

A photograph of a man and a woman looking at a newborn baby in a hospital bed. The man is on the left, leaning over the bed, and the woman is on the right, also leaning over. They are both smiling and looking at the baby. The baby is lying in a white blanket. The background shows a hospital room with a wooden headboard and a nightstand.

R

ON BECOMING A FATHER

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BUNDLE OF JOY 3

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ADVENTIST RECORD | OCTOBER 3, 2020
ISSN 0819-5633

NEW DAIRY FREE



VEGAN FRIENDLY

LOW
G.I.

FIBRE + PROTEIN

Glycaemic Index (GI) value = 35

ON BECOMING A FATHER

I'd been imagining this moment—what it would be like to see my daughter born. But like so much with this pregnancy, it hadn't all gone as planned. My wife was sent for an emergency C-section in the early hours of the morning.

There she was, our own little miracle of life, all wrinkly and sticky and covered in goop. She was placed on her mother for "skin time", while I was conscious of keeping my eyes on the correct side of the caesarean section curtain. As the nurses rubbed her down, she squawked her first breaths of life. The operating team were moving onto stitching and I was trying to capture some memories on our phones, to remember what I knew was a significant moment.

I expected to see my daughter and feel a wave of emotion. Instead, I felt awkward, a stranger in this sterile, fluorescent world.

Baby was bundled out to the special care unit (SCU); I followed, stunned and sleepless in the pre-dawn of a new day. Baby's blood sugar was very low, and the priority was to get her levels up. I was nervous, holding her for the first time and giving her her first feed.

It was the early days of the COVID-19 crisis and I was ushered out of the SCU to go check on my wife. I had no idea where she was—she'd been moved to the maternity unit. When I found her she was tired. She just wanted to sleep and urged me to go home and have a quick nap myself.

I walked out of the hospital feeling powerless and alone.

It hit me in the car. The emotion. I wanted to be with them. I wanted to be close, to protect, to hold, to watch over, to love. This was what it meant to be a father. I sobbed on the short drive home before passing out on my bed.

When I woke up I rushed back to see Baby in the SCU. In the hallway, I heard a baby crying. As soon as I heard it, I knew that it was my child. I had heard her cry when she was born, and I recognised it immediately. In the past I would have been able to block out a cry like this, or just been mildly annoyed. But now, I knew her; just by her sound, I could hear her.

I'm coming, I thought. *Daddy wants to be with you, and I'm almost there*. It was her. I couldn't believe it. I'd heard her in the operating theatre yet, even though I knew there were lots of babies in the room, I recognised my daughter crying out for me in the distance.

I've learned a lot in the past five months of her life. We've struggled through being at home in the pandemic; hurt that she can't meet her grandparents (she still hasn't met one set) because of border closures. We've worked out her routines and continued on with life, bowled over by love and thankfulness and kindness from others. It feels right—like she's always been with us.

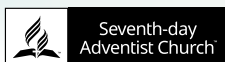
And I'm passionate about the positive influence that fathers can have on their kids.

According to a 2017 US study, children who suffer from the absence of a father will: be twice as likely to drop out of high school, suffer childhood obesity and die as infants; be at four times greater risk of poverty; be seven times more likely to have teenage pregnancies; as well as having more likelihood of behavioural problems, abuse and neglect, prison and substance abuse.

Yet, this time two years ago, I wasn't sure I'd ever be a father. After years of praying and trying to conceive, I'd come to terms with the fact that it might never happen. So, I committed to being a father figure for those like my nephew who needed one; to mentoring and disciplining where I could. If you yearn to be a father, but it's not possible (right now or perhaps ever), you can still be a significant influence in the lives of young people at church, your neighbourhood and your nephews and nieces. A little piece of my heart still aches for those who yearn to become fathers.

It's hard to describe the feelings that go with becoming a dad. I hope to be a good father. I hope that I can teach her and protect her and support and love her. I hope I can pass on to her a love for her heavenly Father. And all while enjoying her infectious smiles and laughter.

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vol 125 no 19

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"Jarrod and Lyna with baby Arwen."

POWER OF THE GOSPEL

Ever since I was six I knew the power of the gospel. I'd been caught by my parents doing something I knew was wrong—the guilt and shame were real; the punishment deserved.

That Sabbath we had people over to our house for lunch. As a bundle of energy I was entertaining the guests. Someone then suggested I get a book and a teenage boy would read it to me. I returned with the story of Jesus' death on the cross.

I sat and listened. For the first time in my life, I knew that Jesus had died for me and took the punishment for my sins. The gospel or good news of Jesus had impacted my life. I took the book back to my room forgiven and cried because I had grasped incredible love. Since that time I have sensed the power of Jesus' good news in my life.

Most of us in the Seventh-day Adventist Church have been impacted by Jesus. I've heard of those raised in the Church who thought that obedience gained favour with God—it wasn't until they heard a gospel preacher or teacher that they realised it was faith in the grace of Jesus which brings them close to God forever. I've heard amazing testimonies of those who lived lives of complete rebellion against God and yet God's message of love got through. We all have a unique experience with Jesus, however the most important thing is that we allow Jesus' good news to change us. "The gospel . . . is the power of God for salvation to everyone who believes" (Romans 1:16, ESV).

The gospel of Jesus is the heart, centre and basis of being a disciple of Jesus. Jesus changed lives in the past and He is still changing lives now. I pray the power of the gospel continues to change me and those around me.



GLENN TOWNEND
SPD PRESIDENT
@SPDpresident

ADRA AIDS SAMOA DURING COVID CRISIS

MARYELLEN FAIRFAX

More than 26 families will receive new water tanks and another 900 will receive improved food and water security and hygiene during COVID-19, thanks to a new project being implemented by the Adventist Development and Relief Agency (ADRA), in partnership with aid organisation Caritas Samoa.

According to humanitarian co-ordinator for ADRA Australia, Beryl Hartmann, ADRA and Caritas were able to secure funding through the Church Agencies Network—Disaster Operation, or "CAN DO", under the Australian Humanitarian Partnership.

Caritas is providing 25 water tanks to both Upolu and Savaii islands, and ADRA will be conducting agriculture/food security and livelihoods training, holistic health and hygiene promotion training and psychosocial support to mitigate the impact of COVID-19 lockdowns, mainly on Upolu.



CARITAS SAMOA DIRECTOR FATHER PESAMINO VICTOR AND ADRA SAMOA DIRECTOR SU'A JULIA WALLWORK.

Photo credit: Samoa Observer

The whole project, including broader COVID-19 community awareness raising programs, aims to target more than 7000 people.

"Activities will particularly target those at risk, such as the elderly, those severely impacted by the measles outbreak in 2019, families who experience high levels of poverty or food insecurity, and those without access to water and sanitation," Ms Hartmann said.

To support ADRA's initiatives in Australia or overseas, please visit www.adra.org.au/donate/.

FAITH FESTIVAL ORGANISED IN A FORTNIGHT

BRENTON STACEY

Avondale University College students resurrected their bi-annual Festival of Faith (FoF) in just two weeks after COVID-19 sent campus ministry leaders back home behind closed borders and public restrictions limited the size of gatherings.

"In my mind, FoF was already off," said Pastor Brock Goodall, chaplain on the Lake Macquarie campus. But he "yielded very quickly" when meeting with a

group who had expressed a strong interest in the event.

Students divided up roles and, within two weeks, went from having nothing organised to organising four services a day across two venues (August 31–September 4).

To comply with a COVID-19 safety plan, the students held services in Avondale College Church and Ella Hughes Chapel. Each venue featured its own band and hosts with a presentation by the church's lead visionary, Pastor Nimrod Maua, live streamed from the larger to the smaller venue.

An average of 100 students attended the services in the church and 45 in the chapel. An average of 45 watched the livestream online. One student requested baptism.



STUDENTS GATHERING AT AVONDALE COLLEGE CHURCH.

CHURCH FINANCES HOLDING UP IN TOUGH CONDITIONS

TRACEY BRIDCUTT

Church finances are holding up well despite the economic fallout from the coronavirus pandemic.

South Pacific Division (SPD) CFO Rodney Brady said the Church's finances have taken a hit, but have so far withstood the pressures.

"There has been a lot of stress applied to Church finances . . . we are seeing the wisdom of policies that have required us not to use debt for operating and to have working capital in hand," he said. "Many CFOs who were apprehensive in March are feeling more confident to face the future. God has sustained."

Tithe has bounced back in the SPD in recent months. Overall it's up 2.19 per cent for the year to July compared to the same time last year; in April it was down 10.05 per cent. Notably, the Australian Union Conference has reported a 6.69 per cent rise in tithe for the year to July. In the Trans Pacific Union Mission the initial percentage drop in tithe more than halved by mid-year, with most local missions now less than 10 per cent down on

tithe. Most of the Church's world divisions are reporting declines in tithe of between 5 and 10 per cent.

Adventist schools in the SPD are continuing to operate well in the challenging economic environment. "Our schools have generally held up with student numbers and finances," Mr Brady said. "In other divisions schools have been hard hit, with parents unable to pay fees and withdrawing students, leading to school closures."

A COVID-19 assistance plan launched by the SPD in June to support Division institutions and missions in the Pacific struggling financially has seen just 44 per cent of the available funds used.

The biggest financial concern for the world Church is a significant reduction in offerings, with the General Conference forecasting a drop of around \$US20 million in mission offerings in 2020. CFOs from every division are reporting that offerings have declined. Globally, the drop in mission offerings has been much

greater than tithe. Sabbath school offerings are the biggest source of mission offerings, but many Sabbath schools have not been functioning.

The outlook for 2021 remains unpredictable. "With the pandemic lasting longer than [we] expected and the impact on the global economy the biggest since the Great Depression, it makes planning for 2021 difficult," Mr Brady said. "Many organisations are preparing budgets based on multiple scenarios for 2021, due to so much uncertainty, but the Church across the SPD is not in crisis mode. There's just more pressure on management with uncertainty around forward plans."



SPD CFO RODNEY BRADY.

BRAVE NAVESAU STUDENTS PRAISED BY FIJI POLICE

TRACEY BRIDCUTT

Nine students from a Seventh-day Adventist high school in Fiji have been praised by police after assisting in the arrest of a man facing charges of aggravated robbery and assault.

Acting Police Commissioner Rusiate Tudravu said the Fiji Police Force is proud of the Navesau Adventist High School students whose efforts led to

the arrest of the accused man.

Year 12 students McVeigh Mainu and Simone Waqa told police they ran after the suspect as he fled into nearby bushes. The other students came to assist, but had to withdraw after they were allegedly pelted with stones. Simone received some minor injuries during the incident, including scratches

and bruises from running through the bushes.

A 22-year-old man was arrested the following day. He was charged with aggravated robbery, assault, damaging property and common nuisance after he allegedly erected an illegal roadblock near

Navesau.

The Acting Commissioner said it is encouraging to see the young generation "doing the right thing and playing a proactive role in addressing criminal activities". He thanked each student individually, "knowing the situation was a dangerous one that could have resulted in injury or even death".

Trans Pacific Union Mission associate education director Mele Vaihola said she is very proud of the Navesau students.

"Such an act of bravery from these boys in risking their own lives in order to do the right thing," she said. "I thank and congratulate them for a job well done and for representing Adventist education well in the Wainibuka community."



THE ACTING POLICE COMMISSIONER PERSONALLY THANKED THE STUDENTS.

SOLOMON ISLANDS SCHOOL INTRODUCES DAWN PRAYER PROGRAM

TRACEY BRIDCUTT

A Seventh-day Adventist school in Solomon Islands has been starting the day in a powerful way through a dawn prayer initiative.

Each term for 40 days, Kopiu Adventist High School, in Honiara, holds a 40 minutes in prayer program from 5.20am to 6am. Along with prayer, the participants do Bible readings together, read from Ellen White books and go on prayer walks. Sometimes they gather in small groups besides the houses of staff

and students and pray for them while they are asleep.

"We also have the outreach aspect of it by taking the students out of campus at dawn to visit families in nearby communities to conduct morning devotions for them and share basic need items," said school chaplain Jason Gulea, who came up with the prayer initiative.

He said God's answers to their prayers have been evident. "Needs were met, the sick were healed, challenges encountered this year come and go but we are not down and out," Mr Gulea said. "Outreach initiatives were successful as a result of prayer. We also thank God that two of our non-Adventist students who regularly attended the prayer program and also joined the Bible study class eventually made the decision to be baptised."

A recent baptism of 28 people



BAPTISMAL CANDIDATES FROM KOPIU ADVENTIST HIGH SCHOOL.

included 10 students from the prayer program. Ten of the other candidates were baptised as a result of the school's Sabbath outreach initiatives and Bible studies conducted by Rexley Aloysio, the husband of a Kopiu teacher.

"With the school intake affected by the pandemic, with only about 80-plus students currently on campus, and with a little over 30 non-baptised students, it is encouraging to see 10 of them giving their lives to Jesus," Mr Gulea said.



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ADVENTIST AGED CARE RESPONDS TO PANDEMIC

TRACEY BRIDGUTT

Seventh-day Adventist aged care facilities in Australia remain vigilant in their efforts to protect the safety of residents and staff amidst the coronavirus pandemic.

The facilities have remained COVID-19 free since the pandemic began and are well prepared in the event of an outbreak, according to their CEOs. They have implemented strict infection control measures and are closely monitoring residents' health. COVID-19

outbreak management plans have been prepared, there is an adequate supply of personal protective equipment and pandemic response teams are in place. They are monitoring updates from health and medical authorities and following their directives.

Management are also keeping a close eye on the mental wellbeing of residents and staff, with chaplains available to provide support. Another key focus is maintaining regular communication with residents, their families and staff.

At various times the facilities have been in lockdown due to state government directives or where it's believed there is significant risk to residents and staff.

"You can rest assured that we are doing everything possible to look after our residents' wellbeing and happiness," said David Reece, CEO of AdventCare in Victoria.



IF YOU CAN EAT LAUNCHED IN FRENCH

NATHAN BROWN

A new edition of *If You Can Eat, You Can Make Disciples* has been published for the French-speaking members of the South Pacific Division.

Si Vous Pouvez Manger . . . Vous Pouvez Faire des Disciples is currently being shipped to New Caledonia, French Polynesia and French-speaking regions of Vanuatu

"This book is so simple and yet shows so powerfully that every follower can lead others to Jesus in a friendly environment," said Pastor Victor Kulakov, who has been serving as Discipleship Ministries lead pastor for the New Zealand Pacific Union Conference. "It shows that mission can be fulfilled without costly evangelistic programs but through relational streams

that make spreading the gospel the most natural thing to do."

The French edition was translated by

Pastor Claude Coutty of the New Caledonia Mission. This is the third language in which *If You Can Eat* by Dr Peter Roennfeldt has now been published, with editions currently in translation in two further languages. Total sales in English have exceeded 18,000 copies since its launch two years ago.

If You Can Eat, You Can Make Disciples is available in English from

Adventist bookshops throughout Australia, New Zealand and the South Pacific, or online at <<https://adventistbookcentre.com.au/if-you-can-eat.html>>.



NEWS GRABS



ADRA FOR ALBINISM

ADRA is piloting a cryosurgery cancer treatment for albinos in Tanzania. Albinism, which affects up to 1 in 1400 people, reduces average life expectancy to only 40 years. Since 2006, at least 73 albinos have been hunted and murdered in the country. ADRA has assisted 290 people since the project began in January.—AR



A MEDICAL MISHAP

Former executives of Tulare Regional Medical Center in California—a facility later acquired and overhauled by Adventist Health in 2018—have been charged with over 80 counts of felony and misdemeanor that include suspicion of embezzlement, conspiracy, money laundering, grand theft and campaign finance violations.—*Adventist Today*.



A NEED TO REBUILD

One year after Hurricane Dorian destroyed the islands of Abaco and Grand Bahama in the Caribbean, much remains to be rebuilt. With the coronavirus pandemic still threatening the tourism-dependent area, Seventh-day Adventist leaders took time to pray for the nation during a special September 4 online program.—*IAD News*

HOT TOPICS



NEW PUNISHMENT FRAMEWORK

On September 9, Yingjiang County village officials created a new framework under the Chinese Communist Party, allowing authorities to penalise anyone who converts to Christianity. Punishment includes forced cleaning of village property, fines, or confiscating possessions, farms and housing. The scheme targets local paddy farmers.—*Persecution.org*



RELIGIOUS EDUCATION

Due to COVID-19 restrictions, Special Religious Education (SRE) classes have been neglected in some Australian schools. To address the problem, Christian SRE has partnered with Bible Society Australia to create a digital portal with approved video lessons. This will lessen the load on teachers and improve access to the Bible in schools.—*Eternity News*



VEGGIETALES IS BACK!

A new VeggieTales spin-off called "The VeggieTales Show" has been created, featuring the familiar cast of Bob the Tomato and Larry the Cucumber as they organise a variety show for a live audience. Each episode includes plenty of hilarious backstage antics, but it also includes a Bible story with a lesson for children.—*Christian Headlines*

SCHOOLS CELEBRATE EDUCATION WEEK

MELE VAIHOLA/RECORD STAFF

Schools in the Trans Pacific Union Mission (TPUM) celebrated Adventist Education Week with gift-giving, singing and dozens of baptisms.

"Looking Beyond" was the theme of the week, with hundreds of students, teachers and members of the wider community participating in the programs.

An evangelism series at Navesau Adventist High School in Fiji culminated in the baptism of 40 students on August 15.

At Funafuti Adventist Primary School in Tuvalu, activities were held over two weeks. The first week was designed for the teachers' enrichment while the second week saw teachers lead out in the evening presentations and students involved in singing for the community.

Betikama Adventist College in Solomon Islands concluded their Adventist Education Week with the baptism of 19 young people on August 22. There have now been 69 baptisms at the college this year.

Samoa Adventist College had a combined Adventist Education Sabbath on August 23. More than 200 parents attended, most from non-Adventist backgrounds. Principal Tepora Fuimono said "there were a lot of positive comments from [parents]".

In Fiji, a teacher from Suva Adventist College who organised the Education Week of prayer in her local church, said, "I have never felt so blessed, inspired and impressed in my whole Christian life. Please pass on our



STUDENTS AT BEULAH COLLEGE CONDUCTED THEIR EDUCATION WEEK SABBATH THROUGHOUT ALL THE CHURCHES IN TONGA.

sincere appreciation to the principal Encie Donie and her team at BekaBeka Adventist High School for the readings. They were truly an inspiration."

Beulah College conducted their Adventist Education Sabbath throughout all local churches in Tonga on August 30. Teachers and students shared the Word of God, collecting more than \$T30,000 pa'anga toward the school's operation. Mission Education director Fatongia Hopoate said, "The school budgeted for \$T20,000, but received more. God works in a mysterious way during this pandemic—to God be the glory!" Two weeks earlier 24 students and two teachers were baptised.

In the Solomons on August 18, Naha Adventist Primary School staff and students visited Sunrise Adventist Primary School. Sunrise school is located in the centre of a Catholic community and nearly all the students are from non-Adventist families. Students witnessed in their local community and met an elderly man named Iro who had tears streaming down his face while the students sang about God's love and read the Bible. Iro mentioned that the students were the first group to visit him and give him gifts. He requested prayer so that he can join the group worshipping every Sabbath at the school.

"Adventist education aims to prepare students for the joy of service in this work, and for the higher joy of wider service in the world to come," said TPUM associate education director Mele Vaihola.



NAHA ADVENTIST PRIMARY SCHOOL STUDENTS WERE ENCOURAGED TO WITNESS TO THEIR COMMUNITY.

FLASHPOINT



FENCED IN

Members of Cairns Seventh-day Adventist Church (Qld) have recently begun replacing their boundary fence, so that there is better security for their op shop, volunteer staff and overall property. In recent years both the church and op shop premises have been broken into multiple times with a great deal of damage and mess left behind to clean up. The fence will also provide security in the future when the church begins renovating the op shop, as well as the kitchen and toilet block, which are still the original amenities from when the church shared the property with Cairns Adventist College. —*Janine Bass*



THE CUBBY

Prep students at Brisbane Adventist College (Qld) have received a new cubby house built by senior Industrial Technology students. The project, envisioned by secondary design teacher Luke Martin, was designed to give the senior students a memorable real-world experience while still fulfilling the requirements of the senior curriculum. It involved a consultation with the Prep students who were invited to dream big and illustrate their idea of the ultimate cubby house. "We've been very impressed to see empathy and kindness develop between our oldest and youngest students," says deputy principal of Primary, Damon Quick. —*BAC*



GLOWING FOR GOD

Primary students at Tweed Valley Adventist College (NSW) enjoyed a week of spiritual emphasis (WOSE) from August 10 to 15. With the theme "Glow", speaker Matthew Moore shared how Jesus is the Light that will not go out, because He died for us and rose again. To make the program possible, students helped by operating the audiovisual desk and cameras, illustrated memory verses and participated in special music, quizzes and dramas. Although WOSE is usually attended by parents, due to COVID-19 that was not possible this year, so the whole program was also filmed and posted on YouTube. —*TVAC Facebook*



RUOK?

In commemoration of R U OK? Day on September 10, writer and poet Janice Fereti, in collaboration with a team of creatives at Adventist Media, put together a spoken word video entitled "More to say after RUOK?" (see page 21). Featuring a dimly-lit backdrop and animations to accompany her words, the video vulnerably shares experiences with mental health. It has so far received more than 27,000 views on Facebook and was ranked on Google's front page for the search term "R U OK? Day 2020". The video was designed to direct viewers to a landing page at *Signs of the Times* magazine's website, complete with follow-up resources from Hope Channel. —*Record staff*



BAPTISMS A WITNESS

On Sabbath, August 29, four members (two students, a teacher and a local young man) from Wambul Adventist Church as well as Tambul Secondary School in the Western Highlands Province of Papua New Guinea, were baptised by Pastor Joseph Yop. The school is a state school, but also operates as a church and is run by Adventists. The candidates were the firstfruits of the two-year-old church. The baptism was a big witness to the school and the local community, which is a new working area. —*Jackson Korave*



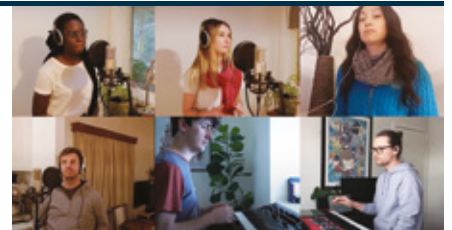
BAPTISMS IN GISBORNE

Members of Gisborne Adventist Church (NZ) recently celebrated four baptisms in the space of two weeks—one at Te Araroa and three at the church premises. "We look forward to the Lord continuing to add to His church here in Tairāwhiti," said church pastor John Smolka. "Nothing can stand against the movement of His church. Not COVID, not economic distress, not isolation . . ." —*Record Staff/John Smolka*



NEW INFRASTRUCTURE

A new multipurpose school hall has been built at Hurstville Adventist School in Sydney, and is now being used in Term 3. The hall will allow for an enhanced learning environment and will be used for a wide range of sporting events as well as chapel and school assemblies. "Here at Hurstville, we encourage our students to be respectful, responsible, resilient and always ready to learn," said principal Neva Taylor. —*IntraSyd*



BURWOOD SINGS

Youth and young adults from Burwood Adventist Church in Melbourne (Vic) have been posting "Home Worship Sessions" to their YouTube and social media accounts throughout the months of COVID-19 lockdowns. The videos feature covers of popular Christian music sung virtually or in socially distanced groups. To watch the videos, visit [youtube.com/BurwoodChurch](https://www.youtube.com/BurwoodChurch). —*Record staff*

A lifetime ago—but really, only a few months . . . in fact days before the sensible world went into lockdown—I had the happy joy of going to the Signs Publishing marketing meetings in Victoria, Australia.

I like going to these meetings. There is the freedom of a few days away. There is that strange world beyond Customs but before boarding. There is plane food, there is the battle of not losing all your data upon landing in a different country, and there are new books.

This time there's also the saga of the rental car.

When a car comes with a GPS it is reasonable to expect that it will work. This is a difficult thing to test in the depths of a carpark, surrounded by solid concrete, so I ask the nice man at the exit gate which lane I need to be in when I get out of the carpark. He kindly tells me, and away I go, fully trusting that this amazing piece of technology will take over once it has its bearings. I am dependent on the GPS, my phone is flat.

Unfortunately, the GPS prefers to remain silent. I know I am on the right road, thanks to the nice man, but from there I am lost. There are no instructions, just silence. I decide to ignore all exits until I recognise a landmark, which is an excellent idea, but after driving a very long time and recognising nothing at all I decide I will take myself off at the next exit and ask for directions at a service station.

As is common when one is looking for something, I come across no service stations. So I begin to look for other helpful possibilities. Somehow I end up at a shopping centre. Thankfully I recognise the suburb and know that I am going in, generally, the right direction.

Since it was much more freezing that day in Melbourne than in NZ, I stopped to buy warm clothes. The helpful lady at Kmart told me I had a half-hour drive. That was good. I would not be late to the meetings.

But then . . . I lost the car. The shopping centre had many levels of carpark on all four sides of the building. I knew the supermarket had been on my left when I went up the ramp, but which supermarket was it? I walked

around the outside of the shopping centre—if I could find where I drove in, I could find the car. But I couldn't find the entrance, and I couldn't find the set of lights, and all the signage looked the same, and it began to feel very Alice-in-Wonderland-ish.

There was no information desk in the mall. After visiting half a dozen retailers, a shop assistant (from Specsavers, no less) pointed me in the direction where help might be found. In the far corner of the topmost floor my car was located on a staff person's computer, its location along with a photo was printed, directions given, and most helpful of all, "your car is parked beside a white car".

Why would you say that? How many white cars can there be? What if the white car moves? It doesn't matter—I have the floor number, I have the parking lot number, I have a picture of the car and I've been told how to get there.

Except the escalators don't go far enough. According to the instructions I need to go two floors beneath the one at the bottom of the escalator, but how? There are no stairs within the carpark. Neither the lift nor the elevator go down further.

I am tempted to give up, to wait until closing time, which is only eight hours away, to find the last car remaining, but I realise that hysteria is settling in. I must rise above it.

I make my way through the people coming into the mall, back into the carpark—the endless carpark with rows all the same, numbers all the same, cars all the same—and there is Bai. Lovely, patient Bai from Signs Publishing. My guardian angel, Bai, who was waiting for the ABC managers from the Islands to complete their shopping. Bai is as nonplussed as I am, but, to my great relief, he stays with me. He is calm, he is solid, he is a man of few words and his presence is a great comfort.

It is Bai who finds the ramp that leads to the lowest carpark. He walks me to the car, makes sure I get in and gives instructions on how to get to where we are going. He does not once laugh at my predicament. And so, finally, I arrive.



The return journey was worse. Impossibly worse. It was broken in two parts. The GPS decided it could work; it did what it had to do. It gave me directions. Every 50-100 metres it told me to “turn back now, turn back now”. I did that for a little bit, but there is only so long you can keep obeying a monotonous and repetitive voice that takes you only a few metres further at each turn. So, in peak hour traffic with no road map, a phone with no charge (again), I found myself being told to “turn back now” all the way to my accommodation.

And then it was time to return to the airport. I asked real people for instructions. They were straightforward. I turned on the GPS in my phone as a backup, which is linked to an earpiece. The instructions were identical to those given by the real people, delivered in a calm manner. The rogue GPS sprang to life and would not be silenced, nor would it allow me to change my destination. All the way to the airport the GPS voice shouted TURN BACK NOW TURN BACK NOW, while a calm voice directly in my ear told me which lane to be in and how long until the next turn.

There are road signs—looking for all the world like I should be following a different route. I am caught up in a stream of traffic, and rain is falling so hard, the wipers can’t clear the windscreen fast enough, I can’t see more than a few metres ahead and I’m sure I’m late returning the car. It is all too much. There is only one thing to do.

I stop listening to the commotion around me, and I focus on that calm, clear voice in my ear, and it leads me to my final destination.

“Truly my soul finds rest in God; my salvation comes from him” (Psalm 62:1). Be still. “Be still, and know that I am God” (Psalm 46:10).

CHRISTINE MILES

LIVES IN AUCKLAND, NZ. SHE ENJOYS READING AND EMPOWERING PEOPLE FOR MINISTRY.

Almost homeless: How ADRA helped a grieving man get back on his feet

Since the outbreak of COVID-19 in Australia, the Adventist Development and Relief Agency (ADRA) Australia has helping the increasing number of people impacted by the global pandemic.

For many, the overwhelming need has been for food and mental health support due to widespread income and job losses. But those experiencing homelessness also face a higher risk of infection.

According to Homelessness NSW, "People experiencing homelessness may be at particular risk of contracting COVID-19 due to crowded accommodation and potential lack of access to hygiene facilities such as showers and laundries, as well as stressed immune systems, and close contact with highly transient persons."

This was the reality facing Ross, if he hadn't been introduced to ADRA.

Ross was happily living out his retirement with his wife in western Sydney, but in the space of a week his life was turned upside down.

"My wife passed away very suddenly," Ross says. "She was only 47. I was quite shocked and heartbroken and I wasn't in a good place. And then on top of that, I was told by NSW Housing I wasn't allowed to stay in the house anymore as I didn't co-sign the lease with her."

Ross began the painful process of selling his beloved pets and cleaning his house in preparation to move out. With nowhere to go and no support, his grief threatened to take over.

"I was on the verge of a nervous breakdown," says Ross. "I was miserable . . . things weren't looking very good at all."

Ross was at his breaking point when someone suggested he visit the ADRA Community Centre in nearby Macquarie Fields. There, Ross began working with one of the counselors, who helped him face the trauma of losing his wife. He also accessed subsidised food hampers and, with the help

of the ADRA staff and volunteers at the ADRA Centre, was able to secure his housing tenancy, which was a huge relief.

"I now am considered a tenant and I'm allowed to stay in the same place. I don't have to move, which has added considerably to my stability," Ross says.

The ADRA Centre was also there for Ross during the COVID-19 pandemic, providing him with telephone counselling and support while he self-isolated, as he was at a higher risk of contracting the virus due to his age and respiratory illness.

"During the COVID virus, they've been good," Ross says. "It was exactly the same as coming here. The only thing was of course food was delivered and I had phone counselling."

For Ross, coming to the ADRA Centre was the first step to getting his life back on track and processing the depression and hopelessness that threatened to take over his entire life. And now, thanks to the support he has received he is also developing new skills and flourishing.

"With the counselling I feel that I'm getting much better, and then the housing problem is gone," says Ross.

Hardship, homelessness and mental health crises are deepening under the growing weight of uncertainty of COVID-19. ADRA, in partnership with Adventist communities, is able to help address some of these issues.

ADRA Australia's volunteer-run projects feed, clothe, house, connect and empower people to overcome hardships and crises to help them get back on their feet.

The ADRA Appeal is the main source of funding for community projects in Australia. To help people experiencing hardship hang on to hope—and survive this crisis—please visit adra.org.au/hangon.



ASHLEY STANTON

MEDIA AND COMMUNICATIONS COORDINATOR, ADRA AUSTRALIA.

The power of Adventist Education

A teacher and a student from Beulah Adventist College in Tonga share their testimonies.

Tonga Veatufunga (teacher)

I grew up on the island of Vava'u as a Methodist, my mother's church. My father's side are Adventists and I struggled to belong to one church. My mum influenced me a lot and I had no choice but to attend her church.

However, I still had a strong desire that one day I would join my father's church. The opportunity came when I completed high school and started a Bachelor of Science degree at the University of the South Pacific, Tonga campus, in 2018. During the course of my studies, I was approached to teach science at Beulah College. I started teaching and at the same time observing and learning as much as I could about Adventist beliefs.

I got married the same year and moved to live at the school compound, where we began attending the Beulah church. I really enjoyed the environment and the friendship of the Beulah staff members.

During the school's recent two weeks of evangelism, I was really impressed by the messages delivered and I finally made up my mind to fully accept Christ as my personal Saviour. I have no regrets in making this decision.

So please pray for my young family and I hope that one day soon my husband and baby daughter will join me in my new church.



Gilbert Matoutourua (Form 4 student)

I am a Ni Vanuatuan from Port Vila, aged 17. I grew up in a good family and my family are strong Assembly of God church-goers.

My father met and assisted a Tongan security warden from the Tongan Prisons last year who went to Vanuatu for some training. This Tongan father had some difficulties with his immigration documents after the training and so my family helped and hosted him for some time until he returned to Tonga.

Through our friendship with this friendly Tongan man, I got the opportunity to come and study in Tonga at Beulah College. I am hosted by this Tongan man's family and I attend Beulah because it is located next to the main prison compound, Hu'atoliti.

This is my second year at Beulah and I am a boarding student. I enjoy every bit of my time in this lovely school and moreover, I really enjoy learning some new truths about the Word of God. I am planning to study at Beulah until I complete form seven.

I have no regrets in going through the waters of baptism recently though my parents in Vanuatu disagreed and even my Tongan guardians. Please pray for me so that I can be strong in my new-found faith and hope I will share this light with my family one day.

LIVING HIS WORD

WITH WAYNE BOEHM

WHAT DOES THE LORD REQUIRE?

At the commencement of Melbourne lockdown 2.0, I read a Facebook post from a friend that had a profound impact. Amidst the agony of having to re-enter isolation, this single mum posted, "if anyone is not receiving income or times are just tough, please don't let your kids go to sleep with an empty stomach. Don't be afraid, send me a private message. I am happy to share whatever I can."

COVID-19 has caused us as individuals to rethink our way of life. Micah, the prophet, asked a key question that is relevant for this time—what does the Lord require of you? **CONSIDER** Micah 6:8.

The love of mercy, justice and humility cannot be contrived, nor can it be seen as an obligation or duty. In Deuteronomy 10:12,13, Moses uses the same phrase, this time at the giving of the second Tablets at Mt Sinai. The giving of the law wasn't simply a voice expressing a code of conduct for the hearers, but an invitation that, if accepted, would transform the group of former slaves into a chosen people that would be a light to the Gentiles (Isaiah 49:6). **NOTE** the specific elements mentioned in these verses—how can these habits contribute to a genuine Christian walk?

Our walk with God and desire to serve Him with all our heart and soul leads us to selfless sacrifice. Love, mercy, justice and humility cannot be in any way divorced from the Law. To do so is a sure pathway to a lifeless religion. **CONSIDER** Romans 13:8-10.

So as you reassess your life, be inspired by a single mum and a God who gave all, to demonstrate His love for humanity and likewise serve others in their hour of need. **CONSIDER** Romans 5:8, Acts 2:45.



THE CHOSEN OF GOD:

what does the Lord require?

How can anything written more than 2700 years ago be relevant to us today? We are living in the technological age. In the midst of finding a new normal during the COVID pandemic, superpowers are flexing their muscles amid economic instability. Are we at the time of the end?

The biblical prophet Micah is speaking to a nation whose circumstances are eerily similar to today. Materialism was rife. The religious leaders were corrupt. The rich ruthlessly crushed the poor. Government was focused on self-interest. Public expenditure was high. End time events were real—the northern kingdom of Israel ceased to exist midway through Micah's ministry.

In Micah chapter 6, the "Chosen of God" were reminded that God had acted in mercy and grace in their history. He'd brought them out of Egypt. He'd redeemed them with mighty righteous acts. Gilgal is mentioned because it is pivotal in their salvation history and the first stop in the Promised Land. The manna ceased there. Twelve large rocks taken from the bottom of the Jordan River became an altar there. The covenant was renewed there. Circumcision was re-instituted there. Passover was celebrated there. Saul was crowned at Gilgal and David was re-established as king after Absalom's rebellion there.

But Israel's focus is on external religious rites. From the required offering, according to the Law of Moses, to

offering thousands of rams, to the supreme offering of their firstborn for their sins. The progression is from lesser to greater to hyperbole in Micah 6:6,7. But then comes a resounding rejection of earning their own way to God's favour.

Micah 6:8 is the most succinct statement in the Bible of God's will for His people. Rabbi Simlai (AD 250–290) is seen by Judaism to be the first rabbi to reduce Moses' 613 commandments to principles. He stated, "Six hundred and thirteen commandments were given to Moses; then David came and reduced them to eleven in Psalm 15; Isaiah (33:15), to six; Micah (6:8), to three: 'To act justly and to love mercy and to walk humbly with your God'."¹

These three principles summarise all prophetic teachings on true religion: a life that displays justice and mercy because of a close walk with God. Thus, Micah 6:8 is the verse par excellence for biblical ethics and describing the true Christian lifestyle.

We need to recognise that Westerners tend to want to logically move from cause to effect. In Hebrew thinking, the move is from effect to cause. This principle works from the visible to the invisible; from the superficial to the real; from the outside to the inside. In other words—to understand what Micah is really saying we need to reverse his sequence of thought. We need to begin studying the text from the end.

FIRST: "WALK HUMBLY WITH THE LORD"

This is the cause of all other actions described. It is based on the first four commandments.

- Humility is not about how you feel. It is about knowing who you are and who you belong to.
- It is about looking out for others as an instinctive first choice.
- Humility requires us to love mercy and to act justly.
- Humility comes most naturally when we live in the presence of God.
- Walking with God means putting God first and living in conformity with His will.
- Walking with God is like a toothbrush. We all need one—but it works best when it is our own. My journey with God is like that—it needs to be individual and authentic, and it needs to be personal.
- Only when we walk humbly with God can we practise the first two principals in Micah's list.

SECOND: "LOVE MERCY"

This is the first result based on the last six commandments.

- Mercy is doing the loving and gracious thing despite the sacrifice it requires of oneself.
- Mercy means to freely and willingly show love, loyalty and faithfulness to others. The Hebrew is *chesed*—which is more accurately conveyed as "loving-kindness"—fully revealed in God's own character throughout the Exodus wanderings. God's loving-kindness is that sure love that will

not let His people go. Even Israel's persistent waywardness could never destroy His loving-kindness for them. Though Israel is faithless, yet God remains faithful still. This steady, persistent refusal of God to wash His hands of wayward Israel is the essential meaning of *chesed*.

FINALLY: "ACT JUSTLY"

This is the ultimate consequence for those who walk with God.

- Justice is doing the right thing, no matter how difficult or inconvenient it may be.
- Justice is something that people show when prompted by God's Spirit. It has to do with fairness and equality for all, especially the weak and powerless who are exploited by others.

The sentiments of Micah 6:8 are echoed three times by Christ in the Gospel of Matthew. Jesus becomes more pointed in upholding mercy over sacrifice with each occasion. A supper with Matthew's friends prompted the first response after the Pharisees accused Jesus of associating with crooks and riffraff. Jesus said to the enquiring Pharisees that He was after "mercy, not religion" (Matthew 9:13, The Message). Jesus defended His disciples' Sabbath observance against the protesting Pharisees in Matthew 12:7 when He said, "I prefer a flexible heart to an inflexible ritual" (The Message). On the final occasion in Matthew 23:23 Jesus gave the Pharisees a direct rebuke and said "You're hopeless, you religion scholars and Pharisees! Frauds! You keep meticulous account books, tithing on every nickel and dime you get, but on the meat of God's Law, things like fairness and compassion and commitment—the absolute basics!—you carelessly take it or leave it. Careful bookkeeping is commendable, but the basics are required" (The Message).

As Adventists, we naturally make great Pharisees. As conservative Christians with very specific lifestyle choices, we can lose our focus on Jesus and think more about the externals. We can fall into the trap of thinking of salvation by denomination rather than by God's gift of grace. Too often we are focused on *being* right rather than *doing* right.

Whether we are at the time of the end or not is not the question here—what is important is that we have a vibrant, growing relationship with God.

What does the Lord require? God reminds us in Micah that it is not the externals, it is not the tick-a-box approach that He is after. He wants us to recognise that we need to be broken at the cross. We need to realise that only when we are fully dependent on God will we love mercy and act justly.

1. Dr Barbara Davis. Retrieved August 7, 2020, from <<https://prizmah.org/editor-11>>.

DAVID MCCLINTOCK
ADVENTIST EDUCATION DIRECTOR, SOUTH PACIFIC DIVISION.

SPANISH FLU PANDEMIC: HOW DID THE CHURCH RESPOND?

FEBRUARY 13, 1919. Victorian Conference president Walter Westerman reported a slump in attendance numbers at Melbourne's evangelistic crusade ("Pastor Westerman, the president . . ." *Australasian Record*, March 3, 1919, 8).

MARCH 14, 1919. Missionary Pearl Tolhurst died with the disease at the isolated outpost of Falalao, Tonga. Her husband, Hubert, also contracted the disease, but recovered (CH Pretyman, "The Death of Sister Pearl Tolhurst," *Australasian Record*, May 26, 1919, 8).



Emergency hospital during Spanish influenza epidemic. (Credit: Wikimedia Commons)



NOVEMBER 1918. Visiting steamers introduce Spanish Influenza to Samoa. It spread rapidly among the population. It is estimated one in every third person died, approximately 14,000 in total. Mass burials were common, with Seventh-day Adventists among the dead. Some, rather than being buried, were simply cremated as their homes were set alight (Joseph Steed, "The Influenza in Samoa," *Australasian Record*, May 26, 1919, 5).

FEBRUARY 10, 1919. Adventist nurse Alice McGuinness fell victim while nursing flu patients in Melbourne's Wirth's Park Hospital (JH Woods, "Alice McGuinness," *Australasian Record*, March 3, 1919, 7).

JANUARY 18, 1919. On Sabbath morning, New Zealander John Paap, former teacher at Avondale, but at that time principal of Lodi Academy, California, died with the disease, despite his strong constitution ("A Well Known Teacher Has Fallen," *Pacific Union Recorder*, February 6, 1919, 1-2).

MARCH TO AUGUST 1919. Government travel restrictions caused a drop in Avondale College enrolment numbers (H Kirk, "Australasian Missionary College," *Australasian Record*, June 9, 1919, 4). Wanda Niebuhr, among other students, contracted the disease and was quarantined in Bethel Hall with bedsheets dipped in antiseptic phenyl and hung in the doorways. All recovered (interview with Wanda Niebuhr, May 7, 1996, at Cooranbong). Church services at Avondale village church temporarily ceased, leading to the organisation of the College church for students and staff on August 9, 1919, a campus quarantine measure that became permanent (FL Sharp, "A New Church at Avondale," *Australasian Record*, September 15, 1919, 8).



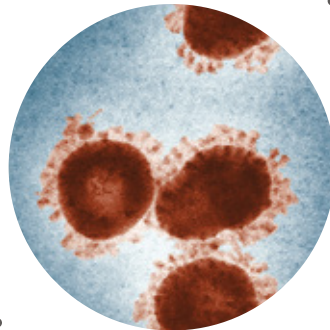
SEPTEMBER 1919. A troop ship with approximately 1200 ANZACs returning from World War I called at Pitcairn Island. Despite the dangers some islanders boarded the vessel and distributed copies of *Signs of the Times* and *Review and Herald* ("A troopship with eleven or twelve hundred . . ." *Australasian Record*, October 27, 1919, 8).



AUGUST 1919. Report of Melbourne tram services completely shut down and train services curtailed, adversely affecting attendance at public crusade in Prahran Town Hall (WJ Westerman, "Victorian Notes," *Australasian Record*, August 18, 1919, 7).



APRIL 1919. Annual South Australian camp meeting cancelled (AW Anderson, "South Australian Conference," *Australasian Record*, May 12, 1919, 6).



MAY 1919. New South Wales Conference delays Appeal for Missions, but other conferences urge members to collect despite the dangers (CK Meyers, "Appeal for Missions," *Australasian Record*, June 9, 1919, 6-7).



MAY 1919. Natural remedies for treating influenza were demonstrated in the Melbourne evangelism tent. The treatments were not performed on known cases and therefore there was no objective evidence that the treatments were useful for the current viral strain. (JL Smith, "Influenza and its Treatment," *Australasian Record*, May 26, 1919, 8).



In retrospect the above selection indicates the worst of the pandemic lasted nine months and it was no respecter of religious faith. Church members often threw caution to the wind and risks were taken, government restrictions apparently not as stringent as in the current crisis.

MILTON HOOK
SENIOR RESEARCH FELLOW AND CONJOINT
SENIOR LECTURER AT AVONDALE UNIVERSITY
COLLEGE, NSW.

RUSTY RELIC RESTORED

When retired pastor Bill Blundell first set eyes on the old diesel engine it wasn't in great shape. In its heyday it had powered a Seventh-day Adventist mission station at Batuna, Solomon Islands. But for nearly 40 years it had sat in the yard outside the South Sea Islands Museum at Cooranbong (NSW)—rust had set in, there were parts missing and broken, it hadn't operated for decades. Most people would have considered it a rusty relic of yesteryear—but for Bill it was a rare treasure waiting to be restored.

Bill was delighted when he got the green light to work on the nearly 100-year-old engine. His goal was to not only remove the rust and give the engine a coat of paint, but to get it to fire up again. In his younger years Bill had developed a passion for tinkering with machinery on his family's sheep farm. However, he soon realised that this project was beyond his mechanical skills, so he turned to an old friend for help—Alan Saunders, also a retired pastor. Alan had served with Bill in the North NSW Conference, but prior to entering ministry, he had worked as a motor mechanic for around 20 years.

Before long Alan realised that they would need some engineering expertise as well. He sought guidance from retired design engineer David Sisson, who had worked at the Sanitarium factory in Cooranbong for 41 years. David soon became immersed in the project as well. His large workshop, stocked with a vast array of tools and materials, became a central work hub for the men.

"Between the three of us we got it pulled apart and manufactured what we needed to," Alan says. "Sanitarium were a big help to us. Whatever parts we wanted to buy they would buy them for us . . . they machined things for us at no cost."

After many challenges and nearly three years of restoration work, the big day finally arrived—firing up the engine for the first time. It's a day that the trio, all in their 70s, will never forget. "We had a little dance around and threw our hands in the air and had a cheer," David recalls.

"We have now worked out the simplest and quickest way to get it fired up and to see it running and just puffing away—it's quite an experience. The fact that it stood out in the weather up here for so long, I think it's amazing that it's back in reasonably good running order."

Manufactured in the UK in 1923, the Gardner diesel engine arrived in Sydney in 1924 and soon after was sent to Batuna where it generated electricity for the mission station and for a sawmill where timber was cut for many mission buildings. Just prior to World War II a shortage of diesel fuel restricted work at the mill, and a mixture of diesel oil and melted coconut oil kept the engine running. After three years of Japanese occupation the area was

liberated by the United States forces and the US army used the engine and sawmill for a time before it was returned to mission use. The engine continued to power the sawmill until it was replaced in 1982 and brought back to Australia.

Dr John Skrzypaszek, recently retired director of the Ellen G White Research Centre at Avondale University College, said the engine played a significant role in the expansion of mission in the Solomons. "Its story moves beyond the mundane cutting of logs," he says. "Instead, it connects with stories of the missionary spirit, exemplifying attitudes of bravery and commitment."



The engine will be getting a new permanent home as the South Sea Islands Museum is in the process of being relocated to the old Sanitarium factory at Cooranbong. More details will be shared in due course. To see a video of the men firing up the engine, go to <record.adventistchurch.com>.

TRACEY BRIDCUTT
COMMUNICATION DIRECTOR, SOUTH PACIFIC DIVISION.



Carrot, cauliflower & turmeric soup

This creamy soup with turmeric is anti-inflammatory, great for the gut and full of deliciousness. Boasting expressive and lasting flavour suitable for any food setting.

Find this recipe and hundreds more at:

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



TOO YOUNG TO GET A CHOLESTEROL CHECK?

High cholesterol is something most people associate with getting older, but you can have high cholesterol at any age. Early detection and treatment in people in their mid-twenties can mean a reduced risk of heart disease and even heart failure later in life.

DO YOU REALLY NEED A CHOLESTEROL TEST BEFORE YOU'RE 40?

Two recent studies highlighted the potentially life-saving benefits of early cholesterol checks. The first, in health journal *The Lancet*, linked "bad" LDL (low-density lipoprotein) cholesterol with a higher long-term risk of heart disease for people under 45. The call out by researchers was to know your cholesterol level from your mid-twenties so, if you get a high LDL cholesterol reading, you can take steps to keep it in check. The researchers believe treating people under 45 for high "bad" cholesterol could prevent one in eight women, and one in four men, from having a heart attack or stroke later in life.

The second, published in the *Journal of the American College of Cardiology*, found that if you had high LDL cholesterol during young adulthood, the risk of developing heart disease later in life was 64 per cent higher than those with healthier cholesterol levels.

ARE THERE ANY WARNING SIGNS FOR HIGH CHOLESTEROL?

Unlike many health conditions, there's no easy way to spot symptoms or warning signs that your cholesterol may be high. That's why it can go undetected until you have a blood test, or in the worst case scenario, a serious health event like a heart attack.

WHAT TRIGGERS HIGH CHOLESTEROL?

A poor diet, smoking, not exercising enough and being overweight can all negatively impact your cholesterol levels. Other factors include genetics, having diabetes, getting older and a family history of high cholesterol.

TIPS TO HELP MANAGE CHOLESTEROL



CURB DISCRETIONARY FOODS

Cut back on discretionary foods including foods high in sugar, salt and fat such as cakes, pastries, biscuits, ice-cream and soft drinks.



UP GOOD FATS

Include healthy unsaturated fats in your everyday diet, from foods like avocados, nuts, seeds, and vegetable oils such as extra virgin olive oil, canola oil and flax seed oil, to vegetable-based spreads.



MORE VEGGIES, SOY, FIBRE

Include fibre-rich foods (wholegrains) in your diet every day. Also incorporate soy protein from sources such as soy milk and soy cheese, and increase your intake of fruit and veggies, aiming for five vegetable and two fruit serves each day.



HI KIDS!



Being kind at home helps us learn how to serve others.



JACOB'S JOURNEY ENDS

Rachel, let me water the sheep for you.

Try Again

Wrong Way

Try Again

Oh Dear

Thank you!

Jacob has continued on his journey to find his mother's family and is nearing his uncle's home when he stops at a place where shepherds water their sheep. He inquires about his uncle Laban and then meets Rachel, Laban's daughter. Jacob rolls away the stone from the well and waters Rachel's flocks, then tells her who he is. Rachel runs home to get her father, who hurries to greet Jacob and invites him home.

Help Jacob find the right path to Rachel. Collect the letters to finish the memory verse.

MEMORY VERSE

"We show that we are

_____ of God . . . by our

2 Corinthians 6:6

THERE'S MORE
TO SAY AFTER

'R U OK?'

Life is a struggling friend
each night she lays awake til dawn; from
the bed of her casket unaware of what
the day may bring.

Life is a wondering thought
each day, a battle between good and
evil, her thoughts swimming in lukewarm
waters while profusely drowning in a
glass of deep sea.

Life is a defeated soldier
who never lined up with anyone's stand-
ard of life yet each moment putting her
life in the line of fire,
while the only support line
was the Lifeline number 13 11 14.

Wounds of not being pretty enough,
scars of not being smart enough, staring
down the gun barrel of never being good
enough.

Life is the masquerade she puts on
when you ask her: R U OK?

I still struggle with I'm never 'fill in
the negative blank' enough. It took me
six sessions of counselling to figure out:
"Death and life are in the power of the
tongue."

And I was slowly feasting on death
or was death feasting on me? I found
myself eating every pessimistic word in
the human vocabulary, uploading positive
posts on social media yet crying for help
through my soundproof pillow.

Left to survive in a padded room full
of echoes; it's the wounds you don't see
that hurt the most.

"For as he thinks in his heart so is,
he" and I thought, so much evil in my
heart it deceived me.

Each cell of my body enslaved by the
negative voices of my Pinocchio's.
God had picked up my broken pieces and

started to put the shrouds together only
to seal it with His everlasting love.

I am a woman no longer a girl, I am
a caterpillar who has blossomed into
a butterfly; I am a work in progress
called to be His masterpiece in damaged
places.

Fragile stickers plastered over human
hearts, emotions covered by feeble face
masks. Surrounded by a society that
sees weakness in sharing your feelings
while being caught up in a fake façade of
fame.

Let's not surrender to misery another
day, let's take a step out in faith, let's cry
a little, let our shame be our story that
encourages others to share their journey.

I'm all for showing my flaws putting it
on a pedestal and claiming the thorns in
my flesh as my trophy.

Only God can take the thing we want
to hide and build the greatest story we
will ever tell, it's only in darkness we see
stars shine the brightest.

We, are perfectly imperfect beings;
we are the result of what has been
moulded in dark places; we are the
voices crying out in the wilderness,
there's more to say after R U OK?

*This poetry was performed as a spo-
ken word for R U OK? Day, September
10. To watch the video and for more
resources on mental health, visit <sign-
softhetimes.org.au/r-u-ok-day-2020>.*

*If you are struggling with suicidal
thoughts, a Lifeline crisis supporter is
only a call away on 13 11 14. To find
FAQ about mental health, visit <beyond-
blue.org.au/>.*

JANICE FERETI
ATTENDS CHURCH IN THE FIELDS AND WORKS FOR
SYDNEY ADVENTIST SCHOOLS, NSW.



Obituaries

AITKEN, Graham John, born 20.3.1937; died 21.8.20. He is survived by his wife, Pamela; children, David and Mandy; and grandchildren, Natasha, Amy, Ryan and Sarah. Graham was laid to rest on Thursday, September 3 in the Avondale Cemetery, NSW. He was greatly loved by all the family and is greatly missed. All he ever wanted to do was to see Jesus and be with Him. Graham is now sleeping peacefully, waiting for Jesus.

Peter Ansell

BARENDSE, Walter John, born 4.4.1923 in Amsterdam, The Netherlands; died 27.8.20 in Footscray Hospital, Vic. On 24.5.1953, he married Elizabeth Coltheart, who predeceased him in 2017. Walter is survived by his daughter, Merinda and Jonathon (Vic); son, Victor and Shalleen (Berkshire, England); grandchildren, Monique, Ariane, Danielle, Chantel, Simeon and Micah; and great-grandchildren, Eloise, Annelise, Jonas, Joshua, Max, Ruby and Digger. Walter was known for his infectious smile, integrity, kindness, positive spirit, love for his family and

quiet Christian grace. Walter and Elizabeth established their home overlooking Curl Curl, NSW, operating a duty free business in Sydney and in retirement settling closer to family in the Mount Macedon area of Victoria.

Peter Roennfeldt

BLYDE, Olive Karine, born 28.6.1928; died 7.8.20 in Warburton, Victoria. She is survived by her children, Karine and Adrian (SA), John and Sue (Cooranbong, NSW), David and Sylvia (Warburton, Vic); seven grandchildren; and eight great-grandchildren. Olive, a registered nurse, served with her late husband Merv in church work in the Solomon Islands, Fiji, Mona Mona Mission, South Australia and finally Warburton Hospital. Olive loved the Lord and will be remembered for her ability to arrange flowers, her beautiful garden, her service to the Church and also her service to the community where she volunteered for the CFA, SES, CWA and for 40 years delivered meals for Meals on Wheels. In 2013 she received an award from the Yarra Ranges Council for her outstanding service to the community.

Terence Goltz

HEAD, Trevor Ernest, born 30.1.1943 in Wanganui, NZ; died 2.7.20 in Uniting Caroon Marima, Goonellabah, NSW. He was predeceased by his grandchild, Hallie. Trevor is survived by his wife, Dawn; children, Meredith and Christopher Tasker, and Christopher Head; and grandchildren, Charlie, Katie, Mackenzie and Ronan. Trevor was a humble, generous and compassionate man who loved serving others. Resting in peace until Jesus Christ returns, when we will all be reunited again.

Tim Merrett

KRAUSS, Clarise Maude (nee Burgess), born 17.4.1935 in Mackay, Qld; died 1.3.20 in Warners Bay Private Hospital, Lake Macquarie, NSW. On 5.3.1959, she married Reg. Maude is survived by her husband (Toronto); son, Gary (Toronto); daughter, Geneve and Kenn Watson (Toronto); son, Gregory and Cheryl (Plainland, Qld); son, Graeme and Michelle (Cooranbong, NSW); sister, Ruth and Rollo Wallace (Nords Wharf); sister, Gwen and Kevin Jarmain (Sydney); seven grandchildren; and two great-grandchildren. Maude loved her Lord, which shone through in her life with her

family, throughout her service in many church positions over the years, in her work, and also in her community work. She admired God's creation and enjoyed exploring nature. She was very hospitable, always thinking of others and her home was always open to those in need. Maude was a very talented, dedicated, industrious and loving wife, mother, grandmother and great-grandmother.

Grego Pillay



OLSEN, Leon Eisdell, born 28.8.1939 in Whangarei, NZ; died 14.8.20 in Avondale House, Cooranbong, NSW.

In 1963, he married Fay (nee Howse). He is survived by his wife; children, Dean and Julie (Adelaide, SA) and Royden and Eva (Wahroonga, NSW); grandchildren, Amber, Oliver, Jay and Corey. Leon studied accountancy and graduated from Longburn College (NZ) in 1958. He was first engaged by the Sanitarium Health Food Company. Later Leon was employed in both Union and Conference administrative positions in Australia, New Zealand and the Pacific Islands. His service culminated as manager of Adventist Senior Living based



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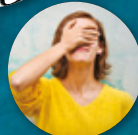
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in Cooranbong, NSW. Leon was both a competent and faithful worker during his long period of denominational service. He loved his family, was strong of faith and now awaits the coming of Jesus.

Richard Reid, Roger Nixon, Allan Lindsay, Grego Pillay



PAGE-DHU, Mona (nee Bellette), born 6.7.1926 in Tasmania; died 10.8.20 in

Lismore Base Hospital, NSW. In 1950, she married Allen, who predeceased her. She was also predeceased by her son, Glen. Mona is survived by her son, David and Jannah (Townsville, Qld); and grandchildren, Alaina (Byfield) and Aiden (Townsville). Mona had an amazing life. She worked as a nurse in a leper colony in Papua New Guinea for five years before running a receiving home for abandoned children in Alice Springs. She also operated a hydrotherapy and massage centre in Lismore. Her selfless and determined efforts to do good endeared her to staff and residents at her hostel. A memorial service will be held at the retirement village church in Alstonville when COVID-19 restrictions allow.

Keith Jackson

PIEZ, Nancy Ruth (nee White), born 30.7.1935 in Heidelberg, Vic; died 1.9.20 in Bartram Rise, Viewbank.. On 5.12.1955, she married Pastor Eddie Piez, who predeceased her in 2017. Nancy is survived by her children, Dr Wayne and Glenda (Mont Albert), Pastor Stephen and Kym (Port Ferry), and Glenda and Peter Lindsay (Bonnells Bay, NSW); and grandchildren, Katherine, Heather, Maddison, Noah, Kelly, Leah, Karl, Nick and Annalise. Nancy was a bright, positive person, with a sense of humour and deep love for God and her family. With her husband, Nancy served as a missionary in Papua New Guinea for 18 years where her children were born, and during the last six years of service for the Church, in Pakistan. Wherever she lived Nancy learnt the language, with service for others a consistent commitment of her life.

Peter Roennfeldt, Stephen Piez

QUADRILL, Yvonne Lou (nee Woolley), born 15.3.1941 in Glen Huon, Tas; died 23.8.20 in South Tweed Heads, NSW. On 2.3.1974 she married Vaughan in Hobart. Yvonne is survived by her husband (Chinderah); sons, Bruce (Mackay, Qld), Neville and Cathy (Terranora, NSW), Leigh and

Katrina (Springwood, Qld); and five grandchildren who loved her dearly. Yvonne certainly fought the good fight, she finished the race, she kept the faith and died peacefully with full assurance of meeting her Saviour on the resurrection day.

Warren G Price, Matt Acheson

SCHUCK, Neville, born 23.9.1935 in Newcastle, NSW; died 30.6.20 in Redlands Hospital, Brisbane, Qld. He was married to Norma, who predeceased him in 2008. On 14.9.14 he married Shirley Casier. Neville is survived by his wife; son, Damien and Pricilla (Qld); daughter, Coralie and Darren Wall; and grandchildren, Aiden, Madison, Hannah and Jorja. Your life was a blessing, your memory a treasure. You are loved beyond words and missed beyond measure. Soon you will hear your Saviour's voice as He comes to take you home.

Bob Possingham

SIEMIENOWICZ, Dr Richard, born 1.3.1942 in Poland; died 23.7.20 in Adventcare, Nunawading Vic. On 20.12.1964, he married Margurete Parker in the Springvale church. Richard is survived by his wife (Nunawading); son, Igor and Justine (High Wycombe, WA); daughter, Janita and Craig (Warranwood, Vic); grandchildren, Jasper and Erin; brother, Bodo and Ania (Mount Waverley). Richard worked hard to become a very good doctor, surgeon and professor. He loved his family and they went on camping trips in his 4WD Land Rovers. He was a man of faith and belief in God. He also preached well at church at times. A fine, useful, believing man was Richard, for family, for God and for patients. He also enjoyed music, especially hymns that honoured God. His dear wife Margurete was his carer for the last few years.

Morrie Krieg

ADVERTISING

**CONSTITUENCY MEETING
NEW ZEALAND PACIFIC UNION
CONFERENCE**

Notice is hereby given that the Sixth Constituency Meeting of the Seventh-day Adventist Church, New Zealand Pacific Union Conference, will be held in the Crowne Plaza Hotel, 128 Albert Street, Auckland, from February 12–14, 2021. Appointed delegates will vote on who the Officers and Executive Committee of the Union will be for the next quinquennium and

consider proposed changes to the Union constitution. Various administration, ministry and financial reports will be presented and considered by delegates. Graeme Drinkall FCPA, Secretary Treasurer, New Zealand Pacific Union Conference.

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ADVENTIST WORLD
OCTOBER 10**

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**GRAPHIC DESIGNER (MATERNITY LEAVE COVER)
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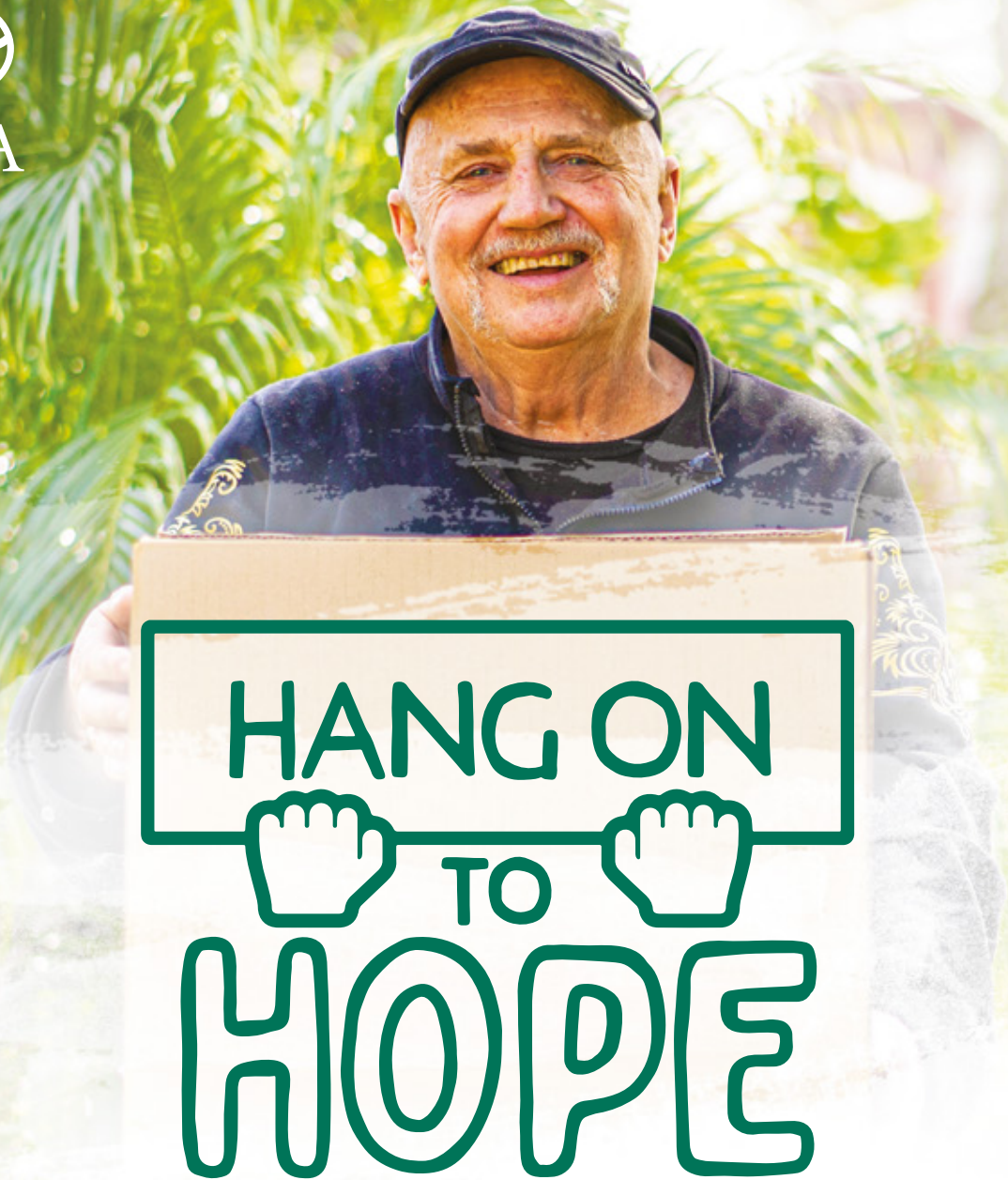
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