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NEUROPLASTICITY AND DISCIPLESHIP

HOW TRAINING CAN TRANSFORM US 14

NEWS

PATHFINDERS CELEBRATE 70
YEARS 8

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WE NEED YOUR HELP

Many members are continuing faithfulness to God by returning tithes during COVID-19 restrictions. However, two central parts of the church only operate on offerings and this is seriously impacting:

1. **Your** Local Church, and
2. **World** Mission Budget

We invite you to schedule regular offerings on the eGiving website or app to your Local Church (Local Mission) and to Sabbath School Offerings (World Mission).

THANK YOU

Your participation changes *everything!*



CASTING HELL INTO THE LAKE OF FIRE

As Adventist Christians we are blessed not to be encumbered with the most disgusting and nefarious of Christian doctrines: the ever burning, no relief, torture chamber of hell.

In recent years, a number of mainstream Christians have debated and discussed the existence of hell. Rob Bell was rejected by many evangelicals after his book *Love Wins* questioned the doctrine and was accused of universalism.¹ Francis Chan and Preston Sprinkle wrote *Erasing Hell* in response (full disclosure, I have not read either book). The movies *Hell and Mr Fudge* (2012) and more recently *Come Sunday* (2018), based on true stories, bring the debate onto the screen, albeit in a dramatised fashion.

Studies have shown half of all Americans believe in hell, with a significantly higher proportion than that among religious people.²

Closer to home, Australian Christian Lobby's Martyn Lles was quizzed on national television whether he believed homosexuals would go to hell. "The mainstream Christian belief is that all of us are born going to hell. We're all sinners, all to be judged by God. A Christian belief which runs to the very heart, soul and core of Christianity.

"Millions of Australians believe that," he claimed.

When pressed again for not answering the question directly, he said, "I don't think it's that simple. I think all of us will be judged by God. The reason we go to hell is if we decline the sacrifice of Jesus on the cross."

For those who don't know God, the answer paints Him to be a tyrant. Those who believe in hell will feel vindicated, but for those who don't, their mistrust and doubts about God's existence and even goodness, will be cemented.

God's character has been maligned over the years as He appears to look more like the devil than love.

Ellen White described her fear of hell as a child: "I believed in an eternally burning hell; and as I thought of the wretched state of the sinner before God, I was in deep despair. I feared that I should be lost, and that I should live through eternity suffering a living death."

She added: "[The only] words that I had any confi-

dence to utter were, 'Lord, have mercy.' Such complete hopelessness would seize me that I would fall on my face with an agony of feeling that cannot be described.

"Our heavenly Father was presented before my mind as a tyrant, who delighted in the agonies of the condemned. . . when the thought took possession of my mind that God delighted in the torture of His creatures, who were formed in His image, a wall of darkness seemed to separate me from Him. I despaired that so cruel and tyrannical a being would ever condescend to save me from the doom of sin."

A turning point for White was her mother questioning the doctrine. She recalls her mother saying, "It does not seem a proper way to win souls to Jesus by appealing to one of the lowest attributes of the mind—abject fear. The love of Jesus attracts; it will subdue the hardest heart" (CET 40.6).

When other Christians speak in the public space, we rarely use the opportunity to present a different narrative of Christian faith—perhaps we are too sympathetic to their concerns of religious freedom or standing for morality. Or perhaps we still just want to fit in.

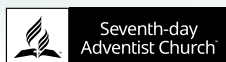
If it comes up, in the public square or in personal conversation, we should deny that "people go to hell" or a belief in hell. If we admit such a belief—before we can clarify what we mean by it—the person we are speaking to has already assumed we believe in the eternal conscious torment (ECT) model. God appears monstrous. God does not need us to defend Him, but we have the opportunity to better reveal His character to the world.

Our fundamental beliefs don't mention the world "hell" and we shouldn't either.

1. Universalism is a theory that all humanity will ultimately be reconciled to God after judgement.

2. <<https://www.christianitytoday.com/news/2019/february/hell-belief-anxiety-arda-baylor-university.html>>.

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THE ELDER AS 'DISCIPLER'

Part 1

I had just completed two years of internship with a senior pastor and was pastoring my first church on my own. I was excited at the opportunity to shepherd and lead God's people. The church district was on the edge of the great Australian Outback and covered many thousands of kilometres. It had one larger regional town with a church and many smaller towns with small groups or individual members. I had many ideas to share the gospel and Adventist truths with all in the community. Immediately and enthusiastically I shared my ideas with the church leaders in a board meeting. However, there was little discussion on my concepts, and what was said did not encourage me at all. What could I do?

One of the elders in the church noticed my disheartened response to my evangelistic ideas. He asked me to visit him while he was at work. Owen made and repaired saddles for horses. I went over and, while he worked, moulding and stitching the leather, I talked. He finally said to me, "I love your enthusiasm for spreading God's Word, but it may take a little time understanding how it is best shared in this area." That made sense to me. For the next three years that I pastored in that district I would often go over and talk with Owen about the challenges in ministry. He listened as I did most of the talking, but he guided my thinking in a way that connected with the outback people.

Owen, as an older elder, disciplined me. He made me a better follower of Jesus.

Disciple in Greek is *mathetes*, from a verb which means to learn. As we go, as we teach, and as we baptise, the goal is to make disciples.



GLENN TOWNEND
SPD PRESIDENT
@SPDpresident

ADVENTISTS AWARDED FOR SERVICE IN FIJI

JARROD STACKELROTH

Two faithful Seventh-day Adventist seniors were among the 32 recipients of Fiji's 50th independence anniversary medal on October 7.

Joji Mocevakaca, 83, from Boitaci Village on Vanua Balavu, was one of the oldest medal recipients at the State House government building in Suva. The former teacher and Pathfinder veteran was recognised for his contribution to the development of Fijian young people.



MASTER MOCE AFTER RECEIVING HIS MEDAL.

Master Moce, as he is known to many, has impacted the lives of many young people during his 50 years of service to the Church. As he always proudly says, "I was born a Pathfinder, I will live a Pathfinder and I will die a Pathfinder." He wore his Pathfinder uniform to the award ceremony.

The Youth ministry department of the Fiji Mission congratulated Master Moce on his "recognition by the Government of Fiji" with the "prestigious award".

The other recipient was 73-year-old Marica Tokalau, retired children's and women's ministries director for the Trans Pacific Union Mission (TPUM).

For the past 20 years, the former school teacher from Vuniwai Village has "been selflessly engaged in community service".

"I thank God and the Government for not forgetting the little work that I've done," she said. According to the *Fiji Times*, Ms Tokalau said she didn't expect the award and was a little overwhelmed by it.

Linda Koh, children's ministries director for the General Conference of Seventh-day Adventists, affirmed

Ms Tokalau, stating, "She was an outstanding children's ministries leader and I have had several occasions to work with her in this area. We thank the Lord for such a dedicated church leader who contributed much

for the community." Although no longer the director at TPUM, Ms Tokalau is still involved in community service.

In officiating at the event, Fiji President Jioji Konrote said the medal was to acknowledge and appropriately reward individuals who have served selflessly and contributed immensely towards the nation's socio-economical and political progress and development.

Fiji celebrated 50 years of independence on October 10.



MARICA TOKALAU WAS ALSO A MEDAL RECIPIENT.

AUSTRALIAN-FIRST PROCEDURE AT SYDNEY ADVENTIST HOSPITAL

LEISA O'CONNOR/RECORD STAFF

In an Australian first, Sydney Adventist Hospital has launched a new treatment for men with enlarged prostates.

San urological surgeon Professor Henry Woo is the first Australian surgeon to implant a device that studies have shown helps remodel the prostatic urethra yet retains sexual function after the procedure.

Benign prostatic hyperplasia (BPH), or enlarged prostate, is one of the most common diseases in ageing men, affecting an estimated 50 per cent of men aged 50, rising to 70 per cent aged 70 or older. It disrupts sleep, lifestyle and activities.

Professor Woo said the condition means men commonly find themselves adjusting their life around the availability and location of toilets.

The first Australian patient to have the procedure, Sydney dad Mark Tunks, agrees.

"The water I was drinking during

workout sessions was meaning I couldn't then travel onto work without a toilet stop," the 55-year-old father of three said. "It was frustrating and uncomfortable and making me feel older than I am."

Recently approved by the Australian Therapeutic Goods Administration following its successful use in the US, the iTIND is a device that expands after implantation during a day surgery procedure and is removed within five to seven days.

The triangular-shaped three ridges of the stent-like structure reshape and widen the internal tissue, helping urine flow and reducing the often uncomfortable and constraining symptoms of the condition.

Professor Woo, who has introduced several cutting-edge procedures to treat BPH in Australia, said while long-term data about the durability of the

device beyond three years is not yet available, the good results reported from overseas to date about the improvement in symptoms and quality of life are an acceptable trade-off.

"From my perspective it's good we have yet another tool in the armoury of the gold standard treatments that the 16 urologists here at the San use to treat what can be a very debilitating condition. We want our patients to lead the best lives they can."



PROFESSOR WOO WITH PATIENT MARK TUNKS.

TAIHAPE CHURCH REOPENS AFTER 13-YEAR CLOSURE

KIRSTEN OSTER-LUNDQVIST

Taihape Seventh-day Adventist Church in north New Zealand celebrated a reopening ceremony on Sabbath, August 29, after being closed for 13 years.

The ceremony was supported by the nearby congregations of Whanganui, Raetihi and Palmerston North churches, with visitors travelling from even as far away as Napier.



OPENING CEREMONY ATTENDEES OUTSIDE THE CHURCH BUILDING.

The church originally closed its doors after the congregation dwindled to just one person in 2007. However, the building remained in Adventist ownership and was rented out to other church groups. As such, there was a building, but no Adventist congregation—until now.

"I am so pleased to hear that there is renewed interest in Taihape church,"

said Pastor Ben Timothy, North New Zealand Conference president, who pastored this church as part of his first district.

Palmerston Central church pastor Justin Strauss led the service and spoke about Nehemiah

and his call to build up the work of God and repair the walls that had been broken. Elder Terri A Kara from Raetihi took the Sabbath school lesson and shared her excitement about the reopening.

In the work to establish this new congregation, a group of believers nearby have committed to attend Taihape church each fortnight to support the church in outreach and mission work.

One gentleman, who, through encountering Adventist media had become convinced about the Sabbath, stood up and testified that he had been praying that God would work a miracle and open an Adventist church in Taihape. When he heard the church might open, he came to see for himself. This was an encouragement to everyone who attended, and an answer to many prayers.

WA CONFERENCE FIRST TO PROVIDE ASSISTIVE LISTENING EQUIPMENT

LEE DUNSTAN/RECORD STAFF

The Western Australian Conference has become the first conference in the South Pacific Division to deliver two new technology systems to assist people with poor hearing.

The first is a free mobile app that can interface with churches' WiFi to deliver improved audio through members' personal Bluetooth-enabled hearing aids.

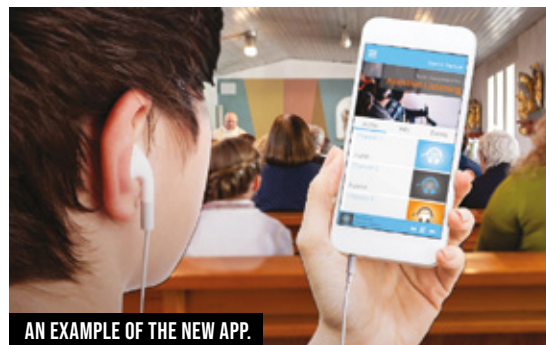
"The new WiFi system enables anyone with a smart phone to hear church audio with greatly improved clarity just by downloading a free app and connecting their personal Bluetooth-enabled hearing aids," said Graham Weir, retired hearing rehabilitation specialist. He elaborated that this new system is far superior to old Audio Loop systems, which are quickly becoming redundant.

The second system purchased by the Conference uses individual pocket receivers that are paired with

earphones or "neck-loops" for people who don't have Bluetooth-enabled hearing aids.

The new systems were adopted in response to the release of a new booklet written by Mr Weir, entitled *How to Equip Your Church or Venue for People with Hearing Problems*. Rolled out on July 20, the Conference plans to use the new technologies at their annual Easter Camp and all other Conference-wide seminars. Both systems will also be made available to local churches for demonstration programs, and to encourage them to purchase their own systems.

"Mr Weir has provided excellent advice to us as a Conference to enable more effective communication of the gospel to an important group of



people in our community, and also to enable church members to participate more easily in our worship services and training programs," said Conference president Pastor Steve Goods.

Churches wanting to organise a hands-on demonstration and practical training workshop outside of Sabbath hours can contact Graham and Dianne Weir by email <gmw@westnet.com.au>, or Pastor Goods at <stevegoods@adventist.org.au>.



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PNG LOSES RESPECTED ADVENTIST EDUCATOR

JARROD STACKELROTH

Papua New Guinea's Sonoma Adventist College has lost a respected leader, lifelong educator and mentor with the death of deputy principal Malachi Param on Thursday, September 30, while he was undergoing surgery in Port Moresby.

Mr Param spent his whole career in education, working at Sonoma for more than 20 years. He also served in New Britain New Ireland Mission and Eastern Highlands Simbu Mission.

A product of Adventist education himself, Mr Param was educated through Kambubu and Sonoma before earning his diploma at Pacific Adventist University (PAU) and his MA through La Sierra University (USA).

"I only knew Malachi for a short time at Sonoma, but he was hugely respected by staff and students," said Kevin Judge, Sonoma human resources manager. "When he spoke, you listened. What he had to say was full of wisdom and experience. Sometimes he never said much, but you knew he was waiting for the time to speak the right words."

Tributes flowed over social media from staff and students of Sonoma as well as PAU.

"As the shadow of grey cast over his empty office, cries are heard all over campus tonight," the Sonoma Facebook page shared. "We were praying for you this week and now we will pray for comfort over your loss."

"His passing is a great loss to the Adventist community

and the PNGUM," said Sonoma theology lecturer Simon Davidson. "You have done an outstanding job in serving the nation, Pacific and the Church to train thousands of students who passed through Sonoma."

Former students shared sentiments such as "you were like a father to us when we were *far longway* from home" and "truly a great leader and a mentor to me".

A funeral service was held at PAU on October 7. A memorial service was then held at Sonoma College on October 9 and the casket remained at Sonoma College until after Sabbath hours, before being brought up to Napapar Village for burial on October 11.

Mr Param is survived by his wife Joyce and four children: Gibson, Camila, Hobson and Dianella.



MALACHI PARAM.

NEWS GRABS



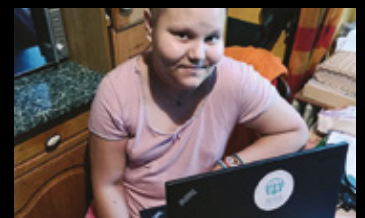
GROWTH SLOWING

At the Genera Conference Annual Council on October 8, the director of the Office of Archives, Statistics and Research (ASTR), Dr David Trim, presented statistics showing that the overall growth-rate of the global Adventist Church is declining. To remedy the issue, he highlighted the importance of church planting and equipping members to be more effective at outreach.—AR



SUCCESSFUL EVANGELISM

More than 500 people were baptised into the Adventist Church in Venezuela following an evangelistic series held from September 5 to 12. The event attracted more than 1000 visitors online daily and saw more than 4200 people undertake Bible studies. The series was also broadcast live on the 50 Adventist-operated FM radio stations in Venezuela.—IAD



ADRA HELPS HUNGARY

During the COVID-19 pandemic, more than 560 low-income families received food packages and 24 families received laptops for online education thanks to projects sponsored by ADRA in Hungary. The laptops were distributed to schools to be used by several families at a time, which multiplied the impact of the program.—TED

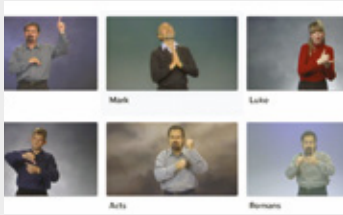
#RECORDLIVE: WE'RE NOW ON YOUTUBE!

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RECORD LIVE | THURSDAYS 4PM AEDT

HOT TOPICS



BIBLE FOR THE DEAF

After nearly four decades, the entire Bible is now available in American Sign Language for the first time ever. Deaf Missions, a ministry dedicated to sharing the gospel of Jesus with the deaf community, began the project in the early 1980s. It is accessible for free online via social media or on a smartphone app.

—*Christian Post*



MENTALLY HEALTHY

A national survey of more than 700 families by Children’s Health Queensland found that while 80 per cent of children aged 1 to 5 experienced good emotional and mental health during COVID-19 lockdowns, 20 per cent experienced confusion, worry, disrupted sleep and unhelpful behaviours and thoughts.

—*ABC News*



SHOW ME THE MONEY

Lotterywest has denied tennis legend Margaret Court and her church group a grant, due to her “biblical views on same-sex marriage”. The finances were going to be used to feed needy families in Perth (WA), as part of an outreach program that has ministered to tens of thousands of families for more than a decade.

—*The West Australian*

PATHFINDERS CELEBRATE 70 YEARS

MARYELLEN FAIRFAX

Pathfinders—a global youth ministry of the Seventh-day Adventist Church—celebrated its 70th anniversary this year, with Church leaders around the world putting together commemorative livestream programs on Sabbath, September 19, including the Australian Union Conference (AUC).

AUC youth director Pastor Jeff Parker and Victorian Conference assistant youth director Rosemary Andrykanus hosted a 90-minute livestream, presenting a selection of more than 1000 photos submitted by Pathfinders, Pathfinder directors and enthusiasts from across Australia, as well as commemorative posters, flags, banners, badges, awards and stamps throughout the years.

More than 400 people tuned into the livestream to see old pictures of their Pathfinder clubs and to learn about the history of Pathfinders in Australia, including a list of dates when clubs were established—the oldest being the Wahroonga Pathfinder club (NSW) in 1952—and to view old footage and photos of camporees over the years—the first of which was held in Victoria in 1959.

Youth directors from across the country sent in video comments and stories, mentioning their appreciation of the ministry and its importance for youth development.

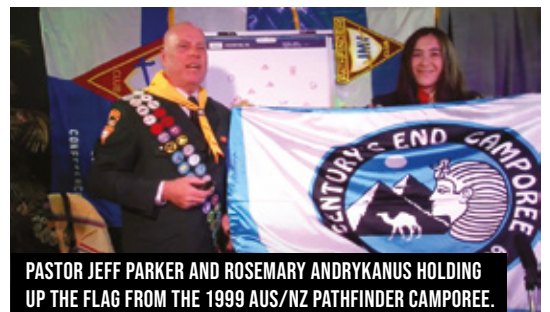
Pastor Nick Kross, youth ministries director for the South Pacific Division, also reflected on the importance of Pathfinders and thanked volunteers.

“For the last 70 years, dedicated leaders and mums and dads have been gathering under the banner of Pathfinders. Starting out in California and spreading out around the world . . . Pathfinder leaders have been opening up the Bible and

sharing those amazing stories that we know and love about Jesus . . . and they’ve been camping and hiking, swimming and biking and learning to do life together as God’s big family. As we celebrate this 70-year milestone, let’s keep that fire burning,” he said.

To celebrate the 70th anniversary, Pathfinder groups across the New Zealand Pacific Union Conference, Papua New Guinea Union Conference and Trans Pacific Union Mission also celebrated with various events and livestreams.

To see the old photos and footage of past Pathfinder events in Australia, you can watch the AUC livestream on YouTube by visiting the “Pathfinders Australia” YouTube channel, and searching for the video “Pathfinders—a 70 year celebration”.



PASTOR JEFF PARKER AND ROSEMARY ANDRYKANUS HOLDING UP THE FLAG FROM THE 1999 AUS/NZ PATHFINDER CAMPOREE.



LAUNCESTON PATHFINDER CLUB (TAS), ONE OF THE LONGEST CONTINUOUSLY RUNNING CLUBS IN AUSTRALIA.



BICKLEY PATHFINDERS (PERTH) HAVE A GREAT HISTORICAL RECORD.



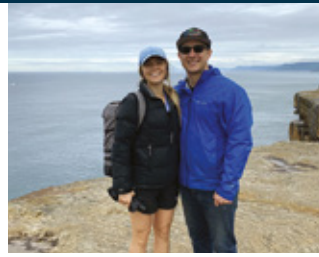
A VISIT FROM THE PM

Mountain View Adventist College (Sydney) Year 12 student Ethan Robinson-Jones received a surprise visit from Australian Prime Minister Scott Morrison on September 28. Ethan has been serving as a volunteer firefighter with the NSW Rural Fire Service since May 2019. The brigade that he volunteers with, Horsley Park Rural Fire Brigade, lost two members in the Green Wattle Creek fire in December 2019. Ethan has also been advised that he will be receiving the NSW Premier's Bushfire Emergency Citation for his involvement in the 2019/2020 fire season. —MVAC Facebook



LITERATURE EVANGELISM

Pathfinder clubs around Tasmania recently teamed up for an awesome cooperative community service project. Organised by Launceston Adventist Church member Natalie Moore, the clubs ordered and distributed 80 copies of *The Hunter Chronicles* to little libraries all around the state. Little libraries are free community bookshelves where people can borrow all kinds of books to read for free. It is the prayer of the combined Tasmanian Pathfinder clubs that children and adults alike will read *The Hunter Chronicles* and thereby be introduced to Christ and His Advent message. The books were donated by the Conference Youth Department. —Tasda



PASTOR GIGLIOTTI ORDAINED

Greater Sydney Conference (GSC) youth director Pastor Simon Gigliotti was ordained alongside his wife Brittany at Wahroonga Church (Sydney) on Sabbath, September 19. Despite COVI-19 restrictions limiting the number of people physically able to attend, the event was livestreamed and pastors from across Australia sent in video messages of encouragement to play throughout the service. A sermon was presented by GSC president Pastor Terry Johnson before GSC secretary and former youth director, Pastor Cheoneth Strickland, gave Pastor Gigliotti his charge to ministry and Pastor Malcolm Allen offered the prayer, surrounded by all ordained pastors in attendance. —Record staff



CALLED TO PREACH

Iosefo Vakalelebula—whose name directly translates to “Iosefo Saving Souls”—was selected by his church in Navosa, Fiji, to preach during the Trans Pacific Union Mission’s Harvest initiative in August. One week before the outreach was scheduled, the church board decided to postpone it due to financial constraints. Undeterred, Mr Vakalelebula, 34, gathered his family and young people to build a small shed for the program, using spare roofing iron at his house. After four weeks—two of which were added on thanks to community interest—12 people were baptised and a branch Sabbath school was established. —Fiji Mission Facebook



GALA DAY FUN

Papaarua Adventist School (Cook Islands) was a flurry of activity on September 30 as staff, students and parents hosted a Gala Day to raise funds for much-needed school materials. The event boasted an array of delicious dishes prepared by families, as well as a garage sale, hair braiding and face painting to keep everyone entertained. Principal June Hosea says the school plans to purchase resources from the proceeds, including laptops, a new printer and other stationary items. —Cook Islands News



TEACHER BAPTISED

Lynne Imaita, a teacher who was brought up in a Lutheran home, was given the opportunity by Smith Kintau, education director of Morobe Mission, to teach at Gabensis Adventist Primary School (PNG). After two years of teaching there, she accepted Jesus as her personal Saviour. Following a week of evangelistic meetings conducted by school chaplain Ben Zeriga, she was baptised alongside 10 students. —Morobe Mission Media



PLANTING A LEGACY

Year 13 students at Longburn Adventist College (NZ) planted trees as their 2020 graduation gift. With the help of Nigel Wright (building construction teacher) and some staff, along with environmental organisation A-Rocha, the group planted more than 100 native trees around part of the edge of the football field, gifted to the school through its recycling efforts, as well as a significant number of trees from A-Rocha. —LAC



MINISTRY RETREAT

A ministry retreat for Kainantu District workers and their partners was held at Prumepa Adventist Church (PNG) over the weekend of October 9 to 11. The theme was “Come Rest Awhile”, presented by Eastern Highlands Simbu Mission general secretary Dr Benjamin Kola. The workers were asked to reflect on their holy calling, and were encouraged by the message of Philipians 2:5-7. —Misek Komiloko



I grew up in a family without religious belief. Looking back, I can see that God determined to call me into His love and arms from the very beginning.

As a teenager, I would ask myself, *What's the meaning of life?* I thought if a person only lives this life, then the best way to live is to eat, drink and be merry. If that is true, then life is really meaningless and a vanity.

In the summer of 2002, I joined an English training class. The teacher was from America with a PhD in theology. In the first lesson, he introduced himself by sharing a miracle that God had saved him from a car accident. His car was heavily damaged in the accident, but he felt there was a big cup covering him in the crash and he was unhurt. I was impressed by the miraculous story, sharing it with my family right after class.

In October 2012, I went to Canada on vacation. Near my hotel in Vancouver, there was a church. One morning, I saw a gentleman in a green suit at the gate of the church, holding a sign, which said "BACK HOME". My morning tour finished earlier than I expected, so I decided to visit the beach near my hotel in the afternoon. Later, as I walked back to the city centre for dinner, I saw the same gentleman holding the "BACK HOME" sign at the gate of the church.

The wind was really heavy on that day and I was so impressed by this gentleman, wondering why he was willing to stand in the wind for the whole day? I decided there must be something special about this belief. Since then, the image of that gentleman holding the sign has never faded from my memory.

Right after my vacation, I joined a

postgraduate course at Hong Kong University. One professor gave every student a book titled *Streams in the Desert* as a gift after a two-day lecture. I was highly impressed by the book, because the book partly answered the question of the meaning of life. I started reading one chapter every night.

Weeks later I wrote an email to the teacher to thank him for the book. I expressed my willingness to know more about Christianity. The teacher introduced me to his colleague Karen. Every Friday, Karen would gather with other church members in her home. The first time I joined the gathering, I felt their love toward me. I had never experienced something like this before. I was eager to come back to the next gathering. Karen gave me a Bible and I started to read every evening.

In January 2014, I was baptised in a church. On that day, God miraculously healed my sickness that had troubled me for a long time. Praise God for that! After taking both Chinese and Western medicine for about half a year, I still had not healed—and my stomach felt uncomfortable from too much medicine. So I'd stopped for at least half a year. But my sickness was healed completely the day of my baptism—the only reason was God's mighty work.

After my baptism I visited some different churches, listening to the preachers, attending youth gatherings, Bible study groups and church services, reading Christian books. But I knew there was still something wrong with my relationship with God. I was scared to look at the cross, I was too far from the standard of God and felt discouraged at myself.

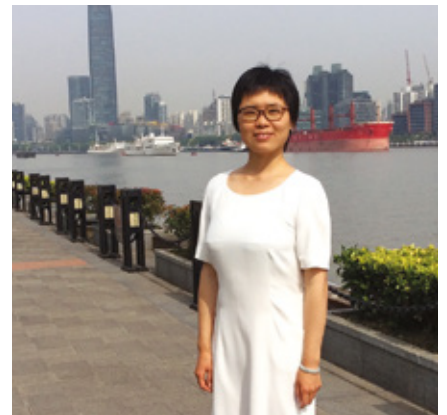
I saw Hope Channel on TV when travelling to New Zealand in October 2016. It was a huge blessing for my spiritual life. When I returned home, I searched online and found the *Hope Sabbath School* program on YouTube.

I started watching *Hope Sabbath School* and I couldn't stop. Watching *Hope Sabbath School* is the happiest time for me, and I watched all the *Hope Sabbath School* episodes from 2013 in several months. I love the smiles of the team members—they make the Bible easy to understand.

Blessed by the program, I started to have a clearer picture of what our God is like. God is full of mercy, eager to call us back to Him to save us, and always willing to forgive. God is love. I no longer felt scared when looking at the cross. I know God loves me, He has cleansed me and He will change me to be like Him by His power.

In early 2018, I decided to change from a Sunday church to the Adventist Church. Last year I was convinced to be rebaptised by immersion (I was baptised by sprinkling in 2014). Now I have finished one year of Bible studies in a local church and I am waiting for rebaptism after church opens again.

Thank God for bringing *Hope Sabbath School* into my life to grow my spiritual life. Now I am willing to give all my life to Jesus and desire to live a life that glorifies God. That is the true meaning of life. Amen!



CHRISTIE CHEN
HOPE SABBATH SCHOOL MEMBER, SHANGHAI,
CHINA.



God multiplies our offerings

A few years ago, Waitara Seventh-day Adventist Church (NSW) discussed how they could make Thirteenth Sabbath offerings more special. They wanted to encourage church members to put money aside for the offerings each week instead of relying on whatever was available in pockets and purses on the day.

"I thought this was a great idea," says local church member Marilene Stevenson. "I remember that people used to do all kinds of things to raise money for Thirteenth Sabbath, from baking cakes to growing veggies and then selling them to others. I wondered if I could do something similar."

At that stage, Marilene didn't have the time—or inclination—to bake cakes and grow vegetables. However, she had started using a particular product—olive leaf throat spray—that she found helpful and had been recommending to others. When other people expressed interest in this product, Marilene came up with the idea of buying the item wholesale and selling it to the interested parties. Any profit that was made would then go directly towards her Thirteenth Sabbath offering.

Marilene also visited the flower markets regularly and began making floral arrangements for special occasions such as Mother's Day. Again, she offered these arrangements for sale and put the money towards her offering.

This spurred Marilene to continue looking for other ways to raise money.

"It really began with me buying stuff that I wanted," laughs Marilene. "But it turns out that the things that I like to buy are the things that other people want to buy too—they just don't have the time to go and buy them!"

Working with local farms and factories, Marilene is able to purchase healthy products at wholesale cost and sell them to family and friends at a cheaper rate than retail. This includes buying boxes of exotic fruits, fresh tofu and specialty vegan items.

"It gives me a real buzz," says Marilene. "I'm helping the people who I am selling to and, at the same time, raising money for a good cause."

Since she began fundraising, Marilene has managed to raise a minimum of \$A300 for the Thirteenth Sabbath offering each quarter. There have been a couple of instances when she has raised more than \$600.

Due to churches being closed during COVID-19, church offerings in general are lower this year, in comparison to previous years.

"But it's so important for us to keep giving," Marilene adds. "Everything we own really belongs to God. He can multiply our meagre offerings. He just wants us to give freely."

She encourages all church members to continue to give offerings, even if it means fundraising to do so.

"When I first started, I wondered what I could do and whether I could actually make much of a difference," says Marilene. "I'm not a salesperson by any means. But God has blessed and opened up opportunities that I would never have thought of. Just start and do something, and God will do the rest."

VANIA CHEW
COMMUNITY ENGAGEMENT ASSISTANT, ADVENTIST MEDIA.



12 SKILLS KIDS NEED TO EAT WELL AND LIVE WELL

One of the most common challenges families face is trying to get children to enjoy a variety of healthy food. According to a 2018 YouGovGalaxy study, parents list “eating more vegetables” as the healthy food behaviour they would most like to see their children adopt. And for good reason—for example, in Australia, 95 per cent of children don’t eat the recommended five serves of vegies a day.

WHAT ARE THE BARRIERS TO HEALTHY EATING?

Most of us have had the “eat more vegetables” message drummed into us since primary school, so why aren’t we eating better?

One of the most significant barriers identified by dietitians is a relatively obvious one—dietary preference. In the hyper-speed of modern life, convenience is also a barrier. Busy families need food to be fast—fast to prepare, fast to eat, as little mess as possible please. So how can healthier food options possibly compete with discretionary foods (aka junk food) that tick the box on taste (hello salt, added sugar and saturated fat), speed and ease? What skills do families need to overcome these barriers to healthy eating that threaten our potential to live long and healthy lives?

MAKING WHOLE FOODS EASIER AND MORE ENJOYABLE

That’s the motivation behind 12 before 12, a new Sanitarium initiative that aims to bring families together at mealtimes and teach kids how to make healthy eating easier and more enjoyable.

Sanitarium has partnered with dietitian Themis Chryssidis and Masterchef™ fan favourite Callum Hann from South Australia’s acclaimed Sprout Cooking School to identify 12 food skills to help children shop, prep, cook and eat their way to a healthier life. It aims to empower primary-school-aged children around food selection and meal preparation, challenging them to learn the 12 skills before they turn 12 years old.

To learn more about the 12 skills and to download a free digital copy of the 12 before 12 cookbook, visit <12before12.sanitarium.com.au>.

TIPS FOR HEALTHIER KIDS’ DIETS



TEACH ESSENTIAL FOOD SKILLS

Food preparation and cooking skills are key ingredients in nutrition education. Teaching children essential food skills needs to sit alongside physical activity as a priority for every parent—and it can be lots of fun too!



PRIORITISE FAMILY MEALS

Family mealtimes are an important opportunity for parents to model healthier eating behaviours and provide children with a much-needed opportunity to reconnect after a busy day at school and play.



THE BIG PICTURE

Rather than looking at food through the lens of nutrients or kilojoules—the micro detail of what we’re eating—keep sight of the big-picture behaviours that make healthy eating intuitive.



Recipe of the Week

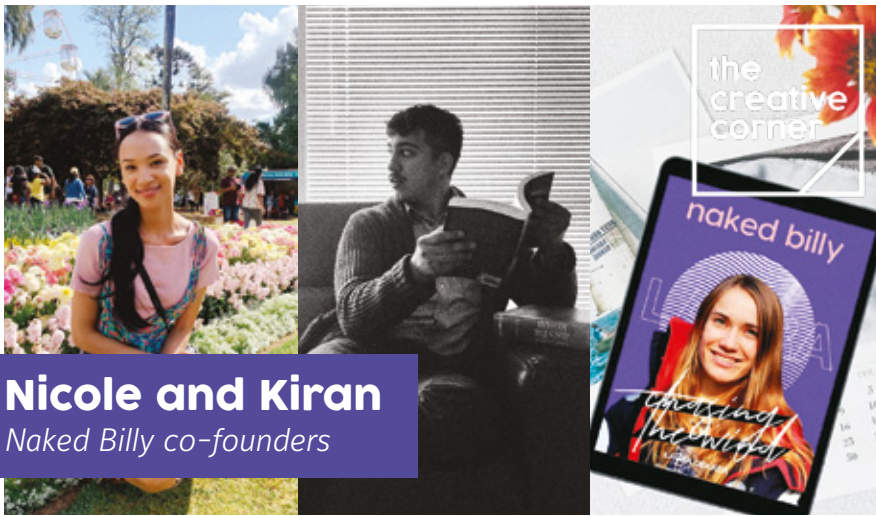
Breakfast burrito

Easy and nutritious, get the kids involved in the preparation of this delicious breakfast burrito. This is just one of many recipes for kids in our 12 before 12 cookbook.

Find this recipe and hundreds more at:

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





Nicole and Kiran

Naked Billy co-founders

For *Naked Billy* founders Nicole Martin and Kiran Roberts, creativity is embedded in everything they do—from designing and writing stories for their magazine, to assembling Instagram posts, to interviewing or filming the true stories of women from around the world.

“We see [creativity] as the manifestation of the Holy Spirit within us,” they say.

An online community and digital platform designed for women, *Naked Billy* was born from a desire to help women through difficulties, encourage them to embrace a positive body image and empower them to fulfil their passion and purpose. And Nicole and Kiran take that seriously, treating it as a full-time job.

“[The Spirit is] within the process of thinking about the problems women face—every word, comma and full-stop . . . captions, the font, the colours, everything,” they explain. “Most people think of creativity as solely expressive, and that’s part of it, but it’s also unbelievably challenging and exhausting. You are bringing that which doesn’t exist into reality, and we don’t take that lightly.”

With more than 12,000 followers on Instagram and an overwhelming response to their recent magazine launch, it’s clear that *Naked Billy* is meeting a need among women.

“Our passion is listening and helping people through experiences and embracing their truth,” Nicole explains.

“I also work within the disability field, managing teams and work-

ing closely with staff and groups of people from different backgrounds. I’ve always found different stories and experiences thought provoking and have been encouraged by things people have shared. Kiran and I both wanted to share more of that and create a space and community where people are challenged and encouraged.”

Attending Ipswich Adventist Church (Queensland), Nicole and Kiran say they want to change people’s lives with messages of love, as it has changed and is changing their own lives.

“We do that by redefining what most people think of love; challenging people and creating conversations on how deep, healing, revealing, reconciling and powerful love truly is—to us, it is God,” says Kiran. “When that intention is on your mind every single day, it changes how you see people and the world.”

Despite the large community, Nicole and Kiran are intentional about seeing and reaching each individual, trusting that God will pave the way.

“Every day is a new challenge for us,” they explain, “and although at times that feels very unknown, we know that if we keep love and people at the heart of what we do, God will lead us toward the people, spaces and projects that will change lives.”

To follow Naked Billy or subscribe to their magazine, check out @nakedbilly on Instagram or visit <www.nakedbilly.com/>.

LIVING HIS WORD

WITH WAYNE BOEHM

CHRIST THE HEAD?

On my way to conduct a wedding at Byron Bay (NSW), I settled in for the long trip and listened to a book by Henry Blackaby. My attention was quickly arrested by the reflection question: “Is Christ truly the Head in every church, or merely a figurehead?” The second question gave me equal cause for deep consideration: “If Christ is the Head of the church, would anybody know by the way we make decisions?”

Let’s look at the first one.

CONSIDER Ephesians 1:22,23, Colossians 1:15–20.

In both passages, Christ’s power and authority are unparalleled and unequalled. **WHAT** has Christ delivered you from? If we downplay the qualities of Christ’s headship **WHAT** impact does this have on our lives? **CONSIDER** Acts 13:6–12. As we submit to Christ’s headship, we experience the victory over sin He promised. If Christ is not Lord of our personal lives, He’ll never be Head of the Church—the two are intrinsically linked.

Secondly, if Christ is Head of the Church and not merely a figurehead, our decision-making process will be different from other organisations. **CONSIDER** the last few decisions you made—were they godly? Would the thought process or outcome have been different if you were a non-believer? During the past few months, the Church has been required to make key decisions without any precedents. **CONSIDER** how the early church responded to their difficult moments in Acts 9:10–20.

With Christ at the head, we are led forward in power to victory. With Christ at the head, we may make decisions that appear counter to good logic. Make Christ Lord of your life and keep moving forward.



Neuroplasticity and discipleship: How training can transform us

Neuroplasticity is the term used to describe the ability of the brain to change its structure and function in response to experience; that is, to “re-wire” itself.

I first encountered this concept more than 30 years ago, during my early work as a physiotherapist. If, for example, a stroke had damaged the area of a patient’s brain responsible for movement of their right arm, movement therapy was implemented to help the surrounding regions of the brain to learn how to perform the functions of the damaged area, resulting in a restoration of movement.

These early thoughts on the plasticity of the brain have been confirmed more recently with the aid of advanced imaging technology and neuroscientists have discovered that the adult brain has a much greater ability to rewire itself than originally thought.

For example, studies have revealed that the navigational demands of London taxi drivers result in above-average memory centres in their brains, and that it is their intensive training that is responsible for this brain development.¹

Similarly, studies among both pianists and string musicians have revealed that practising an instrument results in growth of the areas of the brain involved in both motor and auditory functioning.²

Incredibly, researchers have also found that both practising an instrument and just *imagining* practising an instrument result in similar growth of the area of the motor cortex that controls the fingers. In other words, our thinking has the ability to change the physical structure and function of the brain.³

A similar effect has been found to occur in individuals with obsessive-compulsive disorder (OCD). Brain scans reveal that OCD is associated with faulty brain circuits, which can literally be rewired by practising new ways of thinking; that is, when obsessive thoughts are interrupted with new thoughts, new brain circuits are created, resulting in a weakening of the faulty circuits that initially created the obsessive thoughts.⁴

While this ability of the brain to rewire itself has profound implications for both physical and mental health, it can also help us to understand the process of discipleship, which is the lifelong process of learning to follow Jesus and become more like Him. Central to this process of transformation is a renewal of our minds (Romans 12:2). Just as the brain of an individual who has suffered a stroke or who struggles with OCD can be rewired to improve their functioning, as disciples of Jesus, our minds can be renewed to become more like the mind of Christ (Philippians 2:5). And, just as in the case of an individual with a stroke or OCD, where we place our mental effort can change the actual structure and wiring of our brains—setting in motion the forces that make us who we are.

But, you may ask, how does this happen?

As with all neuroplasticity, thinking is at the centre of spiritual transformation. As human beings, we were created with free will—the will to choose. Our greatest freedom is the power to choose “what we will allow or require our minds to dwell upon”.⁵ As the apostle Paul stated, “by beholding . . . we become changed” (2 Corinthians 3:18); and as Ellen White wrote, “As the perfection of His character is dwelt upon, the mind is renewed, and the soul recreated in the image of God.”⁶

Some years ago, I encountered two contrasting models of change that have helped me understand how this renewal of the mind occurs—namely, the model of “trying” to be more like Jesus as opposed to the model

of “training” to be more like Him.⁷ Many Christians adopt the “trying” model, and thus they work hard at trying to be more loving, kind, unselfish, etc. However, this approach, which focuses on our own actions and attitudes, often leads to failure and guilt. In contrast, the “training” model involves a commitment to developing devotional habits that train us to be godly (1 Timothy 4:7).

I had an “Aha” moment in understanding the difference between these two approaches some years ago while teaching one of my daughters to drive. As she would slide into the driver’s seat, she would often say, “I’m going to try to get all the way to my destination without making a mistake!”

Unfortunately, she would invariably make an error or two and end up feeling discouraged with her driving. I was at a loss to know how to help her. One day, I remembered this concept of “trying” versus “training”.

I said to her, “How about instead of thinking of this as ‘trying’ not to make a mistake, you think of it as ‘training’? That way, you’re not focused on trying not to make a mistake, but rather, on learning new skills and habits each time you drive.”

This shift in her thinking about driving made all the difference! When she made a mistake, she didn’t beat herself up, because she knew she was in the process of training. It also helped me to better understand the spiritual life.

Our devotional habits are a basic component of training for discipleship, because it is our habits that ultimately shape how our brains are wired and thus who we become. Learning to make devotional habits an integral part of our lives requires effort and intentionality; however, the effort and intentionality is not aimed toward “trying” to become more like Jesus, but rather, toward creating time and space to be with Jesus. And as we spend time with Him, coming face to face with “whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable” (Philippians 4:8), we are drawn to the beauty of Jesus.

Through this lifelong process our minds are slowly “rewired” to love God more and to desire to be more like Him.

1. <scientificamerican.com/article/london-taxi-memory/>.

2. <dash.harvard.edu/bitstream/handle/1/4734539/270043.pdf?sequence=1>.

3. <ncbi.nlm.nih.gov/pmc/articles/PMC3797461/> and <content.time.com/time/magazine/article/0,9171,1580438,00.html>.

4. <mentalhealthupdate.blogspot.com/2008/01/ocd-how-intensive-therapy-can-rewire.html>.

5. Dallas Willard, *Renovation of the Heart: Putting on the Character of Christ*, p. 76, Tyndale House.

6. Ellen White, *Education*, p. 18.

7. Bill Hull, *Complete Book of Discipleship*.

EDYTA JANKIEWICZ

FAMILY MINISTRIES SPECIALIST, DISCIPLESHIP MINISTRIES TEAM, SPD.





'WE EXIST TO WIN PREMIERSHIPS'

“If you want to win, it has to be an obsession.” –Virat Kohli, India National Cricket Captain

These words from the captain of the Indian National Cricket team describe the life of every professional athlete and the mindset required of any elite sports person who wants to succeed at the highest level.

If you want to win, it has to be an obsession.

Being an elite athlete or sportsperson takes effort. Lots and lots of effort.

You put your body on the line and push yourself to the limit of what is humanly possible for the fans who support you on your good days, but who can then be your most ravenous critics on the bad ones. You may have your performance broadcast on the internet to be viewed and replayed forever.

Then you have the training days, the workouts, the hours of fitness-testing, sprint-testing and skills-testing. You may push yourself so hard that you end up vomiting after these training sessions, all to prove that you are worthy of competing amongst the best, and even then that may not be good enough.¹

Being an elite sportsperson requires early mornings and the strongest discipline. It may mean having to resist eating a slice of delicious chocolate cake at your child’s birthday party because you have to make sure you’re eating correctly. It may mean missing weddings, anniversaries, birthdays, graduations or other special occasions for tournaments or training camps around the world.

Being an elite athlete may mean moving away from family and friends, relocating to new cities or countries and away from the comfort of life to pursue dreams and ambitions. It may mean living out of a suitcase, rarely seeing home and moving from one state to the next

or from one country to the next. Your whole income can be based on how well you perform.

Get knocked out in the first round of the Uzbekistan Open in Tennis? Guess you’re going to need to book a quick flight and check out of your hotel within a matter of hours so that you can find another tournament from which you can secure your income. (The joys of being a tennis player.)

Being an athlete can be lonely, it can be hard, it can be a grueling experience and it could end at any time with a bad injury or poor performance. There’s no room for “a bad day at the office” in the elite sports world. Being an elite sportsperson could mean performing in the extreme cold or heat. It could mean performing in the rain or in the snow. It could sometimes mean being dubbed a national disgrace for making minor mistakes that end in devastating results.²

Yet every day we hear of athletes who wish to perform at the Olympics, to play for a professional sports club, to be selected to represent their nation or compete in a World Cup. Every single day we have aspiring sports players who would sacrifice everything if it means competing at the highest level.

WHY DO THEY DO THIS?

Former Port Adelaide Football Club legend Foster Williams put it best when he declared “we exist to win premierships”.³

Sports stars are yearning for a premiership, a gold medal or a World Cup. They’re yearning for a prize that, to them, appears so priceless and valuable that they’d give up everything to achieve it. If it meant competing in torrential rain, they would do it. If it meant

having to leave home and relocate to the other side of the world, they would do it. If it meant sticking to the strictest of diets, they would do it. If it meant pushing their bodies beyond what is believed to be physically possible, they would do it.

If that is the amount of commitment it takes to pursue a temporary prize, how much more should we give for a permanent one? We have a God who, unlike most sports fans, will not turn on us even after our biggest mistakes. We have a God who guarantees to us an eternal prize, a prize that lasts far longer than any trophy or medal. Yet, where are we in our faith? Why are we not waking up early to spend time with our God? Why are we not enforcing strict routines of prayer or Bible reading each day to ensure that we are spiritually nourished?

Why are we too afraid to risk our convenience and livelihoods to ensure we can best serve where God is calling us? Why are we unwilling to push ourselves to reach for an eternal prize?

1 Corinthians 9:25 tells us that athletes compete “to win a crown that will not last”, yet we have a prize that lasts forever. If winning a temporary prize is an obsession for our athletes, how much more should winning the Ultimate Prize be an obsession for us?

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2. Vickers, E (2020). “Pressure In Sport: How Real Is It?” *Believeperform* [online]. [Accessed April 6, 2020].

3. <portadelaidefc.com.au/club/history/the-creed>. [Accessed 5 April 2020].

TIMOTHY PINZONE
PRESIDENT OF ADVENTIST STUDENTS ON
CAMPUS AT MACQUARIE UNIVERSITY, NSW.

Health food's right man at the right time

Mabel de Jersey and Will Howse travelled from Hobart in Tasmania to become students at the Australasian Missionary College (now Avondale University College). She graduated from the teaching course in 1911 and he from the missionary course in 1912. They married on January 8, 1913 and then sailed immediately for mission service in Tahiti, French Polynesia. Their son was born the next year, 1914, and named after Eric Hare, the well-known missionary to Burma (now Myanmar) and a close friend and former college room-mate of Will Howse. In time, three siblings were born: brother Ron also in Tahiti; then sister Moira while the family was in mission service in the Cook Islands; and finally, in 1925, the family circle was made complete with the arrival of Eileen, while the family was back in Australia and living in Warburton, near Melbourne.

From the age of seven until 19, Eric lived at Warburton where his father was employed as a printer for Signs Publishing Company. When his formal education ended in 1928, his part-time work splitting wood and washing dishes for Warburton Sanitarium became full-time employment in the Signs Publishing Company bindery, gluing newly printed cereal packets for the Sanitarium Health Food Company (SHF). The 14-year-old junior employee could not have imagined he was to become the leader of the world food work of the Adventist Church, based in Washington DC.

The young Eric, who had not thought beyond his present employment, was soon asked if he would like to study accountancy, as there was a vacancy in the Signs Publishing Company office. He was willing and soon found the office work enjoyable and was promptly sent to Melbourne to train on the Comptometer. It was good that he got 100 per cent on the final exam, as he was the only one back in the Warburton office who knew how to use the machine.

Eric's Warburton work was varied in that he regularly helped other departments, preparing mailing labels for example, and he quickly learned how the publishing program of the Church worked. Studying accountancy in his spare time, he was soon moved into the accounts department and was responsible for wage analysis and costing. He enjoyed his work in Warburton and was surprised when, after five years, he was asked to be the assistant accountant at the Australasian Union office (precursor of the South Pacific Division) in Wahroonga on the outskirts of Sydney.

Not only was Eric busy with his accountancy work



in Wahroonga and his evening accountancy studies, he was also responsible for meeting arriving missionaries in the only car the Union office had in those days, a Silver Anniversary Buick. He also took departing missionaries to meet their ships as they went out on mission service. This meant his Sundays were fully taken up with intense study as he had accountancy examinations to prepare for every six months.

Very happy in his work, Eric was surprised when his boss, T W Hammond, noticed that Eric had never attended Avondale (which Eric had no intention of doing as he was close to qualifying as an accountant). But in those days you did what the boss said and so Eric went off to attend Avondale. Being self-supporting, he had to work his way through his study program, which meant he took only a partial academic load while there.

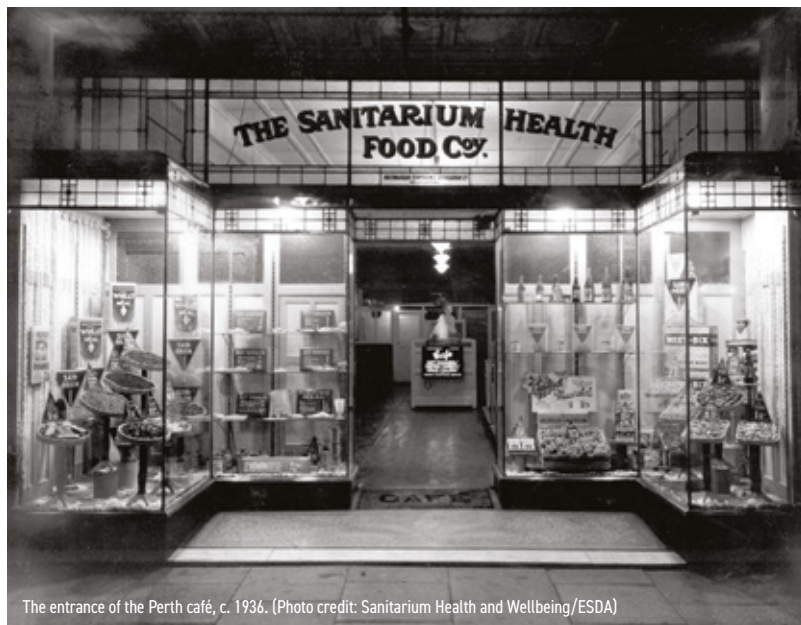
After Avondale—back working fulltime for the Church as an accountant again—Eric met May Bradley who was also an accountant and working at the SHF Cafe in Sydney. She considered him a handsome young man who liked to walk her to work, and in time he asked her to marry him. This they did in 1938. She used to say ever after, "From here on this was the best part of all."

In time Eric and May had two sons: Murray, who studied medicine and became a physician, and Kevin, who trained for the Adventist ministry, serving as a pastor in several

countries before gaining his doctorate, and becoming a ministerial training lecturer at Newbold College (UK) and also Avondale.

As it did for pretty much everyone in those days, World War II interrupted their family life and Eric, surprisingly, volunteered for military service with the Royal Australian Air Force (1942–1946). After training, Eric spent most of the war years in Darwin, Northern Territory, as well as in Papua New Guinea, serving in the air force as a medic, leaving May and their infant son, Murray, back in Sydney for the duration.

After the war, their second son, Kevin, was born and while Eric returned to denominational service as the accountant for the Australasian Union, the family was soon called to mission service where Eric was the secretary-treasurer (1949–56) of the Central Pacific Union Mission, based in Fiji. Eric thoroughly enjoyed their time there, but May not so much, especially when a hurricane lifted the roof off their house!



The entrance of the Perth café, c. 1936. (Photo credit: Sanitarium Health and Wellbeing/ESDA)

On return from mission service Eric became the accountant for the Lewisham SHF factory in Sydney, a role he found interesting as he was much involved there with the introduction of a new accounting system. But he was also quite unwell with amoebic dysentery for which there was then no known cure. Desperate for help, he took leave from his work and travelled to the United States seeking a solution, which his good friend in Vancouver, Canada, Dr Athol Piper, researched and the problem was ultimately fully resolved. While in the United States he spent some time in several IBM offices investigating for the SHF the new computer-based accounting and costing system IBM had developed. Once he was well on the way to completing his six months of treatment and recovery from his health

problem, Eric for a time managed a dry cleaning business in Vancouver in order to support his family back in Australia. Once fully recovered, Eric returned to Australia and his old job at Lewisham.

From 1960 Eric managed the Carmel SHF factory and Perth wholesale operations in Western Australia. From 1964 through 1966, he managed the Lewisham factory in Sydney and was then very surprised to learn that he had been elected treasurer of the Australasian Division, a position he held for two years, 1967–68.

Then, while on the way from Los Angeles to Washington to attend the General Conference session, he found himself on the same flight as Elder Pearson, the president of the General Conference. During that flight Pearson told Eric that the world Church needed to add a new department to oversee all the health food operations of the Church worldwide and wondered if Eric would be willing to establish and then lead it.

Thus Eric left his position as Division treasurer, with Lance Butler succeeding him, and set about selling up everything for the move to Washington DC.

Eric headed up the health food work of the world Church at the General Conference for 11 years. Many of the health food factories around the world were not doing well, compared with the SHF operation in Australasia and Eric, having previously managed health food factory operations there, combined with his financial expertise, was the right man at the right time to lead the world health food industry program. Unfortunately, Eric's new role was a demanding one which kept him away from May and home for six months of the year. With both sons having left home and married, May would have been lonely during those years, though her position at the General Conference using her accounting skills was a demanding one and kept her very busy as secretary to W L Pascoe; so much so that when she eventually retired the Church had to hire several

people to handle the workload she had coped with on her own for many years!

Eric and May endured sad times as well. It must have been grim for Eric and May to lose both sons in their prime of life, with both dying of brain tumours when only in their forties.

Eric Howse died on December 12, 2004 after 52 years of denominational service, 45 of them with the health food work. May Howse died on September 24, 2010, at the age of 99.

DR LESTER DEVINE

DIRECTOR EMERITUS OF THE ELLEN G WHITE/ADVENTIST RESEARCH CENTRE AT AVONDALE UNIVERSITY COLLEGE.

HI KIDS!

Let us do good to all people, especially to those who belong to the family of believers.



TOGETHER AGAIN

Pharaoh invites Joseph's whole family to come to Egypt to live. The brothers return home with food, clothes, animals and carts to carry them all back to Egypt. Seventy members of Joseph's family come to live in the land of Goshen. God planned long ago to send Joseph on ahead so later he would be able to take care of the whole family.

GUESS THE BROTHERS

Growing up, Joseph was a part of a very big family. Unscramble the letters to guess the names of Joseph's brothers. Clue: read Genesis 30 & 46.

DGA

OSIENM

NRBEEU

PHLITNAA

JACOB

JAMIENBN

HERAS

ISHSARAC

UDJAH

EILV

AND

JOSEPH

NZLUEBU

MEMORY VERSE
"Let us do good to all people, especially to those who belong to the family of believers"
Galatians 6:10

For extra points, Joseph also had a sister, do you know her name?

Clue: read Genesis 30:21.

PUSHING BARROWS

In regards to “Social justice” (Feature, September 19), we may think we are doing what Jesus did, but did He?

Jesus never gave people a “band-aid”, the social gospel, handouts, but a complete cure. The whole world NEEDS Jesus, but not many WANT Him. If the world is joined to its idols, the Bible says to leave them alone. The “cure” is bringing people back to God’s law of love and happiness, the 10 Commandments.

If we all listened to Jesus and His teachings and kept this wonderful piece of legislation and taught it as we should, imagine what the world would be like. God’s plan for His disciples is to primarily preach repentance (today’s missing

piece in the puzzle) and seek FIRST the kingdom of God and His righteousness and all the problems of the world would end. Sadly people prefer their way, not God’s, and Jesus said to go elsewhere to those who want to do His will (Matthew 10:5–15; 6:25–34).

Matthew 6:25–34 should always be read in context to Amos 8:11,12 and Matthew 5:6. Read Malachi 2:1–9. We should be “standing up” against Sabbath desecration as any other sins of “injustice” in the world and not be partial to the law; only pushing the “barrows” we want to push as the Pharisees did (James 2:10).

Eric Hort, WA

NOT ABOUT THE DRUMS

Re: “The lesser controversy: Drums in church”

(Feature, September 19).

Musical style is more important in creating a mood and conveying emotions than simply the presence of a drum. However, drums, or electronic percussive sounds are more prevalent in certain styles of music, such as music for dancing.

If the music makes you feel like dancing, whether a fast-paced nightclub style, or a slow, romantic waltz with your partner, it is not appropriate in church. And if the music sounds like the majority of secular music out there with its rebellious and sexualised nature (yes, go and analyse the words to your favourite songs) chances are it doesn’t belong in church either, as the style matches the message they want to

convey.

Having said that, you don’t need drums to convey rhythm and write music that makes you want to dance, as can be seen in European folk music. We need a greater discussion on music styles and worship, and it would be good if several people from different points of view could be commissioned to write articles on this topic.

Leopold Hamulczyk, Vic

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.



Wedding

SHEPPARD-WEBER. Jordan Sheppard, son of Donald Mitchell (Mt Vincent, NSW) and Leighanne Sheppard (Milton, Qld), and Leah Weber, daughter of Stefan Weber and Lynda Rixon (Alberton), were married on 24.9.20 at Jonicia Gardens, Logan Reserve. Jordan and Leah first met at primary school and their friendship continued on through high school. They plan to set up their home in Algeester.

Neil Marks

Obituaries



EMMETT, William (Bill) Frank Delawarr, born 10.2.1928 in Melbourne, Vic; died 19.9.20 in Murwillumbah, NSW. He was predeceased by his children, Pamela and Robert, and sister, Merle Smith. In 1950 he married Audrey Higgins and in 1962 he married Pat Snedden. Bill is survived by his children, Garry (Thailand), Craig (Melbourne, Vic) and Judy (New Zealand); and sister, Verna Brinsmead (Murwillumbah, NSW). Bill loved gospel music throughout his life and in 2011 he acknowledged the love of Jesus and was re-baptised—the happiest day of his life. He financially supported many missionary projects and witnessed for his Lord at every opportunity. Bill went to sleep in the sure and certain hope of his soon-coming Saviour.

Steven Teale, Warren Price



KESKINEN, Vuokko (Vicki) (nee Kallio), born 24.1.1939 in Finland; died 9.8.20 in Yeppoon, Qld after a prolonged and painful battle with cancer. Vicky married Asko in 1968. She was predeceased by her husband in 2015 and her son, Harold in 2018. Vicky is survived by her son, Michael (Brisbane); daughter, Heidi (Yeppoon); granddaughter, Kaarina (Cairns); and grandson, Nicholas (Ireland). Vicky and Asko met in Melbourne and returned to Finland for a few years while their children were young. After returning to Australia they settled in Brisbane. In retirement they spent time in Dimbulah in North Queensland, before moving to the Adventist Retirement Village in Yeppoon. Vicky's skills with needlework and hand crafts were legendary, despite having lost most of her fingers in a childhood accident, and she tirelessly made

things to raise funds for the needy. A gentle and quiet soul, with an unwavering faith in her Lord, she rests in peace, awaiting the Lifegiver's call.

Ray Hobbs



SMITH, Joy, born 18.2.1934 in Singapore; died 3.3.20 in Moss Vale, NSW. In 1963 she married Howard. She is survived by Howard (Bowral); son, Kevin and Kelly; and granddaughter, Remy (all of Wangaratta, Vic). Joy and her family were interned in Baguio in 1940 for more than four years and released by General Douglas MacArthur. They returned to England until 1956 when Joy emigrated to Australia. Joy lived, taught and travelled in the UK, Europe and Canada before returning to Sydney. After a move to the Bathurst area where they built their own home, taught and were involved in breeding superfine merinos, the Smiths retired to Bowral in 1999. After years of Alzheimer's, Joy passed peacefully to her rest in the Jesus she loved.

Tony Moala, Owen Ellis



TOEPFER, Elaine May (nee Hunt), born 26.3.1932 at Sydney Adventist Hospital (NSW); died 9.9.20 in Avondale House, Cooranbong. In 1951 she married Cecil Toepfer in the Avondale Village Church. She is survived by her husband; daughter, Narelle and Pastor Greg Brothers (Lincoln City, Oregon, USA); and two granddaughters, Cecilia and Jonathan Haley (College Place, Washington), and Rebecca (Huntsville, Alabama). In 1952 Elaine, with her husband, was employed by Sanitarium Health Food Company at Longburn, NZ. She served in the NNSW Conference office and later at the Avondale primary and high schools. Her efficient secretarial skills were greatly appreciated, and she was highly valued for her diligence and hard work. Elaine was strong of faith, a loving wife, devoted mother and grandmother.

Roger Nixon

TOWNEND, Brian Harold Robert, born 6.11.1927 in Wellington, NZ; died 25.8.20 in Cooranbong, NSW. On 16.1.1950 he married Daphne. Brian is survived by his wife (Cooranbong); daughters, Darralyn White (Wye Point) and Brenda Meinicke, (Pahrump, Nevada, USA); sister, Lorraine Robson, (Kerikeri, NZ);

four grandchildren; and four great-grandchildren. Brian was the youngest in a family of seven and brought honour to the Townend family traditions of ministry and service, giving a lifetime of service to Adventist education. His crowning achievements came in the area of library science, as he computerised the catalogues of Adventist colleges and high school libraries around the South Pacific.

Lyell Heise

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The little things? The little moments? They aren't little.

- Jen Kabat-Zinn

NEXT ISSUE: ADVENTIST RECORD, NOVEMBER 7

POSITION VACANT

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