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THE MOST CHALLENGING QUESTION

Who do you need to forgive?

I want you to let that question sit with you for a moment. Maybe it's more than one person—a group or even an organisation, company or country. Maybe it's a church or even a denomination.

It's an uncomfortable question, one we don't often ask. Yet every now and then, we are reminded of Jesus' command to forgive.

It seems to me that we know the arguments for, and the power and theory of forgiveness. But very few of us practise it as a discipline.

Forgiveness is frightening because it requires your heart to be open and vulnerable. There are a few people I can think of who I need to forgive. But it's so hard sometimes.

In my bookshelf at work, I found lesson three from the Forgive to Live course. As I was flicking through it, this definition of forgiveness caught my eye: "Forgiveness is the process of re-framing one's anger and hurt from the past, with the goal of recovering one's worth in the present and revitalising one's purpose and hopes for the future."

Let's break that down.

The first part of the definition suggests that we need to acknowledge and adjust the way we see our past.

When we ask ourselves who we need to forgive, we may know the answer but it is rare that we ever take action. The person (or thing), once brought to mind, slinks back, unforgiven, to dwell in the forgotten basement of our mind.

This leaves us open to haunting. The spirit of unforgiveness fosters resentment, negativity and cynicism.

"Be wary of the vengeance your bitterness demands. The blade you wield will cut both ways to injure you and those you wound: you both will bleed," Bill Knott, editor of *Adventist Review*, shared on Twitter recently.

Reframing our past is a way of cleaning out our basement, evicting unwelcome tenants and repurposing the room for something else.

The second part of the definition speaks into an important reality that is often overlooked—that unforgiveness can often negatively impact and tarnish our

own self-worth in the present. In other words, holding onto something negative can actually impact our own overall sense of where and how we stand in relation to others . . . and to God. Notice I said our *sense* of where we stand. Nothing we do can impact our actual standing with God, apart from rejecting Him outright.

Our action in the present day, our choice to forgive, helps to free us from the shame that tells us we are unworthy. In this sense, many of us are actually struggling most with unforgiveness of ourselves. This sense of shame and unforgiveness of ourselves can actually lead us into temptation and sin, because we either fall into a binge/purge cycle or are attracted to behaviours that reinforce our own false opinions of ourselves.

Finally, the definition of forgiveness we've been working with also has a future element: revitalising one's purpose and hopes for the future.

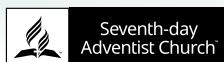
We've already talked about the dangers of being bound by the past, but it is also important to be free for the future. To revitalise is to bring back to life. Unforgiveness can often distract us into killing our hopes and dreams. We feel framed in by our past and lost in our present which leads to pessimism and hopelessness.

Forgiveness allows us to focus ahead once more. We can cultivate an orientation towards forgiveness—filled with grace and patience, so the next time something hurtful is done to us, it is easier to forgive.

Jesus was filled with this kind of forward-looking forgiveness. The gospel of Luke tells us that, while hanging on the cross, in the middle of His pain, Jesus was able to petition God with the words "Father, forgive them, for they do not know what they are doing" (23:34).

Jesus' posture of forgiveness seems almost unattainable. He demonstrates the power of pre-emptively choosing forgiveness. It's almost like, if we take forgiveness seriously, we can bank it to spend in our future.

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from Tonga."

GC EXECUTIVE COMMITTEES

If you believe Facebook comments, the time I spend at the General Conference is either in open rebellion against the GC Session action on women's ordination or being completely silent on the same issue.

The past few GC Annual Councils have been livestreamed so people can watch important discussions and votes that impact them. This promotes openness in a world that expects transparency and provides an important window into the workings of the world Church.

There is tension and lots of differing opinions are expressed. But what one does not see in the livestream is me eating with and sharing a joke with someone from a completely different country and culture, whose speech I totally disagreed with. They don't see the journalists who report on the proceedings sit together—they have completely different perspectives but are happy to write together.

SPD officers invest more than four weeks at GC every year, representing the SPD. We are known for speaking to and providing alternative perspectives to most issues. We also have to be careful not to overstate our case.

I am a GC vice president. Although I sometimes disagree with Ted Wilson, I respect his leadership, especially in mission. He is the champion of TMI disciple-making and Mission to the Cities, two important and successful initiatives.

Mission is what unites us. When we pray for the persecuted, we are united. When we see reports of how Adventist World Radio and Hope Channel open new areas for the gospel, we are united. When we see reports of people who come to Christ, we are not just united—we rejoice! Our methods and perspectives on policy and procedure vary but our commitment to each other, the gospel and the last great message to the world truly unites us.



GLENN TOWNEND
SPD PRESIDENT
SPDpresident

LITERATURE EVANGELISM SUMMIT

DANIEL KUBEREK

More than 60 literature evangelists (LEs) and other interested attendees met at Avondale University College (NSW) from October 1–6 for the Literature Evangelism Summit. The meetings aimed to train, inspire and connect LEs through presentations and workshops.

A number of attendees who are not regular LEs indicated their desire to take up the role in the future.

"At the 2019 Australian and New Zealand Literature Evangelism Summit, literature evangelists and church members were affirmed and equipped in their ministry of sharing hope through books and media," said Literature Ministries (Aus/NZ) coordinator Brenton Lowe.

South Queensland Literature Ministry coordinator Sone Mariner reiterated the positive impact of the summit. "I felt the presence of God the whole week. It was new, positive, high-spirited and full of expectation and faith in what God is doing," he said.



SUMMIT ATTENDEES.

An awards night was also held on October 3, acknowledging the LEs' hard work and achievements. Paul Bodor was awarded the Literature Evangelist of the Year award for his commitment and dedication, as well as reporting the highest sales over the past two months. Other winners are listed below:

- Highest sales: Marian Jones
- Literature given: Rita Pinzone
- Prayers offered: Joe Paola
- Baptisms: Paul Bodor
- Second mile service: Sandy Wallis
- Leadership: Rita Pinzone
- GRIT award: Bruce McCourt

"The event exceeded expectations and we are planning a similar event in 2020," said Mr Lowe.

SOUTH NZ HOLDS CONSTITUENCY MEETINGS

MICHAEL JONES

The South New Zealand Conference (SNZC) recently held its 67th Constituency Meeting, bringing together 177 delegates from across the South Island to hear reports from Conference departments covering the last triennium. Major decisions included reappointing Pastor Mike Sikuri to his role as SNZC president and updating the constitution from a triennial to a quadrennial cycle. This decision aligns SNZC with other conferences in the South Pacific Division.

In line with moving to a quadrennial cycle, the Conference has been requested to

publish yearly departmental reports to keep all members updated between sessions.

During the meetings, Invercargill's Wicklow Street Church was officially welcomed to the sisterhood of churches in South New Zealand.



PASTOR MIKE SIKURI.

MAJOR EVANGELISM FOR 2020

TRACEY BRIDCUTT

Planning is underway for a huge evangelistic campaign in Papua New Guinea involving 2000 sites and dozens of preachers, with the aim of baptising 100,000 people.

“PNG for Christ” will be held from May 1–16, 2020, as part of the General Conference’s Total Member Involvement (TMI) initiative. World Church president Pastor Ted Wilson will be among the preachers, along with around 30 others from the GC, and more than 100 pastors and evangelists from every mission and conference in the South Pacific Division (SPD), including dozens of PNG pastors and lay people.

The SPD is supplying 1500 picture rolls for ongoing teaching, 100,000 World Changer Bibles and 100,000 World Changer Bible Reading Guides. The GC, TMI and Adventist World Radio are providing mobile phone evangelistic training and 1000 data projectors. They are also assisting the roll-out of Hope FM radio stations across PNG. So far nine stations have been installed and they are hoping to complete a further 11 stations before

January. Radio will be one of the major tools for promoting the campaign.

As preparations continue toward this big event, SPD president Pastor Glenn Townend has called for prayer.

“There is huge vision in PNG and great TMI support in the country,” Pastor Townend said. “Already they are building churches and have thousands in baptismal classes. The church people are very active in health and social service ministry as well as Discovery Bible Reading groups. If this program reaches its aim we could need another 2000 churches.”

Pastor Townend is encouraged to see the rest of the SPD getting behind the campaign. “I have never seen such overwhelming support from the presidents of the missions/conferences around the Division to support their colleagues in PNG.”

Big Camp offerings in 2020 will



TED WILSON PREACHING IN PNG IN 2014.

help to support the campaign, which requires a significant financial investment for the Bibles and other resources, and to build the new churches. Church members can also support the project by joining a preaching team, or be willing to preach themselves, or participate in church construction.

Papua New Guinea Union Mission communication director Cameron Wari said local missions are excited about the campaign “and are planning big for next year”.

In the lead-up to the program, the GC is planning a mega health clinic in Mt Hagen in the last week of March.

WORLD CHURCH LEADERS GET BEHIND EDUCATION CAMPAIGN

TRACEY BRIDCUTT

The official launch of the “Every child. Everywhere. In school.” campaign at the General Conference Annual Council meetings has been welcomed by Greg Young, director of the Adventist Development and Relief Agency (ADRA) for the South Pacific Division.

“It was exciting and encouraging to see our Church leaders from around the world supporting the campaign by signing the petition,” Mr Young said.

The aim is to get 1 million signatures by the 2020 GC session. The petition calls on world leaders to commit to ensuring all children, adolescents and youth have access to free, equitable and quality primary and secondary education.

Mr Young said the joint ADRA/Church campaign is so important when the statistics on childhood education are taken into account.

“Almost one in five chil-

dren worldwide are out of school,” he said. “Refugee children are five times more likely to be out of school than non-refugee children. On top of that, 25 million primary-school age children have never attended school, and probably never will if current trends continue.”

The data also shows that girls who complete secondary education are less likely to be married at an early age or to be young and pregnant.

“When you consider statistics like these, it’s not a case of asking ourselves why we should get involved, we should be asking ourselves why we wouldn’t get involved,” Mr Young said.

To sign the petition, go to [inschool.adra.org/petition](https://www.adra.org/petition).



CHURCH LEADERS PRAY FOR THE CAMPAIGN AT ANNUAL COUNCIL.

ANNUAL COUNCIL VOTES ON ABORTION STATEMENT

RECORD STAFF

Members of the Seventh-day Adventist Church's decision-making body deliberated for two days over a proposed Statement on the Biblical View of Unborn Life and Its Implications for Abortion. The document emerged in September from a longer period of study and discussion among Adventist theologians, medical experts, healthcare administrators, ethicists and Church administrators.

The news comes as changing legislation and public conversations around abortion have confronted Church leaders in the South Pacific region.

Church leaders were emphatic that the document voted at the Seventh-day Adventist Church's Annual Council (AC) is a statement and not a set of guidelines for either individuals or church organisations. As defined by Church practice, a voted statement outlines the Seventh-day Adventist Church's official position

on a specific matter, while guidelines offer direction for practical application on a specific subject.

No previous statement about the sanctity of unborn life had been developed before this document. The last time the denomination issued guidelines on abortion was in 1992.

"The statement that came from the GC AC on abortion went through a very thorough process," said South Pacific Division president, Pastor Glenn Townend. "In the end I think it had 28 drafts. This process shows the Church at its best listening to theologians, medical specialists, Church leaders and members. The statement was adjusted because of feedback from the people on the floor of the GC AC. It is very



NATASHA DYSINGER, GC EXECUTIVE COMMITTEE MEMBER AT LARGE, COMMENTS ON THE DOCUMENT.

Photo: Tor Tjersansen

difficult to please everyone, however I think it is a very biblical and well-balanced statement."

The statement was approved by a vast majority of the delegates, with only a few voting "no" because of concerns about specific language.

Read the voted Statement on the Biblical View of Unborn Life and Its Implications for Abortion at bit.ly/2MFv6MQ.

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CONFERENCE REMEMBERS PACIFIC MISSIONARIES

CECILE TRIEF

For the third consecutive year, Fulton Adventist University College has hosted the “Waves Across the Pacific: Uncovering Adventist Mission” Conference (September 12-14).

The conference was started in conjunction with the *Journal of Pacific Adventist History*, published by Pastor David Hay with the contribution of many other Pacific Island missionaries.

The opening address, titled “Connecting the waves of Pacific history”, was delivered by guest speaker and associate professor Dr Morgan Tuimaleali’ifao, a history lecturer at the University of the South Pacific, Suva, Fiji.

“We . . . live in an area that is huge

by any stretch of the imagination,” he shared. “Compared to the waves of migration and settlement of the Pacific, the evangelising movement is young. In 2021, [it] will be 500 years old.”

Papers were presented by speakers from Pacific Adventist University, Sonoma College, Avondale University College, New Zealand, Fiji and faculty members of Fulton.

Fulton principal Dr Glynn Galo gave credit to Pastor Hay, who was unable to attend this year due to health-related issues but has continued to collaborate with the Waves conference for the publication of presented papers in the *Journal of Pacific Adventist History*.



PRESENTERS FROM THE WAVES CONFERENCE.

ADRA STAFF MEMBER’S NEW HUMANITARIAN POSITION

DENISON GRELLMANN

Adventist Development and Relief Agency (ADRA) New Zealand program manager Virginia Pycroft has been appointed as the Humanitarian Network chair (formerly known as NDRF), a standing committee of the Council for International Development (CID).

The aim of the Humanitarian Network is to provide a collective civil society voice and forum for cooperation and best practice in international humanitarian assistance for New Zealand NGOs.

“I’m grateful for this opportunity to work with the humanitarian NGOs in New Zealand and represent not only ADRA but the sector,” said Ms Pycroft.

Ms Pycroft is a skilled humanitarian and development professional. She

began her development work in Papua New Guinea and then joined ADRA seven years ago.

In her role, Ms Pycroft is in charge of ADRA’s Emergency Management portfolio, in addition to a senior management role focusing on Timor-Leste and Myanmar development challenges.



VIRGINIA PYCROFT IN MYANMAR WITH A LOCAL WOMAN.

NEWS GRABS



GLOBAL EDUCATION CAMPAIGN

Norwegian Union Conference president Victor Marley raised more than \$A9000 (approximately \$A9000) for ADRA by running a marathon alongside Scotland’s famous Loch Ness. Having run for many years, he had never attempted a 42 kilometre race before. He raced wearing the ADRA campaign T-shirt, “Every child. Everywhere. In school.” —TED



CHURCH SET ON FIRE

A woman from Georgia (USA) allegedly set fire to the Gainesville Seventh-day Adventist Church on October 6. Refusing to cooperate, she was carried out of the burning building. When authorities attempted to arrest her, the 33-year-old tried to stab deputies with a pen and spat on them. She has been charged with first-degree arson. —Adventist Today



STUDENTS INJURED IN AFRICA

A violent protest in Liberia (Africa) has resulted in injuries to students from the local Adventist high school. Rushed to the nearby Cooper Adventist Hospital, many students were suffering from tear gas exposure, had wounds from stones being thrown or minor burns. —Front Page Africa

HOT TOPICS



MANDATORY ABORTION PILLS

California has become the first state requiring student healthcare clinics in public universities to provide female students with abortion pills. The reasoning is so that students can “stay on track with their studies”. The bill labels abortion a “constitutional right”. The pills can be taken up to 10 weeks into pregnancy. —*Christian Headlines*



TRUMP SUPPORTS CHRISTIANS

American president Donald Trump has pledged \$US50M to aid Christians and other religious minorities in Syria. In total, the Trump administration has provided more than \$US500M to support religious minorities in Syria and Iraq alone. “With one clear voice the USA condemns the persecution of Christians,” he said. —*Fox News*



EVANGELISING IS WRONG

A study by Barna Group reveals 94 per cent of practising Christian millennials believe that knowing Jesus is the “best thing that could happen to someone”, while 47 per cent also believe that sharing one’s personal beliefs “in hopes they will share the same faith” is wrong. Barna says this is due to the increased likelihood of offending someone. —*Jerusalem Post*

1200-STRONG RALLY IN NEW ZEALAND

KIRSTEN ØSTER LUNDQVIST

In the school holidays (October 4–6), 1200 Adventurers, Pathfinders, club leaders and their families arrived at Tui Ridge Park (near Rotorua, NZ) to participate in two rallies.

Competing for the Api Memorial Cup was a significant highlight of the weekend. Whatever the size or expertise of the participating Pathfinder club, the marching competition on Saturday night was enthusiastically cheered and clubs were encouraged to do their best. Practice clearly pays off as Wellington Samoan club—who had practised nearly every week throughout the year—erupted in jubilation as they were announced the winners.

Rosie Boom, an accomplished singer/songwriter, connected the weekend’s theme of “Living Unashamed Love” with stories of faith. Mrs Boom moved between the Adventurer and Pathfinder halls to speak and share her songs.

Creating a link between Jesus’ parable of the Good Samaritan with Don Ritchie’s story—known as the Guardian Angel of the Gap—Mrs Boom challenged Pathfinders to give a smile, a helping hand, a listening ear, a kind word, to others.

Bible riddles were scattered across Tui Ridge Park, with groups identifying and re-enacting stories at each location, taking photos as evidence for completing tasks.

The Adventurers also creatively re-enacted Bible stories on Sabbath afternoon. On Sunday morning, they were challenged in a variety of obstacle courses and team activities, while Pathfinders participated in first aid training. With

theatrical make-up creating realistic “victims” and centred around the Good Samaritan story, the Pathfinders built a “donkey” to transport the wounded back to camp and prepared a fire-cooked meal.

“Pathfinders and Adventurers are the most amazing discipleship tracks,” said Pastor Dale Hokin, Pathfinder and Adventurer leader for North New Zealand Conference. “With adults doing life together with the kids, it becomes a cross-generation discipleship journey.”

Rallies require a lot of volunteers, as Pastor Hokin points out: “It’s a team effort, and it couldn’t be done without the district directors and local club leaders who go the extra mile to ensure the kids have a great time.”

“At the end of the day,” said Pastor Hokin, “we pull together because we pray that Pathfinders and Adventurers will encounter God and learn that God is present and faithful in each person’s journey through life.”

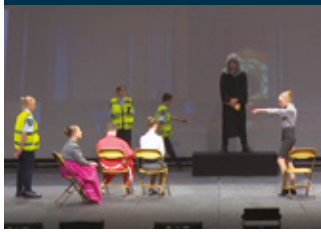


PATHFINDERS FROM MANNA PARK CHURCH.



WELLINGTON SAMOAN PATHFINDER CLUB WON THE MARCHING COMPETITION.

FLASHPOINT



DON'T TEXT AND DRIVE

Students at Prescott College Southern (SA) have won first place in the "Entertainment" category and fourth place overall in the "Story of the Year" category at the Wakakirri Awards. Their performance, entitled "It can wait!", conveyed an emotional portrayal of death caused by texting while driving. Wakakirri is Australia's largest performing arts event for schools, with separate events for primary, secondary, dance and remote area schools. Each year, hundreds of schools across Australia create and perform 3-7 minute "Story Dances"—incorporating dance, creative movement, acting, music, sets and costumes—in professional theatres in front of the official "Wakakirri Panel". —*Suzie Crowe*



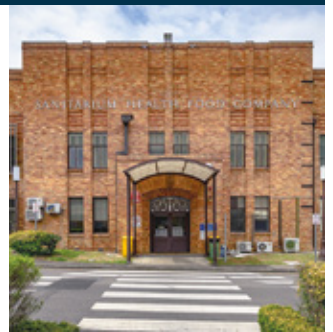
EVANGELISM GETS JUMP START

More than 20 students, part-time literature evangelists (LEs) and church members participated in a five-week canvassing program, called "Jump Start". The group spent more than 1200 hours in Newcastle, Raymond Terrace, Kempsey and Taree (NSW) selling and giving away almost \$A8000 worth of books (80 per cent were spiritual). Around 15,000 letterbox cards and flyers were distributed and 214 people were prayed with. Almost 140 contacts were established with people expecting further contact from church pastors, Bible workers and church members. Approximately 520 copies of *The Great Controversy* and 360 copies of *Darkness Before Dawn* were distributed to homes across NSW. —*NNSW News*



RETIREMENT LIVING-IT-UP

Adventist Retirement facility *Australis* at Rossmoyne Waters (Perth, WA) recently won the Seniors Living category of the UDIA (Urban Development Institute of Australia) Awards for Western Australia, 2019. Judged by an independent panel of experts, the UDIA awards program is one of Western Australia's most prestigious and respected industry awards. *Australis* was opened in May and has 79 two-bedroom units and seven three-bedroom units over eight storeys, with facilities including a men's shed, heated pool, lawn bowls, spa, sauna and gym. There are 30 apartments yet to sell of the 86. —*Maryellen Fairfax*



COMMEMORATING COORANBONG

Sanitarium has produced a book of photography to commemorate the final days of the Cooranbong factory. Entitled *Our Factory: Cooranbong 1988-2018*, the book features the work of award-winning photojournalist Lisa Hogben, whose previous work has been featured on the cover of *Time* magazine. It includes profiles of employees like Lew Newman, Kay Spicer, the Cochrane brothers and the late Wally Ward. While the book was created as a free gift to final Cooranbong factory employees, there are a limited number available for sale through Adventist Book Centres. —*SanCo News*



STUDENTS PAY TRIBUTE TO ABANDONED BABIES

Samoa Adventist College students attended the burial of two abandoned babies on September 19. The Year 8 students shared poems and tributes on behalf of all children for the two babies. "They were the voices for the deceased babies," Trans Pacific Union Mission associate education director Mele Vaihola said. Student Belilu Taulapapa said, "It was a shocking experience for me . . . I will continue to speak for all children when there is an opportunity given." —*Record Staff*



STUDENTS STAND FOR JESUS

Betikama Adventist College (Solomon Islands) concluded its Family Week of Prayer with a Sabbath baptism program on September 14. Fifty-six students took their stand for Jesus, making it 75 baptisms so far this year for the college. Seven pastors baptised the students. It follows the baptism of 19 students earlier this year at the close of the college's Youth Week of Prayer. —*Record Staff*



KARALUNDI SURVIVORS

Brother and sister Johnny Kyanga and Jeannie May Kyanga recently visited the original classrooms—now set up as a museum—at Karalundi College (WA). Having graduated in 1954, they are the last two surviving students from their cohort. They visited the campus during their time attending the annual Karalundi Country Gospel Music Festival. The college has been granted registration to reopen in 2020. —*Don Fehlberg*



BEULAH BAPTISMS

Four students from Beulah College (Tonga) were baptised after a special week of sharing God's Word, organised by members of Beulah College Women's Ministry. The program was themed "Tell me more" and it was the first time the women had conducted such an evangelistic series. —*The Conch Shell*



SPD responds to compliance action

Photo: Adventist News Network

South Pacific Division (SPD) Church leaders have reaffirmed their support for women in ministry following last month's General Conference Annual Council meetings where it was resolved to issue warnings to six unions for practices related to ordination.

Warnings are to be issued to the Danish Union of Churches Conference, Norwegian Union Conference, Swedish Union of Churches Conference and the North German Union Conference. The Executive Committee also voted to issue warnings to the Columbia Union Conference and Pacific Union Conference. This was an amendment to the original recommendation that the presidents of these two conferences be publicly reprimanded.

South Pacific Division president Pastor Glenn Townend said he is glad no reprimands were issued. "I don't think anyone really wants to see individual leaders who represent constituencies publicly shamed.

"Most speeches were against the warnings, but the votes were always about 60 per cent in favour and 40 per cent against," he said. "This is the pattern for the whole quinquennium when this issue is discussed in some form."

As reported in November 2018, the South Pacific Division asked the General Conference to put the issue of women's ordination back on the agenda for the 2020 GC Session. However, this was denied because no other division within the world Church has supported the SPD request.

"There are at least four other divisions who definitely want to see women ordained and at least another two divisions who would be supportive—this is from my personal discussions," Pastor Townend said. "I ask them, why their hesitation? Their answers are all about timing. I understand but I may not agree.

"Realistically, the SPD is a small division and we just have to continually try and influence people from other divisions

when in contact.

"In the meantime, the SPD will continue to encourage the women who are in ministry. We have more per capita of women in ministry than any other division and now we have Dr Danijela Schubert who, as part of her role, is supporting those women in ministry.

"I would encourage our members to keep this matter in their prayers."

President of the Seventh-day Adventist Church in Australia, Pastor Jorge Munoz, also restated his support for women in ministry and leadership positions in the Church.

"I understand and sympathise with the frustrations and disappointments felt by those who would like to see this issue move forward," Pastor Munoz said. "We feel it's important to work within the democratic processes of the Church. At the same time, we want our women serving as ministers to know we value them and recognise the wonderful work they are doing as Church leaders and bringing people to a relationship with Jesus. I will continue to use my influence to advocate on this matter."

Trans Pacific Union Mission president Pastor Mavani Kaufononga said: "For me, we should not allow the decision made at Annual Council to be our focus of attention; there are many ways to support our women in ministry and this is my focus. I want to support them and use them where God is gifting them and talk more on how the Spirit is using them in a special way."

New Zealand Union Conference president Pastor Eddie Tupa'i said he acknowledged the decision by the majority of the world Church at this time. "Our best course of action is to proactively encourage, nurture and develop opportunities for all women in our churches to live out their giftedness in every community of the SPD," he said.

TRACEY BRIDCUTT COMMUNICATION DIRECTOR, SOUTH PACIFIC DIVISION.

WHAT DOES TITHE PARITY MEAN FOR THE SPD?

The South Pacific Division (SPD) will need to come up with nearly \$A1 million in additional funds each year to support the General Conference (GC) over the next five years following a decision to institute tithing parity for all divisions.

The decision was made by the GC Executive Committee at the 2019 Annual Council in Silver Spring, USA.

At a basic level, the outcome of this vote means “additional funds leaving the SPD to support the GC,” according to SPD CFO Rodney Brady.

“Based on current tithing growth trends, by 2025, it will be around an additional \$A930,000 a year extra to the GC and by 2030, \$A2.2M extra per year,” he said. “The Division Committee and church administrators now need to look at what will need to change. If no changes are made it could mean a reduction of 30 field pastors across the SPD. Administrators want to make other changes to minimize that potential impact as much as possible so it does not affect field pastors—that is where the majority of tithing is spent in SPD.”

But why the change?

For many years, the North American Division (NAD) has returned a significantly higher percentage of tithing to the GC than other world territories. As recently as 2011, they were paying eight per cent, while other divisions, including the SPD, were only paying two per cent. Since then, NAD’s rate has lowered to 5.85 per cent in 2020.

To achieve tithing parity, all world divisions will have to increase their tithing from two to three per cent at a rate of 0.1 per cent each year (until 2030). NAD will steadily decrease its tithing, bringing it back to 3.85 per cent (the extra 0.85 per cent for the GC institutions—Loma Linda Hospital and University and Andrews University—in NAD territory).

“I value NAD’s historic support of the GC and understand that all divisions need to share in the load,”

said SPD president Pastor Glenn Townend. “This change is a good opportunity to relook at how tithing is used and perhaps refocus as a world Church.”

SPD leadership, through New Zealand Pacific Union president Pastor Eddie Tupa’i, expressed concern from the floor of Annual Council, suggesting the move would see tithing that could be used to employ pastors given to the highest administrative body. But despite these concerns, only a small minority opposed the motion.

These fears are valid, as highlighted by Dr David Trim, director of the GC’s Office of Archives, Statistics and Research, during the secretary’s report.

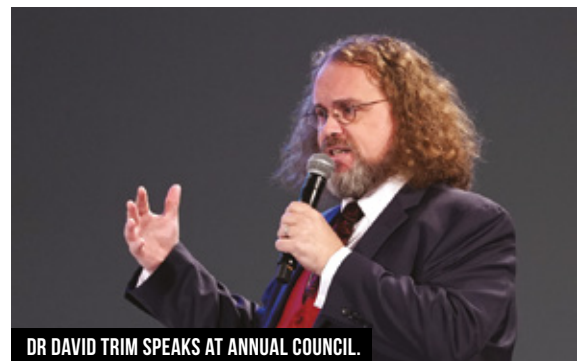
Dr Trim explained that the Church has almost as many administrators as frontline pastors and evangelists around the world.

Statistics show that the number of pastors in the Church has increased by 85 per cent since 1988. During that same time period, however, the number of administrators increased by 300 per cent. (Healthcare employees and teachers, who are not paid by tithing, were removed for the purposes of Dr Trim’s presentation.)

Pastor Townend is also concerned. “[T]he biggest challenge I see for the future of the Church comes in the area of tithing usage and the current data that was presented on the number of pastors as compared to the number of administrators,” he said.

While the SPD has restructured some of its departments, Pastor Townend reflects that the “SPD still has some work to do in this area”.

The SPD currently uses 51 per cent of tithing on pastors/evangelists and 22 per cent on administration. The South African Indian Ocean Division uses 59



DR DAVID TRIM SPEAKS AT ANNUAL COUNCIL.

Photo: Adventist News Network

per cent of tithing for pastors, the most of any division. The Inter European Division uses 10 per cent of tithing for administration (the least), while NAD uses 22 per cent.

“It appears to me that the Church at every level has to look at ways to reverse these numbers—having more pastors and less administrators,” said Pastor Townend. “This could be a major issue in the next quinquennium. People in the SPD certainly want more accountability on the use of tithing and a reduction in overheads.”

“I wonder if one of the reasons we have such a challenge with nurture and retention and still have 40 per cent of those we baptise leaving the Church is because they do not have enough pastoral care and leadership in the local church. This is an area that certainly needs some study.”

“This issue puts pressure on the Church and how its structure needs to change,” said Mr Brady. “It’s all related—if we do not change, the support functions consume more.”

“SPD administration will work with union presidents to come up with various options of how we will fund this—for decision by the Division Executive Committee—with as little impact as possible,” said Pastor Townend. “It will not be easy.”

The plan will be re-assessed in 2024 and 2028.

JARROD STACKELROTH EDITOR, ADVENTIST RECORD.

THE TEN

TOP FINANCIAL TIPS FROM THE BIBLE



1. DON'T NEGLECT WHAT'S IMPORTANT—YOUR HEALTH, YOUR RELATIONSHIPS—JUST TO GET RICH. IT'S NOT WORTH IT.

Proverbs 23:4,5—"Do not wear yourself out to get rich; do not trust your own cleverness. Cast but a glance at riches and they are gone, for they will surely sprout wings and fly off to the sky like an eagle."

2. BE GRACIOUS AND GENEROUS WITH YOUR MONEY—OTHERS MAY NEED IT MORE THAN YOU DO.

Luke 6:30—"Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back."

3. TITHING IS IMPORTANT, AND GOD PROMISES TO BLESS YOU FOR IT.

Malachi 3:10—"Bring the whole tithe into the storehouse that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room for enough to store it."

4. DON'T GET INTO DEBT.

Romans 13:8—"Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law."

5. DON'T CHARGE INTEREST ON LOANS OF MONEY.

Exodus 22:25—"If you lend money to one of my people among you who is needy, do not treat it like a business deal; charge no interest."

6. HARD WORK AND DILIGENCE ATTRACT RICHES.

Proverbs 10:4—"Lazy hands make for poverty, but diligent hands bring wealth."

7. GET-RICH-QUICK SCHEMES DON'T WORK; WEALTH ACCUMULATES OVER TIME.

Proverbs 13:11—"Dishonest money dwindles away, but whoever gathers money little by little makes it grow."

8. CALCULATE YOUR FUTURE EXPENSES CAREFULLY; DON'T LIVE OUTSIDE YOUR MEANS.

Luke 14:28-30—"Suppose one of you wants to build a tower. Won't you first sit down and estimate the cost to see if you have enough money to complete it? For if you lay the foundation and are not able to finish it, everyone who sees it will ridicule you, saying 'This person began to build and wasn't able to finish.'"

9. GIVE YOUR BEST TO GOD AND CAREFULLY USE AND INVEST YOUR MONEY SO THAT IT GLORIFIES GOD.

Proverbs 3:9—"Honour the Lord with your wealth, with the first-fruits of all your crops."

10. HOARDING WEALTH WILL LEAD TO YOUR DOWNFALL.

James 5:1-6—"Now listen you rich people, weep and wail because of the misery that is coming upon you. Your wealth has rotted, and moths have eaten your clothes. Your gold and silver are corroded. Their corrosion will testify against you and eat your flesh like fire. You have hoarded wealth in the last days."

LIVING HIS WORD

WITH WAYNE BOEHM

LESSONS FROM AN EAGER FOLLOWER

“When Christ calls a man, He bids him come and die.” To the modern reader, Bonhoeffer’s comments from 1937 might appear a little too extreme, but they echo Jesus’ thoughts on discipleship.

CONSIDER Matthew 8:18–22.

There is a very present danger to romanticise the term disciple. There is a perception that all of life’s dangers and challenges will pass and life will be lived on mountain tops in some Utopia. This is not the understanding of Scripture.

Through Jesus’ interaction with the Scribe, we gain a clear expectation of discipleship— it will be costly. **WHAT** is your understanding—are you subconsciously expecting first-class seats to the end-time drama without having to become too involved and sacrifice too much? The Scribe makes a bold declaration that he would follow. **REFLECT** on Jesus’ response: Matthew 8:20. **WHAT** does it mean and what is the significance of Jesus’ reference to the “Son of Man”?

Another of His “disciples” said, “First, let me go and bury my father.” This would seem a reasonable request, but notice Jesus’ response: “Follow me and let the dead bury the dead.” **CONSIDER** Matthew 6:24, 16:26, Psalm 17:14,15. The life of a disciple is not always comfortable. The identity, values and purpose of a disciple are to be found only in Christ and not a mixture of my desire and His will. This is the point Jesus was making to the Scribe: discipleship will cost you everything that is dear to you.

Like the Scribe, we are simply left contemplating Jesus’ words— “Follow me.” **WHAT** does that mean for you?



NATHAN (RIGHT) WITH HIS HEADMASTER, WESLEY RAPISH.

boy’s brave canoe journey to get an education

Nathan comes from a tiny village on the border of Morobe and Northern Provinces in Morobe Patrol Post (Papua New Guinea). He had been living with his single mother and attending a primary school in the village. But the teachers were not committed—often not even turning up at the school.

Nathan had an aunt in Bulolo and had heard that there were better schools there in Lae. So with a little money from his friends and a procured canoe, he set off on the trip of a lifetime in search of a good education.

It took him three weeks to paddle the 140 kilometres along the coast from his village to Lae. He slept at night on the shore, sometimes burying himself in the sand to try to keep warm. He brought some sweet potato, bananas and other fruit with him, and he would also catch fish to eat.

When he arrived at a beach near Lae, he took his few clothes and hopped out of the canoe. Then, to make sure he stuck to his commitment to find a good school and not return to his village, he pushed the canoe back into the sea and watched it get destroyed by the crashing waves.

Nathan used the little money he had to catch a public motor vehicle inland from Lae to Bulolo. Unfortunately, he was not welcomed by his aunt so he spent time living with the street vendors.

One night a young Adventist pastor was returning from visiting and praying with church members and met Nathan. The boy shared his story and his desire for an education. The young minister, Glen Kintau, took Nathan home that night. He told Nathan his parents would provide him with a home and organise a school for him. Indeed, the minister’s father just happened to be Morobe Mission Education director Smith Kintau.

Nathan is now enrolled as a Grade 7 student at Gabensis Adventist Primary School. He says that he is very happy and grateful to have good and committed teachers and a better school.

I SMITH KINTAU/RECORD STAFF



IF YOU COULD

PICK AN AGE . . .

If you could pick an age to return to in life, what age would you pick? I sit here realising that my 60th birthday is not that far away. While I appreciate the experiences, knowledge and wisdom that comes with age, my back hurts when I get out of bed in the morning and my muscles take a long time to recover after strenuous exercise. Life was so much easier when I was younger, so if I could return to any age, which one would I pick?

Different ages have various advantages but I don't think that I would return to being a teenager or in my early twenties. I think I would pick late twenties or early thirties. By then, your brain is fully developed, you have gained some professional competence, you are hopefully emotionally secure with strong relationships and your body has not started the steep decline.

"But why not a teenager?" I hear you ask. Sure, my life was great when I was a teenager back in the '70s, but would I really want to be a teenager today? Dr Adrian Tomyne, in a report funded by the Australian Government, found that the wellbeing of young people declined from the age of 12 to 16 before bouncing back a little by the time they are 19.¹ For many young people these teenage years can be tough and there are many factors that contribute to this decline in wellbeing. The NAB 2017 Survey of Independent Schools found that anxiety was a major issue for many students and detracted from their wellbeing:

"Almost daily, there are reports in the media highlighting the growing challenges facing our children arising from globalisation, the future of work, housing affordability and cost of living pressures, terrorism, climate change, global economic uncertainty, declining levels of literacy and numeracy relative to some countries, cyberbullying and family breakdown to name just a few. So perhaps it's no surprise children are anxious" (NAB Survey of Independent Schools 2017, p1).

It is strange that in the age of the internet, where people can interact easily through social media, loneliness is a problem. The 2019 Young Australian Loneliness Survey found that a significant proportion of young people reported problematic levels of loneliness. Jean Twenge, in her 2018 book *iGen*, proposed that social media is contributing to the problem. Her data shows that since smartphones were first introduced there has been an increase in interactions, but a reduction in quality human connections. This reduction in quality of connection has led to increased levels of loneliness in young people.

Surely we can do something to help. As Christians, we are charged with the responsibility to look after "the least of these". Many of our ideas of service are wrapped up in overseas or StormCo trips within Australia. While these are good activities they tend to be one-off events. How do we help out in our home town or city on an ongoing basis? We all need to do our bit and be intentional about it. For example, at Avondale we prepare future teachers to go into schools, minister to students

and make a difference in their lives. In our teaching courses we aim to facilitate high levels of wellbeing in Avondale students and set them up so that they can then impact the wellbeing of others.

We know that community and connecting to others contribute to our wellbeing. At Avondale, students join a campus community and participate in a number of activities that help them feel like they belong. You can feel the energy and friendship at the weekly Pulse meeting where students and staff have lunch together. This feeling is also very present during outdoor camping activities. A few weeks ago, I organised a canyoning camp where 20 Avondale students journeyed down Tiger Snake Canyon in the Blue Mountains (NSW).

Spending time in the outdoors feels like you are walking through God's back garden. We camped in a remote area with no mobile phone coverage. Phones were put aside as our group shared stories around the campfire. The journey through the canyon was an adventure and people had to face their fears as they abseiled into the narrow confines of the canyon. There was cheering as group members overcame personal challenges and moved ahead with the group. Even a wade through waist-deep freezing water could not dampen the spirits of the group who supported each other throughout the day. What a great feeling to sit around the campfire that night and feel the community closeness that comes from shared adventure. I came home having never felt better.

Life for many people today can be hard, but there is help at hand. Teachers can make a difference in the lives of students. People have the opportunity to increase their personal wellbeing while at Avondale and then go into schools as teachers with the knowledge and ability to impact the wellbeing of their students. This is intentional and is ministry in action. With the right sort of help teenagers can increase their levels of wellbeing and be set on a course to flourish in life.

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Lim M H, Eres R, Peck C, (2019). *The young Australian loneliness survey: Understanding loneliness in adolescence and young adulthood*, A report prepared for the Victorian Health Promotion Foundation, The Iverson Health Innovation Research Institute, and Centre for Mental Health, Swinburne University of Technology.

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PETER BEAMISH SENIOR LECTURER, EDUCATION, AVONDALE UNIVERSITY COLLEGE.





the gift of hope and healing

Two-year-old Lovai* lies peacefully sleeping in her hospital bed at Vaiola Hospital in Nuku'alofa, Tonga. Her mum is breathing a sigh of relief—it's been a rough couple of days.

Lovai was recently diagnosed with a ventricular septal defect, commonly known as a hole in the heart, a condition she was born with. It's not uncommon; in fact approximately one in every 1000 babies born globally has a congenital heart defect. Some defects are minor, but a hole between the chambers of the heart needs attention.

The heart is an amazing organ. Ten years ago, I saw it myself for the first time. I had just been appointed general manager of Open Heart International and invited to witness a heart operation at Sydney Adventist Hospital.

In the year preceding, I'd been in a career crisis. I was a sales manager for an insurance company. The Global Financial Crisis had found its way to Australia. The social and lifestyle choices that my insurance career expected of me were no longer compatible with my growing faith. Despite the marketing spin that told us that insurance was a great community product that protected our way of life, I felt like all my success would amount to was an inflated share price for the company. The job, and the ambitious career path that was ahead, lacked purpose for me. I hoped for more.

Despite my lack of healthcare experience, the business management aspects of the role interested me when I first saw the job advertised in *Adventist Record*. A friend encouraged me to apply. The three-month recruitment process was a blur.

When I walked into my boss's office to resign he asked if I could be convinced to stay. The upper management were about to offer a state manager job to me. The career path was mapped out, the salary and bonuses were mouth-watering. I chose to walk away, knowing the money would never be that good ever again.

Now I was peering into an open chest. Was this the "more" I had hoped for?

I watched as the surgical team took the patient onto bypass—the process of stopping the heart and transferring the heart and lung function to a large machine responsible for the two important bodily functions—while the surgeon got to work on the still heart. Working through a small opening in the chest, the surgeon made the necessary repairs and then re-started the heart. The monitor with the dreaded "flat line" burst back into its rhythm as the heart started to beat again.

It was in that moment I fell in love with the heart, this muscle that beats continually and sustains our life. The same muscle that we attribute as being the holder of our emotions and feelings. I also fell in love with our Creator in a way that I had never experienced before.

The operating theatre was full of so many machines, so much technology and a team of experts, to keep the body alive while the heart was stopped for a short period of time. The best that the human mind could design and build were these 500-kilogram machines intently watched by expert technicians. But this same tech is built into every heart. If ever there was any doubt in my mind about luck or chance when it came to creation, it was now gone. Something far more intelligent than the human mind uniquely crafted us; it could not be just dumb luck.

Since that first interaction with the heart, I've had the privilege to see similar operations many times. I've also seen the heart of an amazing group of humanitarians. We like to call Australia the lucky country. But when it comes to healthcare, we're not just lucky, we're world-leading. At Open Heart International we believe it's not only our privilege but our responsibility to share those skills with some of the most disadvantaged communities on the planet.

Open Heart International was established as a humanitarian agency by Sydney Adventist Hospital staff as volunteers in 1986. What started as a small mission to Tonga quickly grew into a global effort—across the Pacific, into Asia and, more recently, Africa. As interest grew, it became necessary to grow beyond the staff in one hospital. Nowadays, more than 300 volunteers are deployed annually, representing the San, other hospitals around Australia and even international healthcare organisations. Today Open Heart International is a collaboration between ADRA Australia and Sydney Adventist Hospital, two great Adventist institutions at the forefront of saving lives.

Two months ago, Lovai faced a grim future. The hole in her heart was a death sentence. The condition would lead to frequent infections and illness, a failure to thrive and gain weight, and constant breathlessness. Without intervention, she would have died prematurely.

As a parent of children of similar age to Lovai, living a blessed life in Sydney and within a short drive to a large number of world-class hospitals, help is not far away. If my daughter had a hole in the heart, she would be diagnosed, monitored and scheduled for surgery as soon as it was necessary. Thankfully my daughter's heart is intact, but it's nice to know that world-class care is not far away.

For a family in the Kingdom of Tonga, it's not quite that simple. Heart surgery does not exist. It's not an issue unique to Tonga, but one repeated time and time again across the developing world. Tonga is full of beautiful friendly people, amazing singing voices and some of the best meals I have ever had in my life. However, there are no cardiologists or cardiac surgeons to be found.

That's not to say that healthcare in Tonga is in shambles. In fact, it is quite the opposite. The senior medical, surgical



received heart surgery. Lovai was one of 20 children whose heart defect was repaired. A patch was inserted directly into her heart to cover the hole. A few days later, after a short stint in the Intensive Care Unit, she was well and truly on the road to recovery. Her mother got to cuddle her daughter, to take her back home and tell her that everything was going to be okay.

The statistics suggest that Lovai will now have a normal life expectancy. The operation was a full fix of the problem, and she'll be able to grow up, living the life of opportunity and hope that we have for all our children—the life that they deserve. The pain of the uncertain future for a broken heart has been removed; the scar on her chest a permanent reminder of the big hearts of a

and nursing staff at Vaiola Hospital in the country's capital are some of the best and most committed professionals that I've met in my travels across the Pacific. The whole population of Tonga is approximately 90,000; it could fit inside the Melbourne Cricket Ground, so when it comes to healthcare, they have great general surgeons and doctors, but the country lacks the specific specialist expertise needed to fix broken hearts.

Where you live shouldn't determine whether you live. Patients in Tonga still need their hearts repaired. That's where Open Heart International comes in. In September, with the Tongan Ministry of Health, we deployed a 50-strong team of volunteers comprising surgeons, doctors and nurses specifically to mend Tonga's broken hearts. We also freighted more than 3000 kg of equipment and supplies essential for their operations from Australia. Watching people convert 10 pallets of boxes and crates into a mobile functioning cardiac surgery centre in a few hours is a beauty that needs to be seen to be understood.

The visit is part of the long-term commitment that Open Heart International has made to Tonga. It involves continuing to provide heart surgery that is unavailable in the country, as well as building capacity and providing education and equipment to help Tongan doctors and nurses diagnose heart problems and look after patients more effectively after surgery. Thanks to the partnership with ADRA Australia, the Tonga program can expand even further with additional funding from the Australian Government through the Australian NGO Cooperation program. For each \$A1 that we can commit and raise to the project, we receive \$A5 from the Australian government.

Over the course of the two-week visit, 33 patients

of Australians who gave their time and their money to give hope to a little girl and a family who had possibly lost all hope.

Next month, Sydney Adventist Hospital will unveil a new collection of artworks throughout the hospital. The God of Hope artworks celebrate the hope, healing and resilience of our amazing Creator. The Creator of our unique bodies, with the intricate complexity of the heart. And the Creator of talented humanitarians and clinicians, who are able to also provide hope when all seems lost, at the San and elsewhere around the world. Part of the collection is a stunning portrait of Lovai (p16), along with four of her fellow patients who also received the gift of hope and healing in Tonga.

The God we serve is a God of hope. In Jeremiah 29:11 He makes that clear: "'For I know the plans I have for you', declares the Lord, 'Plans to prosper you and not to harm you, plans to give you hope and a future.'" It was not God's plan for Lovai's heart to be defective at birth for reasons that science has not yet found an answer to. He has great plans for Lovai's future and the 32 other Tongans whose hearts will now beat for much longer than they each believed would be the case a few months ago. What are you hoping for?

For more information or to support the work of Open Heart International please visit <www.ohi.org.au>.

** Open Heart International chooses to change the names of child patients who have been treated for child protection and privacy purposes.*

■ MICHAEL WERE MANAGING DIRECTOR, OPEN HEART INTERNATIONAL.

SABBATH SUNSET

Creation Sabbath, as announced in *Adventist Record* (October 19), reminded me of a senior lady who was a life-long member of The Salvation Army, and who sat in on the Bible studies being given to her daughter, husband and other family members.

The Sabbath question was coming up next, and on hearing that, she not unkindly said, "Of course, I'm not going to change." Frankly, I had no expectations either. More than proof texts were needed, and with that a thought came, *why not let God introduce his Sabbath and see what happens.*

So along with those texts, they all agreed to come to a well-known scenic spot next Friday evening to see the Sabbath come in. That Friday, cloud covered the sky from horizon to horizon for the whole day, except for the last 15 minutes. It was then we were all given a sunset spectacular, with a full sun, along with breaking cloud, blazing effects and shafts of light. When the sun was half gone, this lady again spoke up, "I feel at peace." Otherwise, we all sat in silence, until it ended and I read those verses from Isaiah 58:13,14.

God had introduced His day. About a month later, they all decided to keep Sabbath. With this in mind, why don't you too go to a spot with a good view and let Him introduce His Sabbath to you. Let Him do the talking through His creation, with a glorious setting sun.



Leith Higgins, WA

RECOMMENDED

Attending Avondale College was the BEST experience of my life. It was in 1973. I have never felt so loved and nurtured and had so much fun in the outdoors as I did with ABARC (Avondale Bushwalking And Rock Climbing Club). Plus I learned so much about the Bible and Jesus' love for me as well as the history of the churches through the ages.

I really valued all my teachers (dare I say I loved them) because they always had time for you as an individual and they went the extra mile to help you if you had problems—they could not do enough for you.

I had only recently become a Christian, and only the year before, in 1972, did I become a Seventh-day Adventist Christian.

I recommend the Avondale experience to all young and old people the world

over. Avondale University College is set in such a beautiful location.

Thank you so much [to the author of] "Avondale College saved my life" (October 19) for sharing your journey. I stand with you in defence of Avondale and I agree that no institution is perfect but it was the perfect place for me at that time of my life.

I had also experienced the traumas of depression for various reasons. May your testimony be an encouragement to many.

Margaret Major, via Fb

NEW VOICES

"Should Adventists be making a stand for climate change" (Record Live). It is excellent that you are discussing these "worldly" issues. The media has a very loud voice. Judeo-Christian principles and values are being attacked like never before in modern times,

so it is vitally important for Christians to hold firm to our beliefs and values and to be a gentle light to others. Not divisive but witnessing by example and kind friendship. Encourage others to use critical thinking and maybe gently offer a Christian perspective that people don't hear from the world media.

Jan Figtree, via Fb

NEVER INTENDED

In response to "Never fail" (Have your say, October 19) re the use of E G

White's writings in sermons.

In a *Ministry* article, HMS Richards recalls an interview his father had with E G White. Richards had asked her: "How should I use your writings in preaching?"

"She replied, 'Here's the way to use them. First, ask God to give you your subject. When you have the subject chosen, then go to the Bible until you know for

sure what the Bible really teaches on that point. After that turn to the writings and see what you can find on the same subject and read that. It may cast light into other scriptures or make some point clearer. When you go to the people however preach to them out of the Bible.'" (*Ministry*, April 2018, 15,16. Reprinted from *The Ministry*, October 1976).

So it seems to me Mrs White never intended for her writings to be quoted in sermons.

Bruce Starr, Qld

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.



FODMAPS: WHY FOOD CAN UPSET YOUR GUT

Gut health is gaining plenty of attention for its links to everything from your weight to mental health and even improved immunity. Eating certain foods to improve gut health may also help people reduce or avoid common problems like bloating, abdominal pain, constipation and diarrhoea—tummy troubles that most of us are keen to avoid. One diet which is garnering attention in this area is the low FODMAP diet. This is a scientifically tested diet developed by a team at Australia's Monash University with the aim to help alleviate the symptoms of Irritable Bowel Syndrome (IBS).

WHAT IS IBS?

IBS is characterised by reoccurring abdominal pain, cramping, bloating, wind and/or altered bowel habits but with no other evidence of disease. It is thought to affect one in seven Australian and New Zealand adults.

WHAT'S A FODMAP?

FODMAP is an acronym for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols—the scientific names that belong to a group of natural sugars that aren't easily absorbed by your gut. As FODMAPs aren't absorbed, your gut bacteria ferment these sugars, which can lead to the unpleasant symptoms associated with IBS.

HOW DOES THE DIET WORK?

The low FODMAP diet differs for everyone. Different people have different tolerance levels, so it's about finding the right balance.

It's recommended you start the diet under the supervision of a dietitian or qualified healthcare professional who can help guide you through a strict low FODMAP diet for about 2–6 weeks. After this initial phase, high FODMAP foods can be gradually reintroduced to see how the body responds. This helps to determine tolerance levels before IBS symptoms appear.

If you suffer from IBS symptoms and are interested in seeing how the low FODMAP diet might be able to help you, have a chat with a dietitian or health professional.

HIGH AND LOW FODMAP FOODS



VEGETABLES

FODMAPS are found in a wide range of foods, but for most foods, there are low FODMAP alternatives that are very common. High FODMAP veggies include asparagus, artichokes, cauliflower, onions, garlic, leek and mushrooms. Low FODMAP veggies include green beans, broccoli, capsicum, carrot, eggplant and potato.



FRUITS

Like veggies, certain fruits can be high or low FODMAP, which may change depending on the serving size. High FODMAP fruits include apples, apricots, pears, mango, watermelon and plums. Low FODMAP fruits include banana, blueberries (limit to ¼ cup per serve), grapes, kiwifruit, passionfruit and strawberries.



GRAINS

Most breads, cereals, pasta, noodles and crackers are high FODMAP. Same with wheat, rye, barley and foods made from these grains. Low FODMAP grains include gluten-free bread, sourdough spelt bread, oats, rice, quinoa, amaranth, polenta and buckwheat.



Recipe of the Week

Pumpkin, walnut & snow pea salad

A deliciously simple salad bursting with flavour. Serve as a nutritious meal on its own or as a side to your favourite dish.

Find this recipe and hundreds more at:

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



HI KIDS!



I serve God better when I help people in need.



FORGOTTEN DREAM

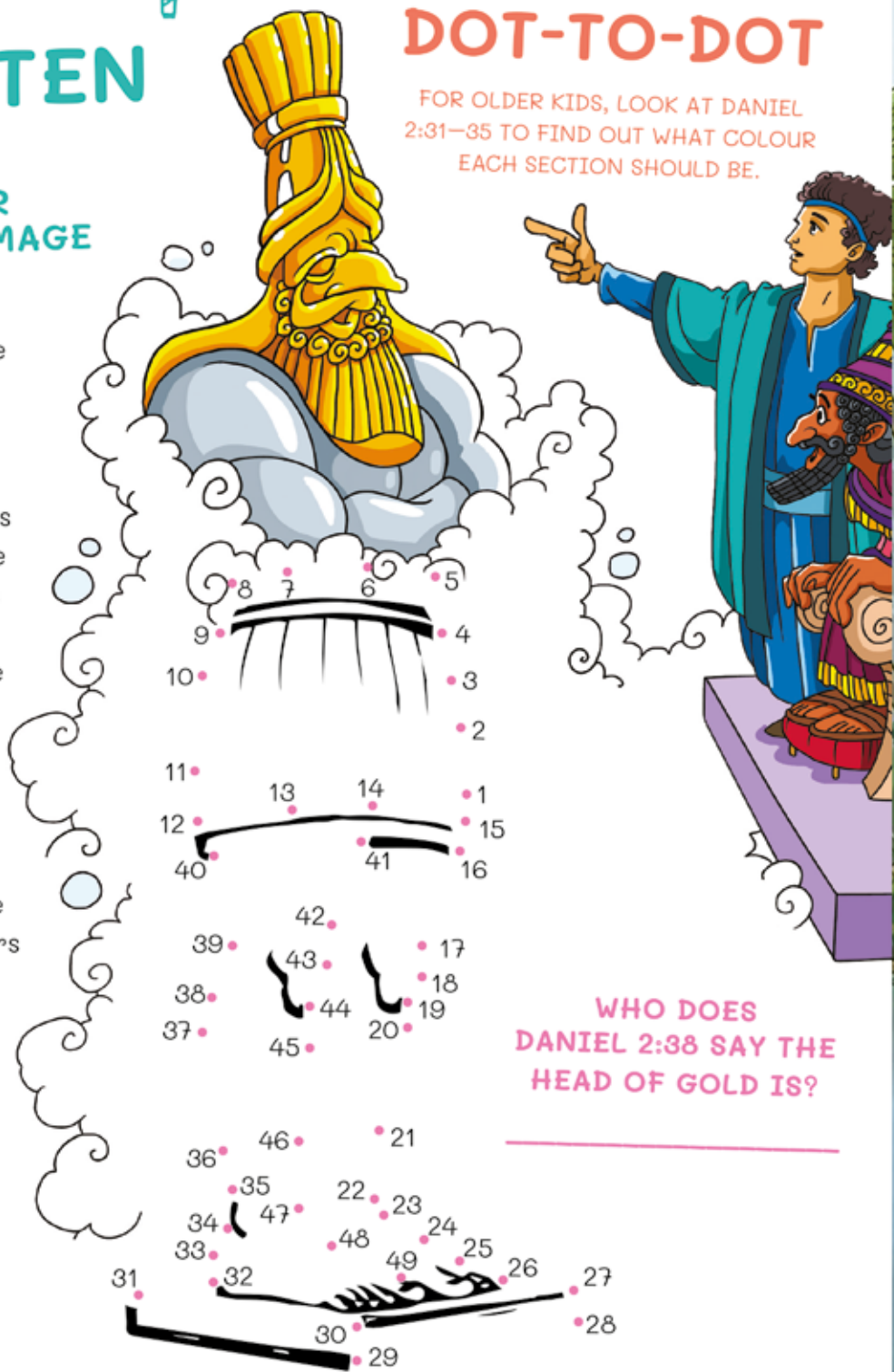
NEBUCHADNEZZAR DREAMS OF THE IMAGE

King Nebuchadnezzar has a disturbing dream that he cannot remember.

He asks his wise men to interpret but they can't. When they tell him that it is impossible to interpret the dream, the king commands that all the wise men be put to death—the decree includes Daniel and his friends! On hearing of the decree, Daniel goes to the king and promises that God will show him (Daniel) the dream and the interpretation. God honours Daniel's faith and tells him what the dream meant.

DOT-TO-DOT

FOR OLDER KIDS, LOOK AT DANIEL 2:31-35 TO FIND OUT WHAT COLOUR EACH SECTION SHOULD BE.



WHO DOES DANIEL 2:38 SAY THE HEAD OF GOLD IS?

Memory Verse

"O God... you have given wisdom and power."

Daniel 2:23

Anniversary



NIXON. Roger and Elva Nixon celebrated their 60th wedding anniversary at Cooranbong, NSW, on May 26. They were married in Christchurch, New Zealand, on 25.5.1959 by Pastor Lew Lansdown in the Papanui church. All the original wedding party except Roger's brother (deceased) attended, along with their two daughters, Stephanie (Brisbane, Qld) and Kim (Sanctuary Point, NSW), and family members and friends from across NZ and Australia. Roger and Elva are still very actively involved in their local Lakeside church and, after working for the Church for 40 years in pastoral, departmental and administrative roles, Roger continues to serve as a North NSW Conference hospital chaplain.

Wedding



WATSON—RICHARDSON. Troy Robert Watson, son of Russell and Tabitha Watson (Bonnells Bay, NSW), and Meggie Ellen Richardson, daughter of Allan and Narelle Richardson (Morisset, NSW), were married on 9.9.19 in the Avondale Memorial Church, Cooranbong. Troy and Meggie's relationship began at Misty Mountain Health Retreat and they will continue their careers in nursing.

Roger Nixon

Obituaries



JONES, Joyce Isabel (nee Plahn), born 29.3.1938 in Rockhampton, Qld; died 10.8.19 in Rockhampton. Joyce is survived by her children, Helen Schirmer (Yeppoon), Lee Hagen (Rockhampton), Dale Jones (Mt Morgan) and Shaylene Adams (Rockhampton); six grandchildren; and 15 great-grandchildren. Joyce was a lifetime member of Rockhampton church and was actively involved as a deaconess in craft groups, the seniors friendship club and helping out

in the old school tuckshop. Joyce was an avid gardener, having 46 rose bushes in her yard. Joyce awaits the Lifegiver's call.

Ray Hobbs



THOMSON, Dr Kenneth Alan, born 18.6.1933 in Sydney, NSW; died 13.7.19 in Cooranbong, NSW. On 27.12.1961 he married Eleanor McDonald. Ken is survived by his wife (Cooranbong); son, Laurie (Armidale); daughter, Wendi Herman (Cooranbong); and five grandchildren. Ken contributed a lifetime of service to Adventist education, particularly as a research scientist and lecturer at Avondale College, and at Pacific Union College, California. Several generations of high school science teachers do honour to his memory down to the present day.

Lyell Heise

WILLIS, Percy John, born 25.2.1929 in Sydney, NSW; died 18.8.19 following a home fire in Batemans Bay. On 27.2.1957 he married Alison Nicolls in the Wellington church, New Zealand. Alison predeceased him in 2010. He was also predeceased by his son, Dale. John is survived by his children, Cameron and Sefton; nine grandchildren; eight great-grandchildren; and sisters, Effie (NZ) and Ruth (Cooranbong). John grew up in a committed Adventist farming family at Xamayca, Crookwell, NSW. He attended Avondale College and returned home to continue farming. Seeing the need to replace the ageing Goulburn church, John obtained land in a new subdivision and passionately set about, with others, raising funds as well as working on the construction itself. The current church in Goulburn, dedicated debt free, stands as evidence of their combined efforts.

Wilfred Pascoe

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NEXT ISSUE:
ADVENTIST RECORD
NOVEMBER 30

POSITIONS VACANT

POLICY & COMPLIANCE OFFICER WAHROONGA, NSW

The South Pacific Division (SPD) of the Seventh-day Adventist Church is seeking a highly skilled and experienced person to develop policy, procedures and programs, provide advice and monitor legal compliance within the workplace. This includes planning, directing and implementing compliance in the areas of health and safety, return to work, privacy and other employment legislative areas. For full selection criteria please visit the South Pacific Division's human resources website <adventistemployment.org.au/vacant_positions/2386>. To apply, please send a cover letter, your CV, three work-related referees and the contact details of your 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. **Applications close November 30, 2019.**

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We have an exciting opportunity for an experienced personal assistant to our Australian Union general secretary and CFO. This full-time maximum term parental leave position (20 January, 2020 to 29 January, 2021) is suited to someone who is organised and able to facilitate a productive office through the efficient processing of enquiries, documents, scheduling appointments, clerical work, and other administrative and business functions. The successful candidate would serve the secretariat and the CFO, be an excellent communicator with good work ethic, and enjoy taking on the dynamics of the day-to-day functions. Applicants must be practising baptised members of the Seventh-day Adventist Church. For a position description and application requirements, please contact <MelissaHill@adventist.org.au>, people and culture manager, Seventh-day Adventist Church (AUC) Ltd. **Applications close November 28, 2019.**

FOR MORE AVAILABLE POSITIONS VISIT:
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Sydney	Simon Gigliotti - simongigliotti@adventist.org.au
South Queensland	Alina van Rensburg - AlinavanRensburg@adventist.org.au
Western Australia	Lucy Dessington - lucydessington@adventist.org.au
Victoria	Philip Hyland - philiphyland@adventist.org.au
South Australia	Joel Slade - joelslade@adventist.org.au
North New South Wales	Blair Lemke - blairlemke@adventist.org.au
South New South Wales	Rick Hergenhan - rickhergenhan@adventist.org.au
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