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STEP BY STEP

TALES FROM THE KOKODA
TRACK 10

NEWS

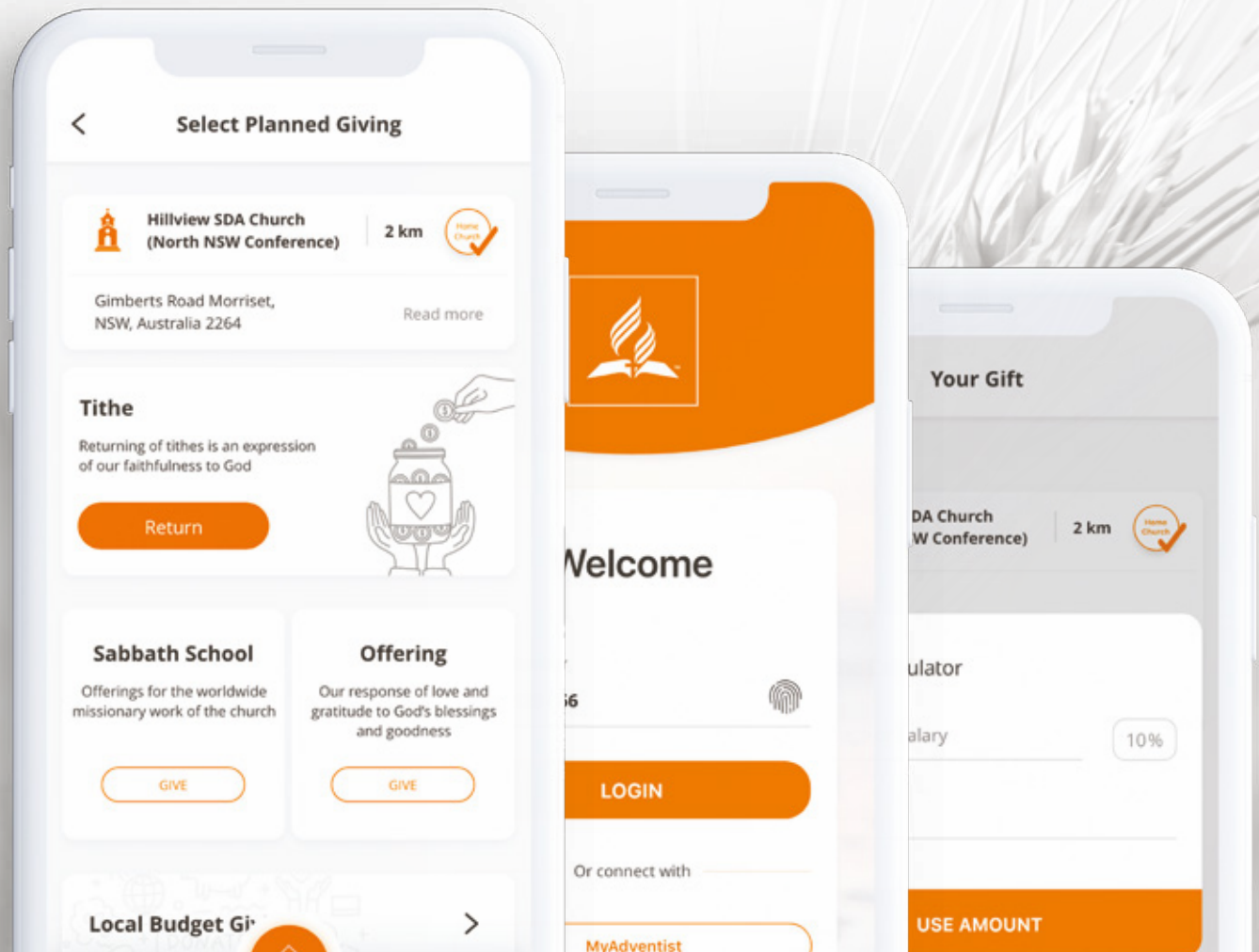
ADVENTIST LEADER IN TALKS
WITH PRIME MINISTER 5

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Seventh-day
Adventist Church

South Pacific



'IT'S NOT AN EASY ROAD'

The young minister stood silently, trying to control his emotions as tears ran down his cheeks. Senior (his name) is the pastor at Kagi and the surrounding villages on the Kokoda Track in Papua New Guinea's rugged interior. He was there to give a welcome speech to me and the 25 others from Australia, New Zealand and Papua New Guinea who were walking the Kokoda Track with ADRA for the 10,000 Toes Campaign (dealing with type 2 diabetes in the South Pacific).

We were to spend the Sabbath there in Kagi. Senior is a Koiari, the tribe of people who span the Kokoda Track, but from another village more than two days' walk away. When he finally spoke, his words were full of meaning: "Thank you for coming in the footsteps of the pioneer missionaries who brought the gospel to us and changed our lives. Thanks for being a leader who remembers the past and does not forget people like us in the remote places of our Division." There was more but I (and others in our group) was struggling with my own emotions and I don't remember everything he said. Thankfully, there was a welcome song and throwing of flowers at us before I had to respond.

This was just one of the dozens of welcome ceremonies we experienced along the track. At each village we were welcomed as honoured guests. Besides food and flowers, we were given bilums (woven carry bags), bush hats (tree bark and pandanus weave) and food.

Some villagers walked up to four hours just to see us, welcome us at a rest point and give us food. We shook hands with all of them—sometimes up to 300 people. The hospitality was overwhelming.

Our war history guide, former Adventist pastor Adrian Clack, has walked the track 13 times and says he has never seen such generous hospitality. There were speeches, songs (the favourite: "It's not an easy road") and prayers. Whether on tree stumps or grassy hills or in a village church, I shared a biblical message to encourage faithfulness to Jesus and His truth. Gad Koito, PNGUM Health director, spoke about how to live a healthy life that would help prevent type 2 diabetes.

The Kokoda Track is steep. Nothing really prepares you for continual climbs on rocks and tree roots that go

straight up or the slippery descents in red, brown, grey, black and a combination colour of mud. The jungle either side of this main thoroughfare is often very thick. My respect for the early Adventist missionaries and the Australian Diggers who traversed this track long before us has grown immensely. Both were at war.

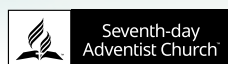
When the Seventh-day Adventists came to Papua New Guinea in 1908, all of the coastal area and most of the country had been divided up by the various main-line denominations. We were not welcome. However Septimus Carr, the first Australian Seventh-day Adventist missionary there, accepted the challenge to work among the Koiari tribe on the Sogeri plain and established a mission station at Bisiatabu about 50 km from Port Moresby. The other churches did not want to work with these people who were fierce fighters, cannibals, worshipped ancestor spirits and practised sorcery. This meant spiritual warfare.

Fijian missionary Peni Tavodi was the first foreigner to walk Kokoda. When he eventually lost his life from a snake bite, he had only seen one young person come to faith in Jesus in eight years.

Besides Tavodi and the Carrs, G F Jones walked some of the track—with no outside support. By the mid-1920s Australian missionaries, the Locks, had established a mission station in Efogi. Most villagers on the Port Moresby side of the track, up to Kagi, had become Seventh-day Adventists by 1942 when the war between the Australian and Japanese arrived. After the war, local Koiari missionaries took the gospel message to the rest of the villages all the way to Kokoda.

There is a new war on the Kokoda Track, still spiritual, but now a matter of lifestyle. The 5000 Australians who walk the track yearly want Western food and drinks to buy as snacks. Western processed foods are a major contributor to lifestyle diseases like type 2 diabetes. Please pray for the faithful Adventists along the track—that they maintain a strong witness for truth and health.

GLENN TOWNEND
SPD PRESIDENT
/SPDpresident



South Pacific

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"10,000 Toes trekkers along
the Kokoda Track."

HILLS AND VALLEYS

My shirt was wet when I put it on and it smells musty. Before me is a wall of roots rising steeply upward. I cannot see the end. Sweat is running down my forehead and stinging my eyes. At least I think it's sweat. Sometimes it's tears.

I've never felt so alone. As I struggle to breathe—to place one foot in front of the other—I wonder what I'm doing here. All the reasons that led me to this moment, trudging alone through this equatorial jungle, don't seem legitimate anymore. The physical pain is bearable. It's what I expected, what I've been training for, but the emotional pain, the mental strain . . . I didn't sign up for this.

Six months of training and planning for this Kokoda hike. And for six months the plan was to do it with my mum and my brother. With me. At my side. We would cross the finish line together, triumphant, achieving something as a family. But after my brother dislocated his shoulder on the first morning, they made the difficult decision to go back on the morning of day two.

I thought I'd have time to talk to God, to reflect and plan and think and celebrate life. Instead it seems to be never-ending roots snaking out to trip me, and mud, catching my boots, clinging to the sides and sticking in their grooves, removing my grip and traction.

All I can do is repeat Psalm 23: *The Lord is my shepherd . . . Though I walk through the valley of the shadow . . . God help me, see me through . . .*

We arrive at a village. Smiling faces greet us. They sing a welcome song and drape us with flowers and billums. They make us feel at home. We've been climbing and struggling, but the joy in their faces wipes away the pain.

"Surely goodness and mercy shall follow me all the days of my life."

We cross through the arch. The end. My loved ones are there. My mum and brother. Even my wife is there, waiting. Tired and stained, but we made it. Home.

JARROD STACKELROTH
SENIOR EDITOR
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BEYOND SERIES RETURNS TO NATIONAL TV

MARYELLEN FAIRFAX

Hope Channel's award-winning documentary series, *Beyond the Search*, returned to Australian free-to-air television on Sunday, August 18.

Accompanying the release, a new website has been launched to provide downloadable resources and study guides for each episode. For the first time, these resources will be downloadable as eBooks and eGuides.

Hope Channel (South Pacific) director Pastor Wayne Boehm is excited to see how viewers will engage with the material.

"We really want to see people going to the website and downloading the study guides after they watch the episodes," he said. "It's the perfect way to connect with people who are seeking Jesus Christ."

Although the *Beyond* series was filmed in 2012, Channel Ten was quick to adopt the series.

"When the show was put under



review, they responded in three days saying they would take it. It should have taken much longer," said Pastor Boehm. "It really shows how relevant the content is to an Australian audience."

The *Beyond* series consists of 14 episodes that explore some of life's biggest questions, including: "Why do we have pain and suffering?" and "What happens when we die?"

The program will run for 14 consecutive weeks in Australian capital cities and metro areas, with a short break over Christmas.

Episodes can be viewed on Sundays at 4:30am (AEST), or on 10 Play. To download the accompanying resources, please visit beyond.hopechannel.com.

EVANGELISM REAPS SIX BAPTISMS

RECORD STAFF

Six young people were baptised on July 27, after a week-long evangelistic campaign held at Open Bay in Papua New Guinea's East New Britain Province.

The program's theme was "God's Redeeming Grace", with up to 300 attending morning worship by district director Pastor Henry Mevat and evening programs by area supervisor minister Darian Haru.

Nine other individuals accepted Jesus as their personal Saviour, including the mother

of Ezra and Paul, who were baptised.

The Seventh-day Adventist Church is gaining momentum in the Open Bay area, despite historically having low membership due to its remote location.



LUKA MATTHEW, ALOISIA MAITMIL, EZRA MASNARAUT, ALOIS WENDRY, ANTON BILL AND PAUL MASNARAUT.

SUPPORT FOR MUSLIM COMMUNITY

TRACEY BRIDCUTT

The director of Public Affairs and Religious Liberty (PARL) for the worldwide Seventh-day Adventist Church expressed his sympathies to the Muslim community in Christchurch, New Zealand, on August 6 during a week-long visit to the South Pacific Division (SPD).

Dr Ganoune Diop, SPD PARL director Ronald Bower and several leaders of the Seventh-day Adventist Church in New Zealand had lunch with Muslim community leaders, followed by a visit to the Al Noor mosque, one of the two mosques where 51 people were gunned down in a terrorist attack in Christchurch five months ago. They shared messages of support and encouragement.

“God created all human beings in His image, so we have deep solidarity with the whole of humanity,” Dr Diop said. “If a part of humanity is suffering because of this terrible terrorist attack, [we want to share] our sympathy and our condolences.

“We told them, ‘the Adventist Church is with you, during all this pain,

difficulty and trauma’. I told them ‘we pray for you that God will protect you’, because God loves these people, there’s no question about it.

“You know, you can believe differently but at the same time be able to connect with people at an ethical, moral, humane level and this is what we were doing in Christchurch.”

Prior to their visit to New Zealand, Dr Diop and Mr Bower had a short stop in Vanuatu, where they shared about the work of PARL with local pastors and Adventist government ministers, members of parliament and senior civil servants.

On August 8, Dr Diop presented to Church leaders at the SPD headquarters in Wairoa, Sydney. He described PARL as the “Ministry of Foreign Affairs” for the Seventh-day Adventist Church due to its work in the public arena with government officials, presidents and other political leaders.



DR DIOP, MR BOWER AND ADVENTIST CHURCH LEADERS IN NZ MET WITH MEMBERS OF THE MUSLIM COMMUNITY.

Photo: Ben Martin

“It is the most visible public face of the Adventist Church and functions as the official liaison between the Church and the world,” he said.

“All the functions of PARL relate to witnessing about the credibility and relevance of Adventist identity, message and mission.”

Mr Bower said the SPD had been blessed by Dr Diop’s visit.

“Dr Ganoune’s encouragement and support have been deeply valued,” Mr Bower said. “His presentations have helped to raise awareness of PARL so that there is a better understanding of its important role in the mission of the Church.”

ADVENTIST LEADER IN TALKS WITH PRIME MINISTER

TRACEY BRIDCUTT

The Seventh-day Adventist Church was represented at a meeting of faith leaders with Australian Prime Minister Scott Morrison on August 5.

Pastor Michael Worker, general secretary for the Adventist Church in Australia, was among around 20 faith leaders, including representatives from Muslim, Jewish, Buddhist and

Hindu faiths, invited by Mr Morrison to discuss the government’s proposed religious discrimination bill.

The bill, an election pledge from Mr Morrison, is currently being drafted by the government and would make it unlawful to discriminate on the basis of someone’s religion.

Pastor Worker said the purpose of the meeting was for the prime minister to gauge the mood of faith communities towards the proposed bill. “Our concern is that Australia is the only Western democracy without positive protections for the fundamental human

right of religious freedom,” Pastor Worker said.

“We believe in the right to freedom of speech, conscience and religion for all people—those of all faiths and even those of none.”

Pastor Worker was also recently invited to a private meeting with Labor Senator Deborah O’Neill where he shared Adventist perspectives on religious freedom. “We spoke at length about the merits of positive protection of religion . . . and balancing provisions as opposed to framing the discussion in terms of exemptions to discriminate against others,” he said.

“Let’s continue to pray for God’s leading as our government wrestles with how best to shape this bill.”



AUSTRALIAN PRIME MINISTER SCOTT MORRISON WITH FAITH LEADERS, INCLUDING PASTOR MICHAEL WORKER (FIFTH FROM RIGHT).

ASA SUMMIT EQUIPS CAMPUS LEADERS

RECORD STAFF

More than 45 young Adventist leaders from across Australia travelled to Sydney (NSW) to attend the Adventist Students Association (ASA) Summit on July 26–28.

Organised by Australian Union Conference (AUC) youth ministries director, Pastor Jeffrey Parker, the summit aimed to provide support to ministry leaders on university campuses. “Many of our universities around Australia have student clubs,” he said. “[We want to] support them to develop stronger outreach.”

Attendees were challenged by South Pacific Division youth ministries director Dr Nick Kross and Andrews University (USA) chaplain Pastor Michael Polite to continue actively sharing the gospel.

Timothy Pinzone, president of Adventist Students on Campus (ASOC) at Macquarie University (Sydney), enjoyed the summit and realised that

Sydney-based universities are blessed to have an Adventist presence.

“Hearing stories of young people involved in ministry was really inspiring,” he said. “Here in Sydney, only two universities don’t have official Adventist clubs, but in places like Western Australia, campus ministry is almost non-existent.”

Pastor Parker considers that one of the biggest barriers to university ministry is the transient nature of students. Further, many Adventist students who could lead on-campus ministries are already busy with a heavy study load and local church ministries.

Despite this, Mr Pinzone believes university campuses are some of the most untapped mission fields.

“Students are the perfect people



ASA LEADERS DISCUSSING EVANGELISM AT THE SUMMIT.

to reach—they have their whole lives ahead of them yet many don’t have clear direction,” he said. “They struggle to find peace or purpose. It’s the Bible that can give them that.”

The ASOC president has also experienced firsthand the abundant blessings that on-campus ministries offer.

“Students’ lives have been changed by ASA groups. The entire 2018 ASOC executive team at Macquarie were baptised after joining. Now, they’re church and ministry leaders!”

The ASA Summit runs annually during the winter break.

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SNOW-SPORTS BUILD YOUTH CONNECTIONS

MARYELLEN FAIRAX

Youth and young adults from across Australia gathered for Shred It, a weekend of worship and snow-sports, from July 26–29.

Hosted at the Adventist Alpine Village in Jindabyne (NSW), attendees enjoyed skiing and snowboarding together at Thredbo and Perisher resorts, as well as various nature-based activities and worships hosted by Wahroonga Adventist School teacher Chris Starrett.

“I really enjoyed the sense of community and authentic discussion during the spiritual workshops,” said Mr Starrett.

The theme for the weekend was “Made For More”, with talks focused on learning to understand your spiritual gifts

in order to pursue ministry.

First-time attendee Joshua Hacko, from Wahroonga Adventist Church in Sydney, was surprised by the strong sense of community he experienced over the weekend.

“Making a trip together from Sydney and spending a weekend in nature brought us closer,” said Mr Hacko. “We waited for each other [on the slopes] and it surprised me how much of a team-building activity it was, with everyone lending a hand and helping out the first-timers. The group became stronger for it!”

Experienced snowboarder Jess Richardson, from Canberra National Church,

has now attended Shred It four times.

“I keep coming back because it’s an amazing opportunity to get away and spend time with God,” she said. “Also, there’s nothing better than shredding with your friends in God’s creation.”



SYDNEY YOUTH GATHERING ON THE MOUNTAIN.

EDUCATIONAL TOUR SETS NEW BENCHMARK FOR PAU

MARYELLEN FAIRAX

A team of eight staff from the Student Services department at Pacific Adventist University (PAU) recently visited Adventist universities and other institutions across Southeast Asia as part of a performance analysis.

Leaving on July 7 and returning on July 18, the staff visited the Adventist University of the Philippines, the Adventist International Institute of Advanced Studies (where they also toured the missionary training college, Division office and prayer gardens) and Asia Pacific International University of the Seventh-day Adventist Church in Thailand.

Student Services director

Thomas Davai explained that the team compared and identified gaps in student services at PAU in order to make potential improvements.

“Going on an educational tour is about benchmarking, but without losing focus on our own goals,” he said. “We cannot improve if we do not measure.”



PAU'S STUDENT SERVICES TEAM.

NEWS GRABS



4000 AT CAMPOREE

The Trans European Division held its largest-ever Pathfinder camporee, attended by more than 4000 Pathfinders representing 30 countries. Attendees met in Sussex, England, from July 30 to August 6. Captivating worship programs—including drama enactments, visual aids and spoken words—were organised by Norwegian youth pastor Melissa Myklebust. The camporee theme song “Exodus” was written by 14-year-old Elijah Evans from Windsor Street Pathfinders.—BUC



FIRES BREAK OUT IN ITALY

Three Adventist families in Italy have lost their homes to forest fires, which broke out in Palerno, Sicily, on Sabbath, August 3. The flames burned 356 hectares of Mediterranean scrub, plus 60 hectares of woods, houses and countless cars. Seventy evacuees have now returned to their homes. Arson is suspected.—Adventist Review



HUMANITARIAN INVENTIONS

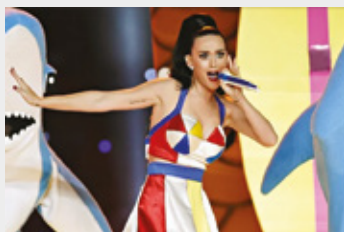
La Sierra University's (US) Enactus team beat 85 teams to win third place in Enactus' national competition of humanitarian entrepreneurship for creating a flash-drive program called “eLibrary”, which can be loaded with 40,000 textbooks and videos using micro-compression technology.—Pacific Union Recorder

HOT TOPICS



CHURCHES FAVOURED OVER TECH

For the first time in a decade, Americans view churches more favourably than technology companies like Facebook or Google. Due to recent cultural and legal battles over privacy, only 50% of Americans view technology favourably, compared to 71% in 2015. In contrast, 52% regard church and religion positively. —*Christianity Today*



KATY PERRY SUED

Marcus Gray and two coauthors have sued Katy Perry for copyright infringement, alleging her song "Dark Horse" steals a 16-second musical riff from their Christian rap song "Joyful Noise", released under the stage name Flame in 2009. The jury ruled in favour of Gray, who will receive up to \$US2.78 million in damages. —*BuzzFeed*



EUTHANASIA LEGAL IN VICTORIA

Kerry Robertson (61) has become the first person to end her life under Victoria's new voluntary assisted dying laws. She died at a nursing home in Bendigo on July 15 after almost a decade of living with cancer. Her daughters told media sources that the death was "beautiful and peaceful". —*The Guardian*

MUMS MINISTRY BUILDING CONNECTIONS

MELODY TAN

Adventist Media ministry *Mums At The Table* has launched the next phase of its strategic plan: a partnership program to connect mums with local Adventist churches.

The multimedia ministry—TV, magazine, website, social media and radio—will continue to support mothers, but will also refine its content to target an increasingly digital-focused audience.

"We have had great success in developing a vibrant, warm and supportive online community for mothers through our *Mums At The Table* closed Facebook group, but we now want to concentrate on developing smaller regional groups that can be hosted and managed by Adventist mums and their local church," said Adam Kavanagh, project manager of *Mums At The Table*.

"Our main objective now is to engage and connect people from our *Mums At The Table* group to local church activities that cater to families, like playgroups, Adventurers and Pathfinders."

The *Mums At The Table* closed Facebook group was launched in early 2019 and now has more than 2500 members, with about 100 new mothers being added each week. Anecdotal evidence shows the majority of members are from other or no faith backgrounds.

"We really need Adventist mums to be a part of this ministry, to demonstrate how positive it is to walk with Christ and belong to a local church," said Mr Kavanagh.

With many mothers now turning to the internet and social media for parenting support, the TV show, magazine and website have also undergone strategic changes to reflect the trend. The weekly TV show, which currently airs on free-to-air television in Australia and New Zealand, will have a more digital focus. While it will continue to be broadcast on Channel 7Two in Australia and Hope Channel New Zealand, its filming style will now have an online audience in mind.

"Our segments will be

shorter and punchier, and more intimate, to reflect what online audiences are used to," said Mr Kavanagh.

Two-minute radio spots have also been developed for Christian radio stations around Australia, presented by show hosts, Rachel Humphries and Shona Solomon. Radio stations in the Gold Coast and country Victoria are already playing the spots, with more expected to follow.

The *Mums At The Table* magazine, previously available for free every month to churches, schools, community groups and individual subscribers, has become a bi-monthly publication from August. A subsidised annual subscription fee of \$A15 will be introduced from the December 2019/January 2020 issue to help cover the cost of printing and distributing the magazine.

"Unfortunately, we have become the victims of our own success," said Mr Kavanagh. "In two years, our magazine distribution has grown to more than 10,000. We are a donor-funded ministry. This explosive growth, coupled with the increasing costs of printing and distribution, has forced us to adopt a more sustainable model.

"At the same time however, there will be a stronger editorial focus on the *Mums At The Table* website, to better take advantage of search terms and key words, providing mums with better quality online resources."

Churches and mums interested in subscribing, donating or being involved with the Mums At The Table ministry can contact <hello@MumsAtTheTable.com> or visit <MumsAtTheTable.com>.



SHONA SOLOMON (LEFT) AND RACHEL HUMPHRIES ON THE SET OF THE REVAMPED MUMS AT THE TABLE TV SHOW.

FLASHPOINT



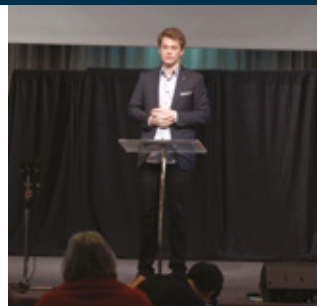
PHILIPPINES PREACHING TRIP

A team of 34 young adults and ministers from North New South Wales recently participated in a large-scale evangelism campaign on Mindoro Island, Philippines. Covering 40 sites across the region of Oriental Mindoro, each young adult was responsible for preaching and ministering to their own site throughout the week. As a result of the evangelism, 408 people were baptised, including 22 members of a rogue military group that opposes the government. A four-day medical mission, hosted by Adventist World Radio, ran alongside the outreach effort, with NNSW young adults helping to provide free medical care to more than 5000 patients. —Blair Lemke



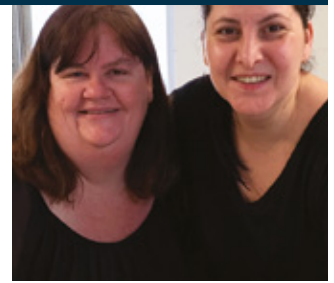
PATHFINDER EXPEDITION

The Victorian Conference had its largest ever turnout for a Pathfinder Expedition this year, with 530 Pathfinders, volunteers, leaders and directors gathering in Rushworth, northern Victoria (June 7-10). More than 18 clubs were represented, with some travelling from as far as Mildura. The level 1 day hike had 214 participants, 130 campers camped overnight and 70 level 3 hikers completed a staged “search and rescue” operation while spending two nights in the forest. The theme this year was “Armour Up!”, with the chaplain at Gilson College, Pastor Jono Gillard, preaching on Ephesians 6. —IntraVic



CONCERNED CHRISTIANS

A religious liberty seminar was held at Hamilton Central Baptist Church, New Zealand, in early July, with Adventists and other church and community members coming together to learn about current religious freedom issues. Australian Christian Lobby managing director Martyn Iles served as keynote speaker for the event, which was organised by Hillcrest International Seventh-day Adventist Church. Mr Iles discussed some of the religious liberty challenges Christians are facing in Australia, while calling on the “great need” for Christians everywhere to stand up for their faith and to pray. —Record staff/Viv Telfer



SUSTAINABLE TUCKSHOP

Brisbane Adventist College’s (Qld) tuckshop manager, Debora Coorey, is on a mission towards minimising food waste and creating a paddock-to-plate experience for students. While the tuckshop has always been vegetarian-only, staff and volunteers have a vision to create a healthier and more sustainable menu by minimising single-use plastics, composting and recycling to create a “micro-circular economy” and stop unnecessary waste. Debora’s ultimate goal is to set up a Food Club at the school by leveraging the existing gardening program and teaching students how to make fresh meals from garden produce. —BAC News



STATE CHAMPIONS

A group of Year 7 students from Kempsey Adventist School (NSW) have been named state champions for their “Real Time Learning” project in this year’s Young ICT Explorer’s competition. Ellia, Abby, Joaquin, Josh, Rhy and Alara designed two apps that allowed students to rate their readiness to learn, allowing teachers to adapt lessons appropriately. The students have been invited to present their solution at the national finals later this year. —Leanne Deanshaw



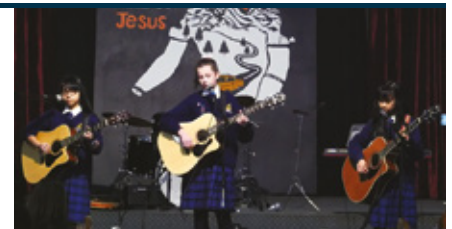
MATHEMATICS GENIUS REVEALED

A year 12 student from Mt Diamond Adventist Secondary School in Papua New Guinea, Ilrick Mark, recently entered the IBS (International Business Studies) Mathematics competition, scoring very highly in all three rounds. Hundreds of students from more than 15 schools across the National Capital and Central districts took part in the competition, but Mr Mark eliminated all the other participants and took first place. —Record Staff



JOYFUL CAMP

Forty-six juniors and teens, 11 staff, two cooks and two guest speakers came together at Mt Hutt Retreat (NZ) for five days of fun, fellowship and faith-building. Activities included running a church service in Ashburton, doing the puppeteering honour, swimming, sports, worship and keeping warm in front of the fire. Pastor Ray and Chantal Moaga shared uplifting messages throughout the weekend. —Sarah-Jane Riley



WEEK OF WORSHIP AT LONGBURN

Longburn Adventist College celebrated its second week of worship for 2019 on August 5-9, with North NZ Conference Youth and chaplaincy pastor Matt Moore preaching messages about placing Jesus—the “Uber” or “ultimate”—in the driver’s seat of our lives. The programs were livestreamed to LAC’s YouTube channel, and featured student-led praise and worship, spoken word poetry and special items. —LAC News



STEP BY STEP

We sat in a cathedral of mist on the large, clear hilltop. The world had narrowed to just that place. Kagi—it's not a place most people have heard of, let alone visited, but it was our haven in the clouds, a paradise for weary, footsore travellers, a very literal Sabbath rest.

We camped just behind the church on that blessed hilltop clearing. Villagers from Maraba and Daoi also stayed in Kagi for this high day of stories, singing and sermons.

Friday afternoon had seen us stagger into camp, only to have our spirits lifted by the warm welcome we'd received. The feeling in camp was light as we began to set up and prepare for Sabbath. Trekkers and porters played footy, laughing and sliding in the afternoon rain that rolled in with the mist, displacing the warm sunshine and setting in for a cold damp night.

Kagi village was a high point in the trip literally (while not the highest altitude we reached) and metaphorically.

The group of around 60 trekkers

and porters had walked for five days to reach that point, slogging through clinging mud, heavy rain, slippery slopes and equatorial humidity. But why?

It all started a few years back. Pastor Glenn Townend, president of the South Pacific Division (SPD), and his son Travis (a pastor and chaplain in Adelaide, SA) planned to hike Kokoda together. The plan expanded when Pastor Townend's wife, Pam, picked up their idea.

"When the idea of the Kokoda challenge was birthed, our dream was to raise much-needed funds for the 10,000 Toes Campaign while taking the opportunity to actually look at what diabetes was doing in this remote part of PNG," said Mrs Townend, who is working with Adventist Health to manage the 10,000 Toes Campaign. "There is no doubt we achieved both those goals, and in reflection, so much more."

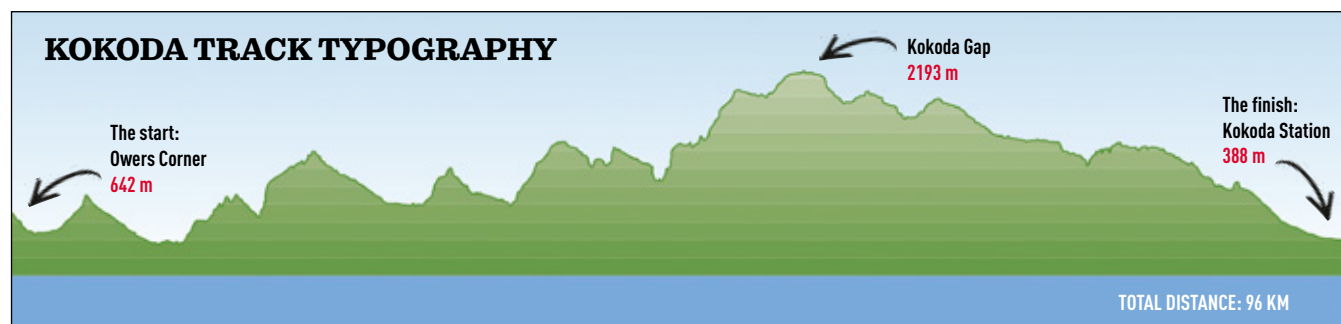
10,000 Toes is tackling the problem of lifestyle disease, especially type 2 diabetes right across the Pacific.

Indeed, while each of the 25 participants had a target of \$A1000 to raise for the campaign, many in the group far surpassed that with a combined total of \$A65,000 being raised. The money was designated to provide early diabetes detection kits and the group got to take part in the health work firsthand, at Manari village, with tests for all the inhabitants.

At each village the group stopped at, PNG Union Mission Health director Gad Koito presented a health talk and encouraged the villagers to stick to their walking, their gardening and their healthy diets.

"We discovered that while diabetes has not crept into the Kokoda region like other parts of PNG, there were red flags," said Mrs Townend, who met the team at the end of the Kokoda Track.

"Items like two-minute noodles, soft drinks and other junk food were readily available in stalls to attract sales from the many trekkers who pass through the villages. So our future training in this region will need to focus on preventative measures rather





than the reversal approach we initially thought.”

For the Kokoda campaign, 10,000 Toes partnered with ADRA Connections. Natalie Nawaikalou, ADRA Connections coordinator, and Jimmy Jacobs, from ADRA PNG, provided invaluable support and logistics to the trekkers along the way. Mr Jacobs’ translation skills were both handy and hilarious as he attacked the stories and testimonies with enthusiasm and relish, and often left the audience in stitches. “For ADRA PNG, this is the first [trip] of its kind, especially partnering with ADRA Connections and the SPD,” said Mr Jacobs. “We are excited about this partnership. 10,000 Toes is one of the most important missions that the Church has. While we continue to preach the gospel, we need to really get down and meet the needs of the people. We are very much excited about this journey and we want to see more happening.”

The group could see their fundraising in action, as they were able to gift four early detection kits to clinics and a hospital along the way.

“I just wanted to say thank you to all of the trekkers who came on Kokoda because they did all the fundraising that makes the 10,000 Toes Campaign possible,” said Paul Rubessa, CEO of ADRA Australia and one of those who completed Kokoda. “And thanks to all the donors who supported the trekkers and gave their hard-earned money to such a great initiative.”

The Kokoda team left Pacific

Adventist University very early on Monday morning. The buses were bogged three times on the way to the start of the track, a good indication of the challenges facing the team.

That first morning descending down from Owers Corner, before climbing up towards Imita Ridge, took out three of the trekkers and two porters—such were the slippery, treacherous conditions. Those who remained had to grow closer through the trip. While coming from different backgrounds and life experiences (the youngest trekker was 14, the oldest 67), the group found ways to carry on, through sharing Marmite to walking with the slower ones to encourage them.

A particularly moving part of the trip was the dawn service at Ishiraba. It was pouring with rain on the final morning before descending into Kokoda. It also happened to be PNG’s Remembrance Day and trekkers and porters formed a circle around the memorial and sang the Australian and PNG national anthems and reflected on the love and sacrifice that had been shown there during World War II.

Starting in Central Papua Conference territory, which covers the large villages of Menari, Efogi and Kagi, the group was accompanied for some time by the district director, Pastor Samuel, who is originally from Goroka but now ministers among the Koiari people.

The track finishes in Northern Milne Bay Mission (NMBM), a sister mission to the Western Australian Conference, whose president, Pastor Steve Goods,

also walked the track. The trekkers were greeted by NMBM president, Pastor Leonard Sumatau, and a group of Adventists from Kokoda—including the district director whose son was one of the porters for the group—on the ADRA compound, where they stayed the final night. A cultural dance and large celebration greeted the team.

“It was great to meet so many faithful and loyal Seventh-day Adventists who are following in the footsteps of the early missionaries and yet don’t have much contact with the outside world,” said Pastor Townend afterwards. “Their Christian values were evident in their hospitality and demeanour, the singing and worship. That and the amazing rugged beauty of the landscape were the highlights for me.”

The trek is now finished, with memories that will remain for a lifetime, but the work of 10,000 Toes is far from done. “PNG is a large country, not to mention the rest of the South Pacific, which is the focus of our campaign,” said Mrs Townend. “We have now commenced roll-out in Fiji, Solomon Islands and PNG, with talks commencing in Vanuatu. Our aim hasn’t changed—we still have big plans for ‘turning the tide on diabetes’ and it’s happening one step at a time right across the Pacific.”

JARROD STACKELROTH EDITOR OF ADVENTIST RECORD ENJOYED HIKING KOKODA WITH THE TEAM.

Thoughts from the track . . .

Jimmy Jacobs, ADRA PNG project coordinator

I am a person who has a low self-esteem and just completing this really helps me to see that I can do anything. If I can climb Kokoda, there's nothing impossible to do in life. Secondly, I think it's important to really take serious consideration when it comes to healthy living and healthy lifestyle . . . it's a big consideration in this country, especially in the Church, where we have lost a lot of leaders [through lifestyle disease]. This [trek] really helps me to maintain my health, to keep doing the right thing, to exercise, so I can continue to do the work that the Lord has called me to do.



Junior Sulusi, 10,000 Toes advocate and type 2 diabetes sufferer

I believe [this trip] is going to leave a lifelong impression. My highlight is when we had the memorial dawn service. I've become more appreciative of the freedoms I'm able to experience because of these men who gave their lives for a worthy cause. There is nothing more important to me than freedom. Nothing.

One of the main lessons I take away from Kokoda is the preciousness of life, because life is fragile. That's what I want to take back home; to remind those around me that we can't take life for granted. One moment you're here the next moment you're gone.

Vladka Henley, Central Coast Adventist School teacher

It was very challenging but really rewarding. Spending Sabbath with the Kagi community was really amazing. Walking into every village when we were welcomed with singing, with flowers, with gifts . . . the generosity and the love of the communities was just overwhelmingly touching. Keep going! No matter what life throws at you keep going, and when you have support with people around you and particularly with God supporting you through life, it makes the journey so much better.



Gad Koito, PNGUM Health director

You know this is my first time and it was a great walk. A lot of mountains to climb, rivers to cross, bridges . . . I'm so happy that I'm part of the team. I've never visited this part of PNG. And being part of the team and being able to educate people in the villages along the track about diabetes, I think it's worth spending money on it.

Now I'm feeling fit and better. I'd encourage others to have a go and walk the Kokoda Track. The personal benefit I got from the track was good health.



Rob Scoines, Sanitarium NZ general manager

That was a special trip. There was the trek itself, the physical and historical stuff, but there's all the other [things we experienced that a normal group may not]—the church connections and the welcomes and the hospitality of the people and all that.

The selflessness of the people here, I can't get over it. [It is] very different to what we're used to. They have so little compared to what we've got yet they give everything. So if I can be a bit more selfless, that would be a great take away—if I look back on these photos and keep reminding myself about that, that would be a win for me.

Paul Rubessa, ADRA Australia CEO

The hardest bit, probably comes down to that first day, when it was pelting down with rain and we were trying to do those very steep descents—that was just so much more difficult than I was anticipating.

One take way for me is that as a Church we're a really strong unit. And across countries—in this group we're AUST NZ PNG—we are really one family when we get together. Sometimes you forget that but it was just really evident throughout this trip.



LIVING HIS WORD

WITH WAYNE BOEHM

THERE'S SOMETHING ABOUT MARY

I stumbled across the old story of Mary Magdalene again recently. Remember her? Jesus said her story would be told wherever the gospel is shared. So who was she? Her past was not so private. If tabloid magazines had existed in Jerusalem, she may have well featured.

CONSIDER what the Bible shares about Mary: Luke 7:36-39, 8:1-3; John 19:25, 20:1-2, 11-18.

Luke shows his audience Jesus' attitude towards sinners. **CONSIDER** the significance of Jesus' statement in Luke 5:24 in light of what we know about Mary.

CONSIDER Mary's original condition prior to meeting Jesus—possessed not by one, but seven demons. Perhaps Luke is suggesting Mary was under total control of demonic powers. It is at this point that Jesus steps into her story to release her from the demons.

Luke on three separate occasions refers to "women", thus setting the scene for Mary's appearance at the Cross and Jesus' glorious resurrection. **CONSIDER** (7:12-15, 36-50, 8:2).

Stained by sin and chained by demons, Mary's story gives us hope. Seemingly beyond rescue, Jesus rescues her. So complete was her liberation, Mary is seen at the Cross and again walking towards the empty tomb on the first day of the week. Through her tears, Mary recognises Jesus' voice calling her name. *Ministry of Healing* reminds us "none have fallen so low, none are so vile, but that they may find deliverance in Christ". **CONSIDER** your personal story. Perhaps like Mary, you feel you are beyond reach, with no turning back. Call out to Jesus in hope, recognising "no cry from a soul in need, though it fail of utterance in words, will be unheeded".



peace in the valley

Come with me. Close your eyes for a moment. Imagine that we are standing together in a broad, misty valley. Feel the cool air brush against your skin. Let your eyes linger on the evergreen grasses and trees. Allow yourself to wonder if the Garden of Eden could have been as beautiful as this.

And steady yourself as you descend, wide-eyed, to the site of a burning village.

The air is filled with smoke, rising languidly above mounds of black ash. Women and children hide in the forest, terrified of those who have stripped their fields and herded away their pigs. In the distance, a decrepit school stands idly, empty of laughter or the sounds of teachers scolding students. A small church, recently filled with sounds of song and praise, is the only building that is untouched.

Over a ridge, a widow watches a sweet potato roasting on a bed of glowing ash. She is worried. Her hands tremble. Recently a man in her clan died after a long illness. Some of the relatives are saying she is responsible. They whisper and huddle together. A witch, one said. A sorcerer. A Dracula. For that is the new word they use for the likes of her. She has done nothing, but fears what will happen when the relatives of the deceased man return to her house. She is still grieving, for her own husband died two years ago and a daughter died recently in childbirth. It was too dangerous to go to hospital.

This was the recent, harsh reality of life for the 3000 people of the Guna-Goreku tribe in Papua New Guinea's rugged and beautiful Simbu Province.



According to Pastor Benjamin Kola and wife, Dr Agnes Kola, few Guna-Goreku people had gone to school because of constant fighting over a period of more than 25 years. Many had no adequate home—because it doesn't make sense to improve your house when it can be burned down or the roofing iron stolen. Women and children had been abused and neglected, young men were addicted to marijuana or home brew. Illegal weapons ownership had flourished and homemade shotguns provided an ever-present danger. Even voting had not been possible because men with guns decided who was voted for. It's called block voting. Those who could, had left for an education or drifted off to an uncertain future in the cities of Goroka, Lae and Port Moresby. Despite its seven churches, and having descended from one man, the Guna-Goreku tribe was divided. Educated members of the community, spread across Papua New Guinea, feared returning.

All this was until Pastor Benjamin and Dr Agnes Kola returned from studying in the Philippines. According to Benjamin and Agnes, the Lord gave them a dream. A dream to mobilise all the community leaders, educated elites of the community, youths, men, women and children. A dream to bring together all the church pastors—Lutheran, Church of Christ, Catholic, Lutheran Revival, Evangelical Brotherhood of Christ, New Tribes Mission and Seventh-day Adventist. A dream to bring peace to a broken and aching community suffering from decades of hopeless violence. A dream to place God at the heart of a reconciliation and peace process that would restore hope.

The result has been nothing short of remarkable. Since 2015 a slow but profound transformation has occurred as educated members of the community have prayed together, met together and planned together.

With much prayer, church and clan

leaders gathered to talk about reconciliation and peace. Months passed while six stages were decided on. First, there would be reconciliation between husbands, wives and children as the foundational step. Peace, the community decided, starts in the home. Then, families within the same clan were asked to reconcile with one another over disagreements and issues like land and politics. Following reconciliation within clans, six clans reconciled with one another—pledging to cease all fighting.

Tangible actions and events became central to the peace process. Four cows were killed, cooked and eaten with the community sitting together in peace. A Memorandum of Understanding was signed with the police and government. Public surrender of weapons and drugs followed. Smashing of home-brew equipment and the burning of firearms took place. Weapons of terror were reduced to ash, publicly, at the cost of owners who had come to acknowledge a greater gain.

Finally, the death of a goat symbolised taking away past sins and atonement. With respect to traditional practices, six stones were buried in the ground, representing a new covenant with God. Six sugar canes were broken in half and six target trees planted. All this bound together a community seeking a new future. Together. With Jesus at the centre of strong families and a safe community.

In partnership with other church and clan leaders, and with the support of the Adventist Development and Relief Agency, work continues to heal and empower the Guna-Goreku people.

There have been setbacks. The road has not been easy. But incredibly, the peace has held.

This year, for the first time, 174 female and 122 male students are enrolled in Kebil Primary School. Six adult literacy classes meet in churches and open-air meeting places. A new

high school is being built. The community has constructed a 5.5-kilometre road linking all six clans of the Guna-Goreku community while community police patrol the hamlets. And the good news doesn't stop there. An aid post has been established nearby. And Pastor Benjamin is heading up an ambitious bulb onion agriculture project to create income. It sounds like a small thing, but people have begun to plant flowers again. Like the flowers, community is blossoming.

Featured on national TV, the Guna-Goreku Stretim Hauslain Association is attracting international attention in a nation known for devastating tribal fighting. And faith, it seems, is key to change. Dr Agnes reports that, for the first time in many years, women are being given a voice in community decision-making. Her husband has personally intervened to prevent harm to women accused of sorcery.

There are many powerful stories of change. Interviewed on national TV, one grandmother said she was old and not fit for school, but explained, "I also wanted to read my Bible so I joined them. . . I'm happy to go and learn with the children. The teacher taught me sounds and ABCs. I am so excited to go to school. I am old but my mind is like a child excited to go to school." And then, in halting English, she begins reading from her Bible, "Ask, and it shall be given you; seek, and ye shall find. . ."

I can almost hear Pastor Benjamin, Dr Agnes and the community leaders from different faith backgrounds finishing that beautiful Bible promise with her. ". . . knock, and it shall be opened unto you" (Matthew 7:7).

DR BRAD WATSON LECTURES AT AVONDALE COLLEGE OF HIGHER EDUCATION AND WORKS CLOSELY WITH ADRA. MARRIED TO FIONA, HE HAS AUTHORED THREE BOOKS FOR TEENS: FINDING DAVID, DAVID'S REVENGE AND DAVID'S TRIUMPH. VISIT <ABSENTMINDEDPROFESSOR.AVONDALE.EDU.AU>.

A COUPLE OF REFUGE

Roderick (Rod) Ellison was born in Sydney on December 27, 1922. After attending Sabbath school at the invitation of church members, Rod accepted the Adventist message in 1936 and was baptised in 1939.

He became a government school teacher in New South Wales prior to attending Avondale College in 1946 where he studied for the ministry and entered the organised work of the Church the same year.

On January 9, 1947, Rod married Unita (Nita) Madeline Edmunds, born in Bundarra, New South Wales. A trained remedial teacher, Nita had graduated from the Royal Hospital for Women as a nurse-midwife in 1946 and was also a family life counsellor.

Thus began a formidable life-long partnership; two people of common mind who were totally committed to each other and their joint ministry. Headmaster of the Auburn Adventist School in Sydney during 1947, Rod and Nita soon found themselves in Papua New Guinea—for two years as a headmaster, then a year as the educational supervisor before becoming the education secretary and youth director for the Coral Sea Union Mission during 1951-55.

In 1953, Rod was ordained to the gospel ministry in Lae. During these years their two children—son Taylor Lee and daughter Sharon Denise—were born.

By 1955 the family was back in Australia—earlier than they expected because their son Lee had medical issues. Rod taught at the Adventist high school in Sydney and then at Avondale Central School from 1957 to the end of 1962. After two years as the head of the Prospect School in South Australia, the family moved to Western Australia, with Rod teaching at Carmel College from 1965 through to 1971 and then at Victoria Park School in Perth in 1972.

Rod and Nita were also involved

in pastoral work, especially Family Life Education, and by 1980, supported by Nita, he was director of Safe-care, continuing in that role until the end of 1982. During these busy years Rod added a PhD (UWA) to his earlier BA and BEd degrees. From May 1980 the family was back on the east coast of Australia, with Rod and Nita running the Safecare counselling program in the Greater Sydney Conference until Rod retired in 1984.

All through those years Nita had worked with Rod, often full-time, but never on payroll, as in those days the role of pastors' wives was to support their husbands without remuneration. She had some concerns about the justice of that.

While living in Western Australia, Rod and Nita had become friends with Dr Margherita Freeman, the first Seventh-day Adventist to study medicine in Australia. Rod and Nita took on the project to write Dr Freeman's story and, with the help of Rose-Lee Power and the Adventist Heritage Centre at Avondale College, the book *Born to Serve* was published in 2012.

Rod and Nita's retirement years were busy. They continued sharing the skills they'd developed over a lifetime of service together, providing training courses for conferences for around 10 months each year until 1994.

If that weren't enough for these busy retirees, they also provided a vegetarian cooking series in the Toronto church hall in 1987 for 48 attendees—with presentations from Dr Rod Kent and his wife Dr Denise (Rod and Nita's daughter).

Having occasionally turned their home into a refuge for church family members in crisis, Rod and Nita began



to explore the possibility of setting up a women and children's refuge. The opportunity came to set one up in Murwillumbah, so the Ellisons conducted two weeks of training for the group and Sanctuary 7 became a reality.

The Ellisons' vision resulted in a second refuge when a widow offered her home for that purpose, and soon Southlakes Refuge for Women and Children was established not far from Avondale College. The building was named Ronita Cottage in the Ellisons' honour. With the assistance of a grant from the Adventist Development and Relief Agency, Rod and Nita also set up a support group for single parents in the Gosford-Newcastle region. Soon 20 single-parent families with 37 children were involved—their human and emotional needs addressed and supported.

Rod and Nita were presented with the Centenary Medal, which they accepted on behalf of all the volunteers they had trained.

Rod and Nita's son, Lee, died in February 2008 and just two weeks later on March 6, after years of fragile health, Rod died at his home in Cooranbong, NSW. Nita lived on alone until September 17, 2017.

They had always worked as a team and had 61 happy years together.

LESTER DEVINE DIRECTOR EMERITUS OF THE ELLEN G WHITE/ADVENTIST RESEARCH CENTRE AT AVONDALE COLLEGE OF HIGHER EDUCATION.



qualities to look for in a godly husband

1. HE SHOULD BE INDEPENDENT

Mark 10:6,7: But from the beginning of the creation, God made them male and female. For this reason a man shall leave his father and mother and be joined to his wife.

2. HE SHOULD DEMONSTRATE LEADERSHIP

Ephesians 5:23: For the husband is head of the wife, as also Christ is head of the church; and He is the Saviour of the body.

3. HE SHOULD HAVE HEALTHY SELF-ESTEEM

Ephesians 5:28: So husbands ought to love their own wives as their own bodies; he who loves his wife loves himself.

4. HE SHOULD TRUST YOU

Proverbs 31:10,11: Who can find a virtuous wife? For her worth is far above rubies. The heart of her husband safely trusts her, so he will have no lack of gain.

5. HE SHOULD BE LOYAL AND COMMITTED TO YOU

1 Corinthians 7:4: The wife does not have authority over her own body, but the husband does. And likewise the husband does not have authority over his own body, but the wife does.

6. HE SHOULD SHOW YOU APPRECIATION

Proverbs 31:28: Her children rise up and call her blessed; her husband also, and he praises her.

7. HE SHOULD GIVE AFFECTION

1 Corinthians 7:3: Let the husband render to his wife the affection due her, and likewise also the wife to her husband.

8. HE SHOULD HAVE SELF-CONTROL

Proverbs 23:20,21: Do not mix with winebibbers, or with gluttonous eaters of meat. For the drunkard and the glutton will come to poverty. And drowsiness will clothe a man with rags.

9. HE SHOULD HAVE GOOD COMMUNICATION SKILLS

James 1:19,20: So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath, for the wrath of man does not produce the righteousness of God.

10. HE SHOULD HAVE A WILLINGNESS TO BE CHANGED BY GOD

Proverbs 1:7: The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction.

All texts taken from NKJV.



TIME TO SHAKE UP YOUR PROTEIN APPROACH?

There is no doubt your body needs protein. It's important for muscle growth, tissue repair and recovery after exercise. However, how much protein do you really need and when should you be eating it?

Protein can also preserve lean muscle mass, help regulate appetite, and enhance satiety to help manage cravings and keep you feeling full. However, too much of anything, even protein, can provide more kilojoules than your body actually needs, which can contribute to weight gain. To get the balance right, it's important to not just focus on eating more protein but consider spreading your protein intake across the day and focus on healthy, whole food sources.



Nutty Muesli

A wholesome, crunchy start to your day. This nutty muesli takes just two minutes to make and offers 17g of protein—great for feeling fuller and content for longer. Sprinkle ground cinnamon or ginger for extra flavour.

Find this recipe and hundreds more at:

Australia: sanitarium.com.au/recipes
New Zealand: sanitarium.co.nz/recipes



MORE PROTEIN AT BREKKIE

Most Australians load up on protein at dinner time, but pass on protein at brekkie. On average, Australian women eat just 11g of protein at breakfast. A report from the CSIRO shows that eating more protein, especially at breakfast, may be the key to healthy weight management. For brekkie, this can be as simple as wholegrain cereal, muesli and yoghurt sprinkled with nuts or peanut butter on toast and a glass of soy milk.

NOT ALL SOURCES OF PROTEIN ARE HEALTHY

Discretionary foods generally provide little nutritional value, so while they may contain some protein it can come with a whole lot of added sugars, salt and saturated fats. When it comes to protein, it's important to choose mostly whole foods. Sources of plant protein include legumes, peas, nuts, seeds, soy products and wholegrains. They also offer a wealth of vitamins, minerals and powerful plant chemicals.

SO HOW MUCH PROTEIN DO YOU REALLY NEED?

It's recommended that women eat 46g of protein a day, more if pregnant (60g), and even more again if breastfeeding (67g). We also need to up our protein intake (57g) after turning 70. The recommended daily intakes are higher for men (64g) and then there are different targets for teenagers and people with demanding exercise regimes.

PROTEIN-PACKED PLANT FOODS



SOY BEANS

Canned, one cup = 16.3g protein.

Whether you eat whole soybeans or products made of soy like tofu, tempeh or soy milk, you will reap the protein benefits. Remember, when choosing your soy milk, opt for one that is fortified with calcium and B vitamins.



PISTACHIOS

30g handful = 6g protein.

A perfect, healthy on-the-go snack, just a handful of pistachios packs a protein punch and is a good source of vitamin B6, which is needed for energy production. Opt for unsalted pistachios to make the most of these nutritious nuts.



PEANUT BUTTER

1 tablespoon (20g) = 5g protein.

In addition to protein, this versatile spread also provides niacin and magnesium for an energy boost. There are a range of peanut butters to choose from to suit your tastes and needs, including natural and no added sugar or salt varieties.



NEW FACE AT THE

GYM

I want you to imagine for a moment that you are a regular gym attendee. You've been attending the same gym for years now. You own all the right active-wear, you know how to use the equipment and you attend classes with the same gym buddies. The gym is a comfortable place for you to get uncomfortable—for you to sweat it out and meet your fitness goals.

And then one day someone new comes along.

They aren't wearing Nikes, they haven't a clue how to use the equipment, they're not nearly as toned as you are and they don't know anyone there. But they turned up for the same reason you did—fitness. And so rather than ignore them, you and your gym buddies befriend them. You show them how to use the equipment and give them tips on how to improve their fitness.

We all know that the gym can benefit everybody, regardless of their fitness level. It is for the person who hasn't missed "leg day" in longer than two years, just as much as it is for the person who is visiting for the first time. It is as much for the person who can lift twice their own body weight as it is for the person who feels they are carrying a little too much weight. The gym serves two purposes: to help people become fit, and to help people maintain and build their fitness.

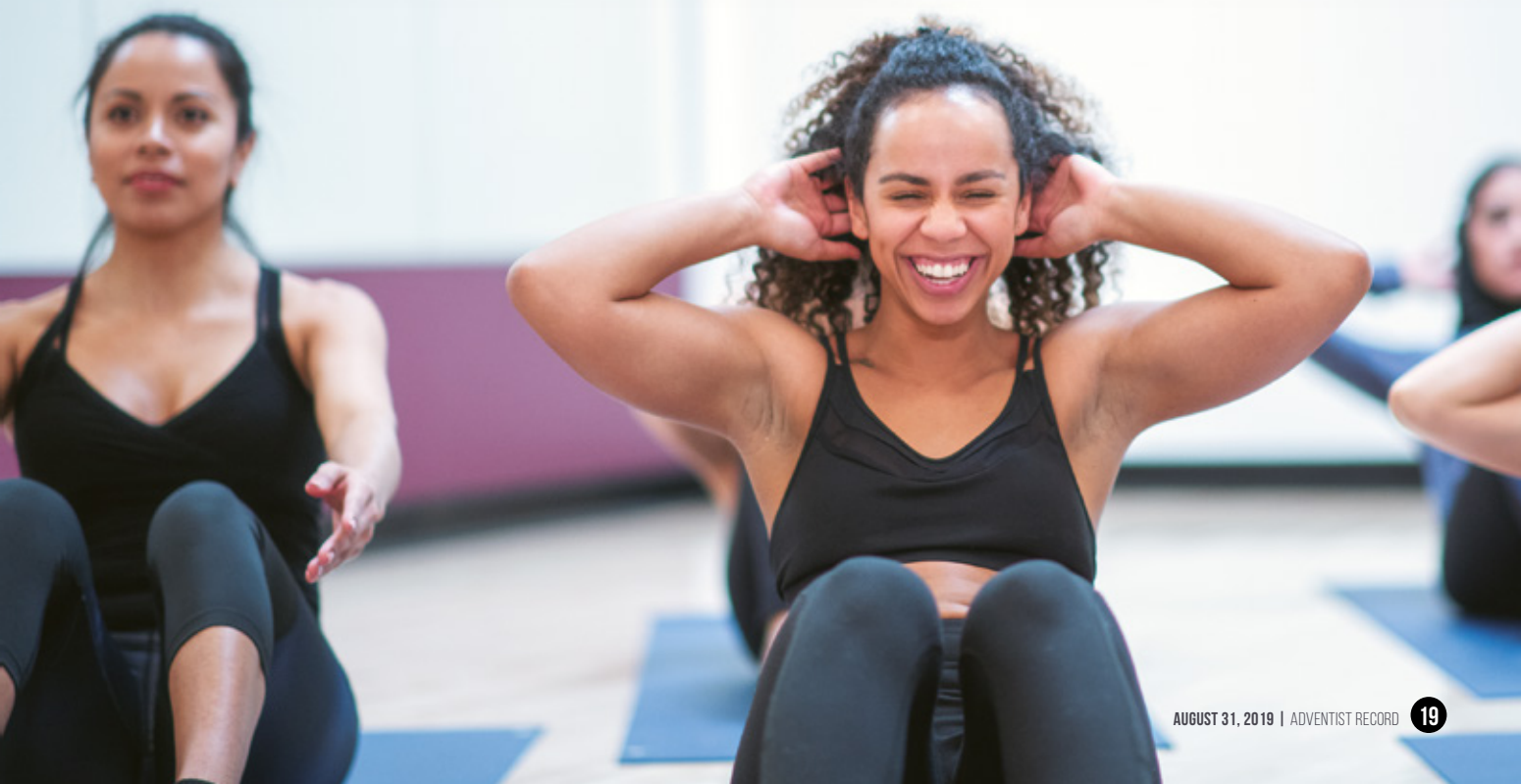
In the same way, our church serves two purposes: to help bring people to God and to help people grow in their relationship with God.

But, just as the gym can be overwhelming for first-timers, so too can our church. As regulars, we need to be welcoming. We need to show people that church is just as much for us, the regulars, as it is for them, the newcomers. And just like gym buddies can keep you accountable towards your fitness goals, the church community can help keep you accountable in your walk with God.

Our path as Christians is not easy: we will face trials and tribulations, and our faith will be challenged. And while it is possible to maintain faith without the support of the church, we risk having no-one around to pick us up and help us back onto the right path when we fall.

And so, if you do regularly attend church, keep an eye out for those among you who are new; those who seem intimidated, isolated or overwhelmed. Don't wait for someone else to make them feel welcome. Allow God's light to shine through you.

ASHLEY STANTON MEDIA AND COMMUNICATIONS COORDINATOR, ADRA AUSTRALIA.



HI KIDS!*

When I have God's Word in my heart, I can say NO to Satan.



JESUS SAYS NO! TO SATAN

Jesus is in the wilderness. He has not eaten a thing for 40 days and 40 nights. He is hungry. Satan comes to tempt Him. He tempts Jesus three times. Jesus uses His knowledge of the Bible and the power of Scripture to win against Satan. Satan leaves and the angels come to Jesus' aid.

Jesus was tempted three times. Unjumble the letters to find the key word. For BONUS POINTS write down Jesus' response to Satan.

1ST TEMPTATION

Turn these stones into

RDEAB

Jesus answered:

2ND TEMPTATION

Throw yourself down and the angels will ? you.

URESCE

Jesus answered:

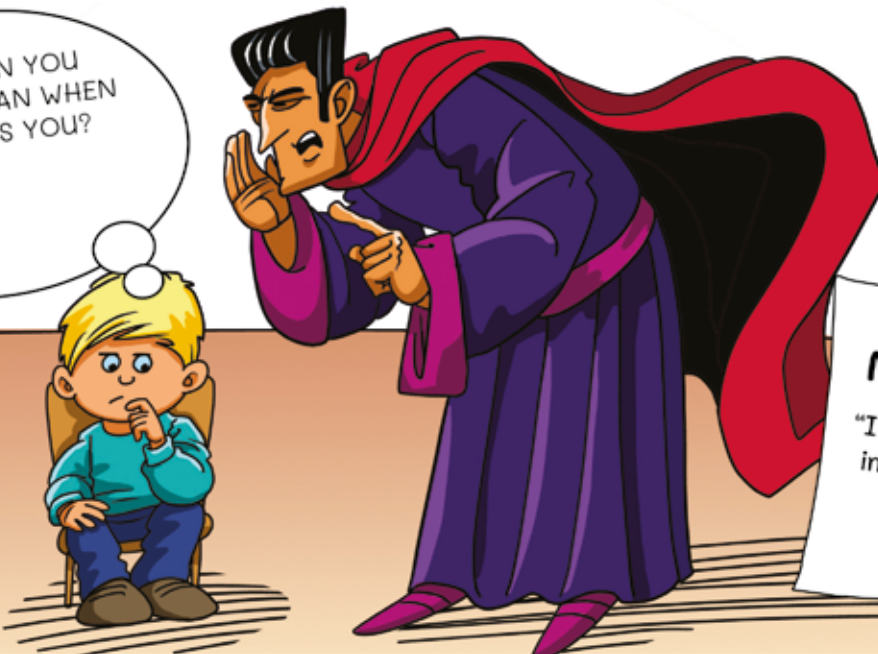
3RD TEMPTATION

You can have everything if you ? me.

PIHORSW

Jesus answered:

WHAT CAN YOU SAY TO SATAN WHEN HE TEMPTS YOU?



Memory Verse

"I have hidden your word in my heart that I might not sin against you"

Psalms 119:11, NIV



NOT A WORD

I read with interest this morning the article about the TPUM Bible Conference—"200 Pastors attend TPUM Bible Conference" (News, August 3). Toward the end of the article a statement was made by Dr Jiri Moskala in which he used the non-word, "comradery". If this man is a born and bred American it's no wonder, as they are all for reinventing the English language. "Camaraderie" is the correct term. I have to admit that attempts at pronouncing this word by the general public more often get it wrong than right, especially the "cobbers" of the football fraternity.

Apparently your editors didn't pick up this mistake either.

All in all, though, *Adventist Record* is a well-put-together magazine that I enjoy reading. Keep up the good work.

Bill Ackland, NSW

HELP NEEDED

The letter "Blind Faith" (August 3) is challenging in many ways. Christ asked us to love each other as ourselves. When we demonstrate Christ's love, it should be universal and all-inclusive. Did the traveller think less of the Samaritan's compassion because he did not share his faith?

Are we to disregard the intent of the 1948 UN Declaration of Human Rights because it recognises the "Inherent dignity and of the equal and inalienable rights of all the human family"?

There is a hint of John Calvin in the letter, who said, "All are not born in equal condition." The author appears to hold civil, secular government in contempt. Does the author favour theocracy as Calvin did? Historically, Christian theocracies have failed.

The letter seems to show a narrow definition of religious liberty. Article 18 of the aforementioned Declaration states, "Everyone has the right to freedom of thought, conscience and

religion." Christianity and its institutions have long lost the ability to defend religious liberty and other rights on their own. Christians were powerfully influential in the fight against slavery.

It needed Acts of Parliament, of Congress and a Civil War to end it.

The writer states that "Utopian" ideals have been defined or defended through a "million conferences" and a "billion regulations", however they have evolved because many died in the defence of human rights (of which religious liberty is a part). The concept of human rights is definitely not a "satanic counterfeit".

Have some Christians set themselves apart waiting for Christ's return? While we wait, others need our help.

W P Adams, SA

MEMORY LANE

Thank you for your article on the lives of Algie and Edna Gallagher (*Record Rewind*, July 20). The article brought back fond memories of the family when Pastor Gallagher was pastor

of Southport, Qld, in the late 1950s.

My family first heard of the Seventh-day Adventists when we were called on by Norm Cross—a colporteur who passed our name on to Pastor Gallagher. My parents share-farmed a dairy some 50 km from Southport. Once we had a visit from the family, friendship was made. Pastor Gallagher and my mum were born the same year. With Edna being a good cook, we were soon invited to their home for evening meals, followed by a Bible study. Algie loved photography and he had a machine called a slide projector. I, being 11, was amazed how this machine could show pictures up on a screen. Before Bible study Algie would show slides of mission trips, family, various churches, schools, colleges, hospitals, factories connected with the Seventh-day Adventist Church. "How big was this church?" I thought. Then he would change a part to take a film. As he gave the study he turned the film to show a still picture on the points of

subject. After many nights of fellowship and study of God's Word, my parents were accepted on profession of faith as members of the Southport Adventist Church. My brother and myself were baptised in a creek down behind their conference house in Southport. Both my parents were lifelong members of the Southport church. My brother and myself, now both in our seventies, still attend the Adventist church that we were introduced to by a loving, caring family through the lives of Pastor Gallagher and his wife Edna. My brother and I also found good friends of our age in their children, Alvine and Lyn.

Neville Read, WA

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.

Clarification

It has been brought to our attention that an article in the July 20 issue relied too heavily on Bernie Van Eyk's article "Is your preaching God-Centred", originally published online in 2012, without crediting that main source. While not an academic paper, *Adventist Record* takes seriously the importance of crediting sources appropriately and honours an author's right to be recognised for their work. Thank you to those who alerted us to this problem. We have looked into how this happened, spoken with the person who submitted the story and will be putting in place steps to ensure it doesn't happen again.

Wedding



DOSE-RIGG.

John Dose and Glenys Rigg were married 28.7.19 at Avondale Memorial Church in Cooranbong. Having both lost their spouses in the same year, they renewed their acquaintance from college days while residents of the Avondale Retirement Village. The many family and friends from near and far who attended their wedding, gave testament to the esteem in which this couple is held. We wish them God's richest blessing as they share life together.

Abel Iorgulescu

Obituaries



BRIDCUTT, Edward (Ted), born 8.1.1929 in Nottingham, England; died 26.7.19 in

Cooranbong, NSW. He is survived by his wife Ruth (Cooranbong), children Gayle (Gold Coast, Qld), Michael, Graham and Kevin (all from Sydney, NSW) and their spouses; nine grandchildren; and four great-grandchildren. Edward left home at the age of 14 to work on the British Railways. At 18, he joined the British Navy, then the New Zealand Navy, serving with the latter during the Korean War. For many years Ted was employed by the Adventist Church as a tent-maker, making tents for big camps around Australia and NZ. In 1994, following their retirement, Ruth and Ted moved from Sydney to Batemans Bay. Last year they relocated to Avondale House at Cooranbong. Ted will be remem-

bered as a Christian gentleman who was hardworking and dedicated to his family. He was a much-loved husband, father, grandfather and great-grandfather.

Jimmy Watanabe, Owen Ellis



BRINSMEAD, Robert Bruce, born 1.4.1942 in Hobart, Tas; died 21.4.19 in Lismore,

NSW. On 11.4.1966 he married Wendy (nee Farquharson) in Toowoomba, Qld. Robert is survived by his wife (Alstonville); daughters, Dianne and James (Melbourne, Vic), Bronwyn and Darren (Melbourne) and Lyndal and Reuben (Kingscliff); and grandchildren, Melissa, Annabelle, Hannah, Gracie, Jai and Kade. Bob dearly loved his Lord and his family. He was also a lover of the soil and of crops. He made a significant contribution to agriculture in his research—particularly with breeding chickpea varieties resistant to root rot, which decimated crops on the Darling Downs. His faith was strong till the end and he now awaits the glorious coming of the Lord.

Peter Howard

BRUNT, Ukuma Kaelava Inoke, born 2.2.1960; died 26.6.19 on the Gold Coast, Qld. She is survived by her husband, Ian; daughter, Athena and husband, Christian; and son, Jarred. She will be sorely missed. Many family and friends held a Tongan memorial service on the Friday night for Ukuma. On 1.7.19 her funeral service was conducted at the Reedy Creek church; afterward Ukuma was buried and farewelled at Allamby Gardens. Ukuma was a very hospitable and loving lady who loved to entertain and care for everyone she or the family invited home. She was a wonderful cook and a very practical person. She loved her family passionately. She loved Jesus and longed to see His face. Now she rests, but soon her hopes will be fulfilled.

John O'Malley



COX, Leah Jean, born 15.12.1913; died 29.12.16 in Lane

Cove, Sydney. Jean, a devoted daughter and niece, lived selflessly looking after her uncles, mother, nieces and nephews. She will be remembered for her work at Sanitarium's Hunter St cafe. In her later years, she regularly visited her brother and his family in the UK. She outlived all her siblings, passing away at the age of 103, two months after her

younger sister Narelle Currow. Family and church members from Stanmore church celebrated her life in a service at the Northern Suburbs Crematorium on 5.1.17, where she awaits the resurrection.

Stephen Currow, John Cox



FLETCHER, Margaret Yvonne, (nee Martin), born 6.3.1928 in Fitzroy, Vic; died

29.6.19 in Alstonville, NSW. On 29.9.1952 she married Winston Fletcher, who predeceased her in 1994. Margaret is survived by her daughter, Diane and Dean Fletcher-Way (Sheffield, Tas) her son, Hilton and Kerryn Fletcher (Tweed Heads, NSW); and grandchildren Levi, Raquel and Zanita. Margaret faithfully served beside Winston in ABC and volunteer work. She served the Church in youth work and dietetics at Sydney Adventist Hospital and Warburton. She passionately promoted healthful living and education, and enjoyed gardening and bushwalking. She loved the Lord and had a strong determination. These helped her survive life's challenges, including a miraculous recovery from a near fatal vehicle accident in 2003. She enjoyed her retirement years in Devonport, Tas, Wahroonga, NSW and Alstonville.

James Fletcher, Keith Jackson, Lionel Smith

JURGENS, Emily (Jane) Viola (nee Thompson), born 28.1.1929 in Wahroonga, NSW; died 3.8.2019 in Wyong Hospital. In 1954, Emily married Leslie Furness, who predeceased her. Her stepdaughter, Joanne, resides in California, USA. Emily's second husband, Gunter Jurgens, predeceased her in 2001. Following her graduation from Avondale College in 1948, Emily was employed by the Voice of Prophecy in Sydney, for some years. Emily, ebullient by nature, blessed many with her beautiful singing. She was a strong supporter of Asian Aid and ADRA. Philately and reading were her favourite hobbies. Emily enjoyed a wide circle of friends and loved her Lord.

Roger Nixon

WELLS, George Edward, born 2.9.1933 in Ipswich, Qld; died 21.7.19 in Ipswich. On 29.8.1955 he married Ailsa Margaret Goodger. He was predeceased by his daughter Jennell in 2014. George is survived by his wife; daughter, Leanne and son, Hilton (all of Ipswich). George was the organist at South Queensland camp for more than 50 years.

He was a talented musician who served his Lord well in local churches, evangelistic programs and in his local community.

Bob Possingham, Greg Campling, Francis Pule



WOOD, Pastor Bryan, born 15.6.1927 in Sydney, NSW; died

29.6.19 in Rossmoyne, WA. On 26.2.1949 he married Eva North, who predeceased him in 2018. He was also predeceased by his daughter Fiona in 2016. Bryan is survived by his children, Jennifer and Berwyn Walker (Busselton), Debra (Perth), Nigel and Bernie (Perth), and David and Kerrie (Coffs Harbour, NSW); 11 grandchildren; and 12 great-grandchildren. During his life he was at various times a spectacles maker, a fisherman, builder, farmer, literature evangelist, departmental director and church pastor/church planter/church builder. Bryan helped to establish support groups for families with disabled children and was involved in encouraging the Adventist Church in WA to commence a ministry for the disabled.

Roger Millist

ADVERTISING

AT LAST FOR CHURCH MUSIC GROUPS

The Seventh-day Adventist hymnal transposed for BH, EH, C and F instruments in three parts (except not permitted copyright hymns). Visit <tiny.cc/nfigbz> to access the music.

LEONGATHA CHURCH 50TH ANNIVERSARY

Warmly welcoming past and present members and attendees to our 50th anniversary celebrations on Sabbath, November 2, 2019 in beautiful South Gippsland. Please RSVP by October 1 for catering and organising purposes to Valma Kane on 0417 572 222 or email <valmakane@gmail.com>.

NEXT ISSUE:
WEEK OF PRAYER,
SEPTEMBER 7

WEEK OF PRAYER 2019

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to download the podcast.



POSITION VACANT

PERSONAL ASSISTANT TO UNION YOUTH DIRECTOR AUSTRALIAN UNION CONFERENCE RINGWOOD, VIC

The Seventh-day Adventist Church (AUC) Limited is looking for a dependable and proactive individual to join an amazing team of youth leaders. This person is passionate about serving the Church and bringing young people to Jesus. To manage events effectively, it is essential that the PA is proficient in using IT and social media, and demonstrates excellence in written and verbal communication. This part-time (18 hrs) role is broad and varied, suited to a self-motivated individual with strong organisational skills. If this sounds like you, please email <MelissaHill@adventist.org.au> for full selection criteria. The appointing body reserves the right to fill this position at its discretion and to close applications early. Only those who have a legal right to work in Australia may apply. **Applications close September 10, 2019.**

FOR MORE AVAILABLE POSITIONS VISIT:
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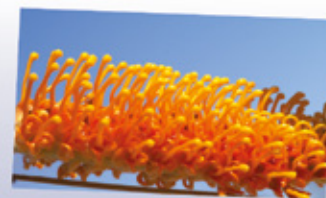
CEDARVALE

Maintenance Position

Cedarvale Health Retreat is seeking a suitable candidate for the role of maintenance manager/groundsman. This position is to commence with a handover in Nov 2019. It is expected that the successful applicant would have a passion for health evangelism and would proactively support Cedarvale's status as a supportive ministry of the Seventh-day Adventist Church. For details call (02) 4465 1362 or <info@cedarvaleretreat.com.au> Expressions of interests/ applications can be submitted at <cedarvale.org/job>. **Applications close October 14, 2019.**

Cedarvale is an independent ministry supportive of the Seventh-day Adventist Church.

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