SIGNS OF THE TIMES EDITOR.**

# MORE THAN A SOUP KITCHEN

Warwick Seventh-day Adventist Church is a small church in rural Queensland that decided to serve their community.

"God really impressed this on my heart," said church member Catherine Cazaly. "We wanted [our four kids] to grow up in a thriving church. But even if we didn't see our congregation grow, we still wanted to make sure we were serving our community."

During a church board meeting in 2018, members discussed how they could meet the material needs of the surrounding community.

"I thought a soup kitchen would be a good idea as we didn't have anything like that in town," said Catherine.

Warwick church eventually resolved to buy a caravan, so the soup kitchen could travel to serve people in need.

"We needed money to do that. We prayed about it and we thought about fundraising ideas," said Catherine.

"We're a country town. Not everyone has money to give."

Although people didn't have money to give, they did have a spare pot or pile of clothing they wanted to donate. The committee members decided to run a garage sale. Over the next few months they collected more than 15,000 donated items.

"We advertised using Facebook and word-of-mouth, and the response was amazing," Catherine commented. "By the time of the sale, I was spending 6-8 hours each day collecting and sorting items. We called it 'Warwick's Biggest Ever Garage Sale' and made sure people knew we were fundraising for community service projects and specifically our community van."



The garage sale was held in January and raised \$A9500. Around 30 church members helped set up for the sale.

"It was our biggest church social to date!" laughs Catherine.

As they fundraised for the caravan, Warwick church also began applying for government funding where they could to finance other planned community service projects.

"On December 23 [2018], we held a special Christmas lunch for the farmers," said Catherine. "We had presents for the kids, take-home hampers donated by ADRA and live music. For many of the farmers, that was their Christmas lunch and they were so appreciative."

Warwick church again used government funding in January this year to finance "back-to-school" packs, providing 27 students with uniforms, books and shoes.

The van was eventually purchased on May 1. Now Warwick church members are eager to have another means of reaching their community.

"We don't want it just to be a soup kitchen on wheels," Catherine said. "It will be whatever God wants it to be as long as we're reflecting God's love to those we come in contact with."

**VANIA CHEW ASSISTANT EDITOR, ADVENTIST RECORD.**

## DIGGING IN HIS WORD

WITH GARY WEBSTER

### CYRUS AND THE ASSURANCE OF SALVATION

According to Jesus, prophecy builds faith—faith that leads to salvation. A clear example of this is found in the book of Isaiah, which archaeology has helped confirm was written 740-680 BC.

**READ** John 14:29.

After King Hezekiah had proudly showed Babylonian ambassadors his riches, Isaiah prophesied that the Babylonians would one day come to Jerusalem, empty his coffers and bring the Israelites captive to Babylon—a fulfilment, supported by archaeology, that occurred nearly 100 years later.

**READ** Isaiah 39:5-7.

However, God also prophesied, out of the riches of His abundant love and grace, that he would raise up a man called Cyrus, who would be responsible for returning the Israelites to their home and rebuilding Jerusalem and its temple. Again, archaeology and ancient history support that these prophecies were fulfilled nearly 150 years later by Cyrus the Medo-Persian King.

**READ** Isaiah 45:13, 44:28.

God Himself revealed that the purpose of these amazing prophecies was so all humans would know and believe that He alone was God, and that they might therefore turn to Him for righteousness and salvation.

**READ** Isaiah 45:3-6, 21, 22, 46:9-13.



**THE SEAL IMPRESSION OF THE PROPHET ISAIAH, RECENTLY DISCOVERED BY ARCHAEOLOGISTS NEAR THE TEMPLE MOUNT IN JERUSALEM.**

# THE TEN

## bible verses that are right next to the MOST POPULAR VERSES

Looking at the context might give you a new perspective on a popular verse. You might even find a new favourite. How many popular verses do you know by the verses that are next to them?

### 1. JEREMIAH 29:10

"This is what the Lord says: "When seventy years are completed for Babylon, I will come to you and fulfil my good promise to bring you back to this place."

### 2. JOHN 3:17

"For God did not send his Son into the world to condemn the world, but to save the world through him."

### 3. PHILIPPIANS 4:12

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

### 4. ROMANS 12:3

"For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgement, in accordance with the faith God has distributed to each of you."

### 5. ROMANS 8:27

"And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God."

### 6. JOSHUA 1:8

"Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful."

### 7. MATTHEW 6:34

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

### 8. PHILIPPIANS 4:5

"Let your gentleness be evident to all. The Lord is near."

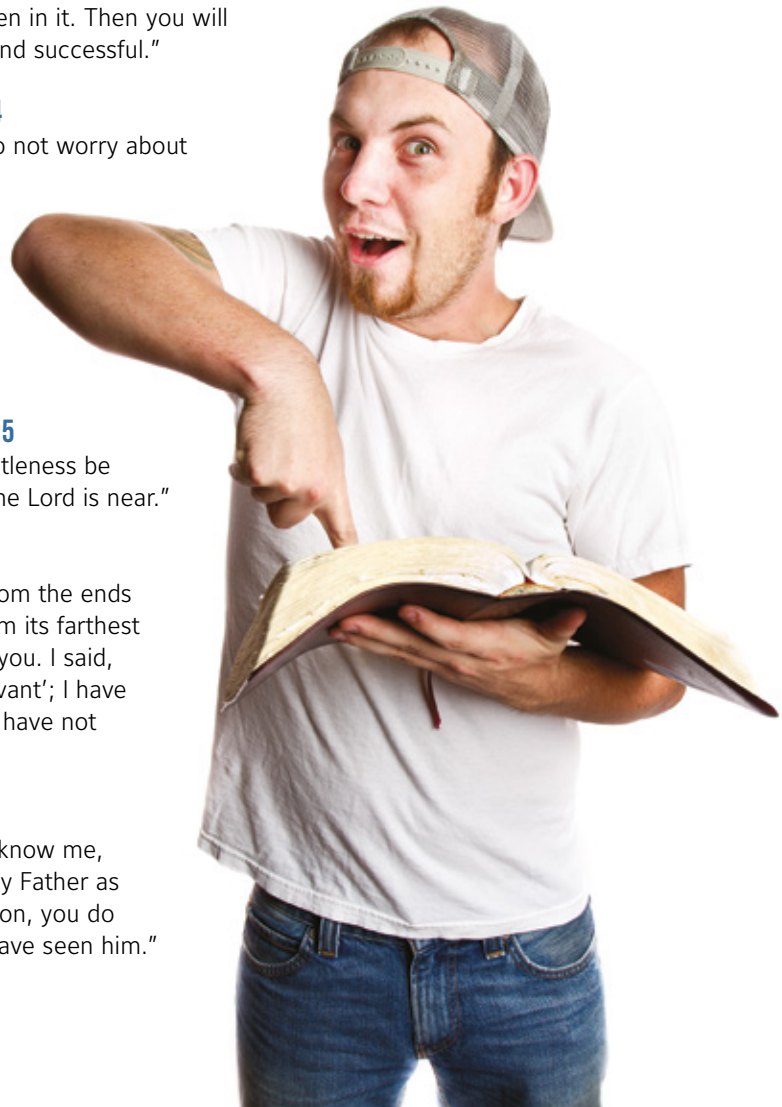
### 9. ISAIAH 41:9

"I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not rejected you."

### 10. JOHN 14:7

"If you really know me, you will know my Father as well. From now on, you do know him and have seen him."

List of popular verses taken from <[www.biblegateway.com](http://www.biblegateway.com)>.





# MAKE YOUR STEPS COUNT

The message of “10,000 steps for your health’s sake” is one of the most successful health messages of all time. Armed with pedometers, people have faithfully beaten the pavement to reach that magic number.

It might surprise you that the number 10,000 was chosen in the 1960s, in Japan, simply because it was a round number. The good news is that there is no doubt taking 10,000 steps is better for your health than nothing. However, the bad news is that researchers have found 15,000 steps is the optimal number—just when we thought we had got it right.

The steps we take between sunrise and sunset—the different things we walk to and walk for—reflect our priorities and values. So how do you use your steps?

Imagine for a moment what it is like for someone to step into one of our churches for the first time. What questions are running through their mind? Here are a few to start:

- Can I make friends in this church?
- Is there a place where I can fit in?
- Does the church want me?
- Will the sermon and service be boring?
- Are my kids going to be safe?
- Am I dressed right?
- Are they going to do anything weird?
- Does the church look unkempt and shabby?

Now, using our sanctified imagination, our first-time visitor has observed a number of “circles of conversational comfort” while they are awkwardly standing alone. How are those questions above being answered? How many times have we heard someone who came to church for the first time remember despondently how no-one talked to them? It is only 20 steps.

Recasting the story, what if a member of this “close-knit circle of conversational comfort” saw this person alone and took the courageous 20 steps across the room to talk to them? After introducing themselves, they ask their name, where they are from. When they show interest like this, the conversation usually takes care of itself. This can make all the difference to their first perceptions of the church.

When we arrive at church, we will often see our friends chatting in their groups. We will gladly walk 20 purposeful steps across the church to chat and catch up with them. But would we have the courage to leave our group and walk those 20 steps towards someone standing alone?

I recall a 15-year-old sitting alone during the church service and one of the older members left her husband to walk 20 steps to sit with her. That young person was almost in tears that someone would actually take an interest in her. She recounted the story for weeks. It is surprising how such a small walk can make such a big difference.

Remember when the prodigal son was on his journey home after squandering his father’s inheritance. The Bible says “he came to himself” (Luke 15:17). This means “he thought to himself”. In other words he was going to solve the predicament of hunger and the humiliating loss of his father’s inheritance himself.

The biggest challenge facing the prodigal son prior to meeting his father was the *kezazah* ceremony, which cuts off those who lose their inheritance from their families and the village. He continues in hope, but is unsure of the outcome. His father—also aware of the ceremony—sees his son from afar, and makes the courageous and culturally insensitive run past the villagers to reconcile, demonstrating to the villagers that reconciliation has occurred and taking the shame upon himself. It is at the time of the embrace between the father and son that grace is experienced.

Reconciliation took a courageous and self-deprecating walk—or in this case a run—through the village to save his son. Jesus also took the agonising and humiliating walk to the Cross to save us and humanity for eternity.

A walk across the room hardly compares, but let’s all look out for those standing alone and take those critical steps across the room to talk, share and make friends. It can make a big difference for eternity.

**DR MARK FALCONER** GENERAL SECRETARY OF TASMANIAN CONFERENCE  
AND PASTOR OF ROSNY AND MARGATE CHURCHES.

# LEST WE FORGET

*where the Lord has led us*



**M**axine and I were both born in Invercargill, New Zealand. It was a wonderful place to live. After raising three children there, Maxine worked for the government in child support and volunteered at night with victim support. She was trained in homicide and so would be on patrol with police, which provided many interesting stories.

For 23 years I was a self-employed photographer. I had a custom picture-framing business, a wholesale frame manufacturer, an art gallery and a digital print shop.

From the stress of running the business—at 48 years old—I had four heart attacks over a 17-day period. One afternoon, while lying in hospital, I felt this unexplainable cold, dark sensation going in and out of my room. My chest pains were coming and going and I could sense there was a spiritual battle happening. I cried out, “God please get the devil out of this room!” Instant peace—no more cold, dark feeling; no more chest pains.

Learning how to manage stress didn’t take away the hassles of life. I just wanted to run away and go where life wasn’t stressful. So I tried . . . I tried selling our house and business numerous times. On a few occasions we had buyers, but always, under the most bizarre circumstances, they would walk away.

I set up a reminder at 9am each day: “Appointment with God”. Every day I met with my Business Partner and we would plan the day. Out of frustration one day, I put God to the test and said, “God, if you want me still here, provide 10 jobs, but if you want us to leave Invercargill, then give zero jobs” (bearing in mind 2-3 jobs per day was a good day). I told my staff and they were keen to see what would happen. At 5 pm one shop received seven jobs and the other shop received four. I couldn’t believe God provided 11. (Later, someone suggested God provided the extra job for tithe!)

The building that held the art gallery had been up for sale for a couple of years and, if we were to stay, it made sense to buy it. We offered a fair price and got a blatant no. Interestingly, the building sold the following week. (I found out later it sold for less than the price we offered!) More questions—“Why God?” Time went by with nothing changing or opening. I even applied for new jobs but often I didn’t even get an interview.

One morning I poured out my heart: “God I give up, I surrender. I surrender everything to You, my heart, my soul, my mind, my body, my family, my business, all earthly possessions You have trusted me with, I give it all back. Take my life and use me however You want, I’ll go wherever You want me to go.”

Soon after letting go, God opened a door to teach a Bible course at church, which I was terrified to do. In fact, I completed a “discover your spiritual gift questionnaire”, which showed my lowest spiritual gift was teaching, but I knew God wanted me to do this, so I obeyed. In order to present these lessons I needed to

study the Bible and, in doing so, I came to know Jesus as my Saviour.

Through this experience, I witnessed one staff member and two dear friends being baptised. It was only when I truly surrendered that life changed. What happened after that was way beyond coincidence—it was miraculous.

We put our house on the market again and it was signed up in two weeks. In fact it was signed up twice, the second time the vendors paid \$NZ10,000 more. At the same time, I received a phone call with a higher cash offer than my original asking price for my businesses!

At prayer meeting one Sunday morning I met a man called Gabriel for the first time. I prayed with him and afterwards I found out he was from Papua New Guinea.

“Did you see the large campaign Pastor John Carter ran that resulted in more than 5000 baptisms there?” I asked.

“Yes,” he said. “There was a report in *Adventist Record* about it.”

Gabriel handed me that particular *Record* and in reading through it, I found this advertisement: “Married couple to manage Crosslands Convention Centre.” I knew then and there we should apply.

We prayed and applied for the job. After a lengthy process, we flew to Sydney and stayed at Crosslands for the final interview. While helping on the site, I was asked to drive the bobcat. When I was told the PIN code to start it, my response was “Wow! are you serious?” The PIN code was the same numbers as our house alarm! I remember thinking, *God is this a sign?* Needless to say, we got the job!

We loved our home in New Zealand that God had blessed us with; privacy, the bush around us and a view of the river and mountains. To replicate that home anywhere else would be a miracle but God is so good and has totally replicated it for us at Crosslands.

We knew working at Crosslands wasn’t going to be a walk in the park, but the long hours, the distance from family and friends, together with not seeing any direct God moments, caused us to question God every day for the first year. I placed a reminder in our office: “Lest We Forget. By a series of undeniable miracles God sent us here. Thank you God. Use us and teach us what we need to know to be more like Jesus.”

The next summer camp I walked up to the hall and witnessed young lives give their hearts to God and heard God say, “This is why you and Maxine are here, if it wasn’t for you looking after this place, this wouldn’t have happened.” So now we want to do more! We want Crosslands to be a place where people don’t just come to have fun, but meet God so He can change lives and enlarge His kingdom.

**BRUCE HILL MANAGER OF CROSSLANDS ADVENTIST CAMPGROUND,  
GALSTON, NSW.**

# UNLEASHED

Uncomfortable bedding; uncertain hot water; the weather threatening to bake you, freeze you, drown you or blow you away; dirty feet; no fridge; no electricity; dubious food; 3 am stumbles through grass, mud and gravel to the loo. Why would anyone choose to go camping?

Camp meetings have a long and proud tradition within Adventism. I suspect the marquee meeting place and tent accommodation was chosen simply to keep costs down. It was also easier to pack up and leave if the visiting evangelists were run out of town. But, participating in the North NSW Conference Big Camp this year, I've come to the realisation that we're participating in a much older tradition.

“... after you have gathered the crops of the land, celebrate the festival to the Lord for seven days; the first day is a day of sabbath rest, and the eighth day also is a day of sabbath rest. . . . Live in temporary shelters for seven days: all native-born Israelites are to live in such shelters so that your descendants will know that I made the Israelites live in temporary shelters when I brought them out of Egypt” (Leviticus 23:39-43).

By accident it seems, many of the camp meetings I've attended—Melbourne, Christchurch, Adelaide, Townsville and Stuarts Point—have followed the same Sabbath-to-Sabbath pattern. And whether it's an official Church event or a solitary hike with a pup tent, there's something special about camping.

## IT'S UNCOMFORTABLE

For people who complain that camping is difficult, dirty and not conducive to human happiness, I see your point. Yes, camping is uncomfortable—physically and psychologically. It forces us out of our routine, it requires us to adapt, it necessitates a rethinking of so many things we take for granted.

At a very basic level, going without

helps us to be more grateful for the things we have. There are few joys equivalent to staggering back into your home after a tough camping experience or mission trip and reacquainting yourself with your home—“hello comfy couch; hello beautiful clean shower; hello soft welcoming bed; I love you, friendly, familiar loo!”

But without the suffering, the gratitude is muted. Camping can function as a psychological and spiritual reset button—an opportunity to reassess our attitudes, our habits, our relationships, our direction in life.

## GOD IN THE WILDERNESS

God is able to reach the human heart anywhere, but especially deep connections can occur when we step out of man-made structures and immerse ourselves in God-made spaces. It's scary to strip away the layers of civilisation that cocoon us and stand naked before our Maker, but sometimes that's what we need.

The ancient Israelites needed a spiritual and cultural detox. Although their bodies had been miraculously freed from Egypt, their minds were still conditioned and colonised by slavery. God's plan was a wilderness journey focused on developing a deep and radical dependence in His people. Like a loving foster parent earning the trust of a rescued, abused child, God never left the Israelites' sight and began with the simplest lessons of regular, sufficient food and water.

The Exodus journey was a touchstone experience the biblical writers returned to time and again, right up to Revelation 7:15-17, where the 144,000 are promised divine protection in terms that echo the miraculous manna, water and shadowing cloud: “he who sits on the throne will shelter [literally, “tent”] them with his presence. Never again will they hunger; never again will they thirst. The sun will not beat down on them, nor any

scorching heat. For the Lamb at the centre of the throne will be their shepherd; he will lead them to springs of living water.”

It's not just the ancient Israelites who need the wilderness detox experience. In the 21st century, with our climate control, electronic gadgets and self-focused lives, we're more insulated from the great outdoors than ever. And when we do venture into the wild it's too often with a sense of self-possession as we unfurl high-tech camping gear, glancing at the next campsite in the hope that their assemblage will not supersede our own.

But still, the calming, humbling influence of nature somehow seeps in through the Gore-Tex. “Green time”—time in the outdoors—is a strategy recommended by psychologists for kids struggling with behavioural disorders such as ADHD—it's also a strategy used by parents desperate to find ways to unglue their kids' faces from electronic screens. The ongoing success of outdoor “adventure therapy” programs for at-risk youth is testament to the transformative power of time spent in close connection with creation.

It's no coincidence many of the Bible's most powerful spiritual encounters happen in wild places: Hagar in the desert; Moses at the burning bush; Elijah on Mt Carmel. And as a people focused on proclaiming the soon coming of Jesus, Adventists should have a special affinity with the simple living, non-drinking John the Baptist whose messages of hope and warning were burnished by his years under the desert sun.

## INTO THE RHYTHM

Spending time outdoors seems to reorient humans somehow. Surfers, boaties and fishermen become conscious of tides and wind direction and how they affect marine life. Farmers learn to work in sync with the seasons and are often some of



the first people to identify changes in seasons and weather patterns, wind and rainfall.

There's a rhythm to nature. A heartbeat. There's a hidden music that can only be discovered in stillness and deep awareness. There's a still, small voice waiting to be heard.

This is not pagan thinking or earth worship. Consider how God created the sun, moon and stars to be markers "for signs and for seasons, and for days and years" (Genesis 1:14). The Hebrew calendar was governed by these heavenly bodies, with religious festivals prompted by the arrival of the new moon. And the festivals themselves included seasonal or horticultural aspects, marking, for example, the arrival of spring or the harvest of the first fruits or grain.

Sabbath-keepers sense an echo of this cadence as we note the changes in sunset times throughout the year. The inconveniences of waxing and waning Sabbath hours can serve as a reminder that God is asking us, if we're willing, to let Him lead the dance, to set the agenda, to order our priorities.

Sometimes God sees things quite differently to us. While we build our little empires of sand, He weeps: "Woe to you who add house to house and join field to field till no space is left and you live alone in the land" (Isaiah 5:8). The rhythm of His jubilee calls forth songs of joy from forgiven debtors, freed slaves, traditional owners reunited with their land, and the rested and rejuvenated earth itself.

Is camping guaranteed to thrust these insights into our conscious? Of course not. But in simply slowing down, unplugging ourselves from what singer Paul Simon called "staccato signals of constant information" and becoming more aware of nature's effortless complexity, we open ourselves to the possibility of God, making time for His gentle nudges and whispers.

## GOING FERAL

Todd Wynward paints a startling picture of Christians released from the bondage of worldly perspectives and

lifestyles in *Rewilding the Way*:

"Raised in our overcivilised and ecocidal society, what traits must we rediscover to be partners in God's plan so that instead of being anxious foot-draggers and bland bystanders we can be salt, light and leaven in a future where God mightily uses our gifts? . . . Can today's cozy Christians become the countercultural prophets God aches for us to be? Will we repent—turn around to God—and be able to vitally embody the subversive, transformative life way that Jesus practised and offered?"

Wynward suggests Christians in the West have been "domesticated"—"tamed by the twin masters of nonstop technology and comfy consumerism". His solution includes simple, sustainable living and spending time in wild places as well as deep spiritual reflection. He calls it "going feral"—reclaiming an expression that usually evokes distaste.

While I don't agree with all of his theology or perspectives, there's something at the core of Wynward's manifesto that's uncomfortably close to the bone. Is it possible that we Christians have been colonised and co-opted by our culture? Distracted, diverted and diminished?

"Oh Jesus Christ," sang '90s Aussie band Powderfinger, "Your use-by date is faded. And followers of You now watch TV." The unfortunate reality is that when our spirituality lapses into limp-home mode, it's not only we who look impotent; Jesus' reputation and relevance are also called into question.

We're in need of radical transformation—using "radical" in the context of its Latin origin, "radix", meaning "root". This is no superficial spit and polish; it's a re-creation, a new birth, a daily death to self. Jesus longs to see us fulfilling the dreams He created us to fulfil—to unleash us, on a planet desperate for love, hope and healing.

## TAKE A BREAK

You might not have 40 days and nights free to spend in the wilderness, accustoming yourself to simplicity, resonating with the rhythms of crea-

tion and listening for the voice of God.

So take a weekend to go camping; enjoy a day amongst trees and cliffs and creeks; an hour embedded in the garden or immersed in the shimmering architecture of ocean waves. Take a moment to raise your face to the sky and feel the sun or rain on your skin. And recognise that when you whisper "thank you", you are joining a chorus of living things bringing glory to their Maker by simply doing what they were created to do. "Let everything that has breath praise the Lord" (Psalm 150:6).

## KENT KINGSTON SIGNS OF THE TIMES EDITOR.





## BEST THINGS TO DRINK TO HELP BUILD IMMUNITY

Keeping your immunity strong is a great way to help fend off dreaded winter coughs and sniffles. When you pick up a virus, your immune system kicks into gear to help protect your body. There are plenty of remedies to ward off winter sniffles, but do the old wives' tales like hot honey and lemon drinks really work?

### DRINK YOUR GREENS

Eating (or drinking) more fruit and veggies is a great way to support and strengthen your immune system, especially as most people fall short of the recommended five serves of veg a day. Adding veggies to a morning smoothie helps tick the box on a serve of veg and provides vitamin C and iron—essential for a healthy immune system.

### HONEY AND LEMON

This drink can help maintain strong immunity and prevent colds. Lemons are rich in vitamin C, which helps boost immunity. It also helps your body absorb iron from plant foods like green veggies. Honey also has antibacterial, anti-inflammatory and antioxidant properties, which among many things, may help support your immune system.

### ALMOND MILK (WITH B12)

As well as helping to reduce fatigue, vitamin B12 helps the immune system. The main sources of vitamin B12 are animal products, so if you are vegan or vegetarian it can be difficult to get enough. That makes vitamin B12 fortified almond milks an excellent choice to add to your smoothie, cuppa or cooking. Just one glass can provide half your daily vitamin B12 needs.

### INFUSED WATER

Cutting back on caffeine and drinking more water is good for your health in general, as well as your immune system. Infuse your water with berries or citrus fruits for a delicious drink with extra vitamin C, to help keep your immune system in top shape.

### GINGER TEA

Whether as a tea or infused in water, ginger is an ideal go-to when the weather cools. Ginger is another food that has been used as a traditional medicine for centuries and modern science supports its anti-inflammatory and antioxidative benefits.

## MORE IMMUNITY- BOOSTING STAPLES



### HEALTHY GUT FOODS

It all starts in your tummy—a healthy immune system needs to be supported by good gut bacteria, so ensure you fill up on prebiotics (whole grains, legumes and veggies like onions) and probiotics (fermented foods like yoghurt and kefir).



### GO HEALTHY FATS

We all love another reason to eat avo on toast! Healthy fats can help regulate your immune system's response to infection, so make sure your shopping basket contains nuts, avocado and olive oil.



### POWERFUL PLANT PROTECTION

Phytonutrients are chemicals released from plants to help them stay healthy. We can reap the same benefits by eating plenty of plant foods. Phytonutrient-rich foods include colourful fruits and veggies, legumes, nuts, teas (herbal, black, green etc), whole grains and many herbs and spices.



Recipe of the Week

Sanitarium  
Australia & New Zealand

### Immunity boosting latte

A delicious drink based on the traditional use of turmeric, which has potent anti-inflammatory properties. Adding pepper significantly enhances absorption of turmeric's active ingredient, curcumin.

Find this recipe and  
hundreds more at:

Australia: [sanitarium.com.au/recipes](http://sanitarium.com.au/recipes)  
New Zealand: [sanitarium.co.nz/recipes](http://sanitarium.co.nz/recipes)





## POSITIVE PROGRAMS

Many thanks for the article “The refugees in our family” (June 15). Glad to see our Church doing something positive to help these people. There are many more.

Mark Isaacs worked a number of times on Nauru with refugees and has written a book *The Undesirables*. Mark now works in Sydney with refugees and runs programs for churches, telling of his experiences. I have been in touch with him and he would happily take programs for our Church. It would be good [for] him to take church services in our churches to get some understanding of what these people go through and how we can be of practical help.

Thanks again for your article. Keep up the good work.

Kristine Stahl, SA

## TRUTH WITH A TWIST

I would like to comment on the article “YouTube mania and the church disconnect” (May 4).

I too am of the older generation and also an elder of a local church.

I feel the article does not address the main reason for this trend of folk staying home from church on Sabbath mornings and getting their spiritual “food” from YouTube or Hope Channel or 3ABN or Amazing Discoveries.

Many of the older generation see the Church as having shifted to a much more liberal position than where it was 30 or 40 years ago. Along with this is a perception that there has been a “dumbing down” within Adventism, with sermons being much more shallow and superficial in content, and not many of them specifically on our fundamental doctrines or on end-time events.

Over this same period of time we have seen a plethora of independent ministries spring up within

or on the fringes of the Seventh-day Adventist Church. While most of these focus on some aspect of Adventism, it is often with a twist. Many older generation Adventists view these ministries as being closer to the older style of, or “true Adventism”, than the modern organised Church.

I am concerned that a problem is developing within Adventism because conspiracy theory ideas are being mixed with our doctrinal interpretation of the book of Revelation and our view of end-time events. I agree with Dr Pennington’s suggestion that this is happening because of the growing trend of watching online presentations, but I don’t necessarily agree that this will lead to Adventists being deceived by the errors of Sunday churches.

My main concern of this “YouTube mania” trend is that deception is much, much more powerful if it is done under the name of Adventism and under a guise of being Adventist

truth. “Truth” supported by Scripture and Ellen White, but with a twist, will be much more difficult to see through than error coming directly from another source.

There is always a danger that we will always rely on some pastor or “spiritual leader” that we respect to interpret the Scripture for us and be our leader in Bible understanding.

We are rapidly coming to the time when it will be imperative for each believer to know the Scripture for themselves. The errors are multiplying and becoming so much more subtle.

The problem is it is much easier to switch on the tech and be spoon fed than to have to spend time and mental effort in prayerful, Spirit-led, personal searching of the Scriptures.

Malcolm Dixon, via email

## BRAVE AND BOLD

The title “Healing the Wounds of Childhood Sexual Abuse” (May 18) could very well have finished with the words “but the scars

remain”.

A bravely written article by Michelle Hood whose experience highlighted how many of us do not accept what takes place and deny reports of such activity, as then it is easier to deal with.

With 34 years as a psychiatric nurse, I heard of victims in and out of the Church who so desperately wanted to be believed.

If awards were to be handed out for brave and honest articles, then surely Michelle’s testimony would be at the top of the list. May God bless you in your field of mission, Michelle.

Athol Briden, NSW

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

# KIDS' SPACE

HELLO KIDS!



## A SONG OF PRAISE SUNG BY THE RED SEA

What a miracle! God parts the waters and the Israelites cross safely. In celebration, Moses and Miriam lead the people in singing praises to God. The Israelites play instruments like the harp, tambourine and trumpet. You can celebrate and thank God today too—we do this when we worship as a church family on Sabbath. You can also praise God every day. God offers us the same protection and guidance that He gave to Israel—that is something to be happy about!

### Make Music!

Make a rain stick and use it to praise God. Get a bottle (the taller the better) or hollow out some bamboo, place sticks in the bottle and then add a cup of uncooked rice. Seal the end and turn the bottle upside down. The rice moves through the sticks and makes a rain noise.



### Sudoku!

All the worship instruments should be represented in each row only once.


Cut out and glue them in the gaps.



God loves and cares for us.

### Memory Verse

"I will sing to the Lord, for he is highly exalted"

Exodus 15:1, NIV

Obituary



**GILL, Margaret** (nee Winter), born 15.5.1945 in Melbourne, Vic; died 18.1.19 in Melbourne. In 1969 she married Ken. Margaret was predeceased by her husband in 2006 and her daughter Anne, aged 13, in 1988. She is survived by her sisters, Heather Winter and Barbara (and Colin) Fisher (all of Cooranbong, NSW). After marrying Ken they settled in Melbourne where their combined love of music saw them heavily involved in the Heidelberg Choral Society. Margaret was an educator who worked for the Victorian Education Department for more than 50 years. Margaret's love for Jesus never wavered during the difficult years that followed and her zeal for life only increased later in life as she began to travel.

*Josh Wood, Ross Baines*

Jordan, Dr Peter Roennfeldt. Jan 3-13 Cruise to New Zealand on *Norwegian Jewel* ex Sydney. GC accommodation city centre, individuals or groups. Contact: Anita or Peter on 0405 260155. Email <alltrav@bigpond.net.au>.

**FERNTREE GULLY CHURCH 60TH ANNIVERSARY**

October 19, 2019. All friends and former members are invited to attend this special celebration. For catering purposes, please let us know if you plan to attend via <anniversary@ferntreegullyadventist.org.au>.

**CENTRAL COAST ADVENTIST SCHOOL 50TH ANNIVERSARY.**

August 9-11, 2019. Former students, staff, families and friends are invited to celebrate this significant milestone. We are seeking stories, anecdotes and memorabilia, including photographs, to be used for the event. If you have something to share please email <50thanniversary@ccas.nsw.edu.au>.

POSITIONS VACANT

**ASSOCIATE CHIEF FINANCIAL OFFICER, PAPUA NEW GUINEA UNION MISSION LAE, PNG**

The associate CFO assists the PNGUM CFO in: pastoral oversight in the area of stewardship, the responsible management of finances and by providing training and assistance to local staff in the Union, conference or missions as allocated. For enquiries or a more detailed job description, please email the mission service and support manager at <carolboehm@adventist.org.au>. To apply, please send a letter of interest, your latest CV and three references, including one from your Adventist church pastor, to: Human Resources, Seventh-day Adventist Church (Pacific) Ltd, Locked Bag 2014, Wahroonga NSW 2076, Australia. Email <hr@adventist.org.au>. **Applications close July 15, 2019.**

**DEPARTMENTAL ASSISTANT, DISCIPLESHIP MINISTRIES SPD WAHROONGA, NSW**

The South Pacific Division (SPD) is seeking an efficient, dedicated and experienced office assistant to join the Discipleship Ministries team at the Division head office. Supporting a diverse ministry group, this full-time role requires an individual who is self-motivated, well organised, an excellent team facilitator, with advanced computer capability and great people skills. For full selection criteria please visit the Division's Human Resources website at <adventistemployment.org.au>. To apply, please send a cover letter, your CV, three work-related referees and the contact details of your Adventist church pastor, to: Human Resources, Seventh-day Adventist Church (SPD) Ltd, Locked Bag 2014, Wahroonga NSW, 2076 Australia. Email <hr@adventist.org.au>. Fax (02) 9489 0943. The appointing body reserves the right to fill this position at its discretion and close applications early. Only those who have the legal right to work in Australia may apply. **Applications close July 28, 2019.**

**CHIEF EXECUTIVE OFFICER, ADVENTCARE NUNAWADING, VIC**

Called to use your leadership strengths to make a difference as chief executive officer for AdventCare Victoria? Employing 226 staff and managing 176 aged care beds and 92 residential units across three sites, AdventCare provides quality aged care and retirement living while operating within the Adventist Church's mission. Our CEO will be an Adventist exhibiting exceptional leadership, planning, strategic thinking and HR management skills to deliver the board's strategic vision while focusing on high quality, person-centred services. You will ensure sound and effective business practices to achieve sustainable quality and financial outcomes and enable growth. For a position description, information or to apply, contact Pastor Craig Gillis, Conference secretary, on +613 9264 7707 or email <CraigGillis@adventist.org.au>. Applicants with the legal right to work in Australia will be considered. **Applications close August 31, 2019.**

FOR MORE AVAILABLE POSITIONS VISIT:  
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# SAVE THE DATE

## OPEN HOME

JULY 15-20, 2019

*This July, thousands of Adventists across Australia will open their homes and share a meal with a friend or neighbour.*

**REGISTER  
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At [openhome.org.au](http://openhome.org.au)  
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**- GET -  
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Throw a Sunday BBQ, invite a neighbour for morning tea, get your uni friends together and order menulog, take the opportunity to intentionally get to know someone in your community.

Seventh-day  
Adventist Church

Australia

# FOR THE *Least* OF *These*

SABBATH  
SCHOOL  
STUDY SERIES

**QUARTER 3**

## SPECIAL ANNOUNCEMENT:

From July 1, download 13 videos sharing stories of the Adventist Development and Relief Agency's (ADRA) impact from across the South Pacific Division at: <https://vimeo.com/spddiscipleship>

**Watch the videos here:**

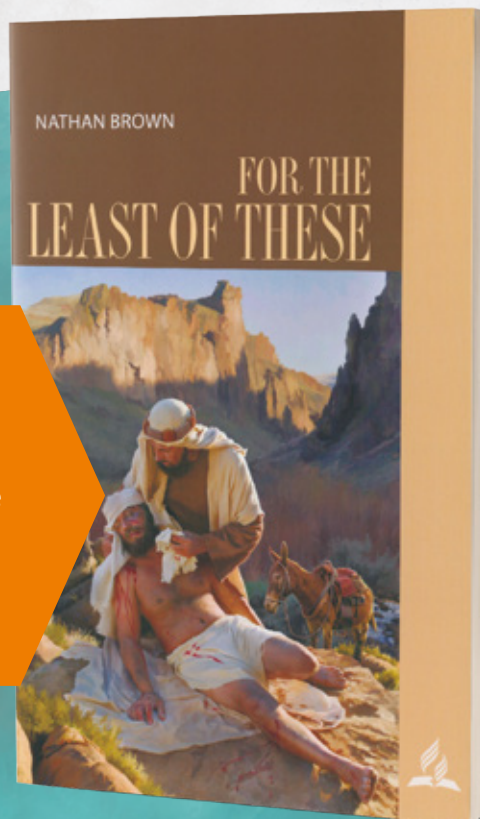
**AU:** <https://disciple.org.au/resources/fortheleastofthese/>

**NZ:** <https://disciple.org.nz/the-least-of-these/>

**SPD:** <https://discipleship.adventistchurch.com/portfolio/sabbath-school-personal-ministries/>

**Watch and share these videos as we study together the biblical call to be a people who act in mercy, compassion and love *For The Least of These*.**

Videos produced by the Adventist Development and Relief Agency to support and enrich the study of the Sabbath School lesson quarterly in the South Pacific.



Buy the companion book ***For the Least of These*** from your local Adventist Book Centre or online at <https://adventistbookcentre.com.au>



 ADRA



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Bachelor of Science/Bachelor of Teaching  
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