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NEWS

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STRANDED IN THE DARK

Jesus is coming back soon? It's been 2000 years and still He hasn't returned. In our short denominational history, we've been waiting, convinced that the clock is about to strike midnight for 176 years. Is it time to reassess our priority on the second Advent, one of the pillars of our hope?

The clock was about to strike midnight. My heart beat faster as each giant truck whipped by. The car shook with the force of their momentum as they passed—our vehicle motionless, stranded, only inches within the shoulder on the Southeastern Freeway near Adelaide. My anxiety was not without foundation. Too many people die in accidents after being stranded or broken down on the side of motorways in Australia. This was not the first time I had broken down, but it was the first time I'd had my wife and daughter in the backseat and I was interstate, driving a car that wasn't mine. There is a unique feeling of helplessness and the first thing we did was pray. Then we made some calls for rescue. Thank the Lord for mobile phones.

As we waited for rescue, the sight of flashing lights was a real confidence boost. We were no longer alone. The roadside assistance mechanic diagnosed our problem—the alternator was gone, the battery had completely died. The thing is, once he'd diagnosed our problem, the only hope for us was to be towed home (or to a safer location for fixing). He left as quickly as he'd arrived, leaving us with perhaps a bit more juice in the battery but still stranded on the dangerous edge of a dark road. Like the prophets and pioneers, he was able to proclaim the problem, point to the solution and provide hope, if only briefly, but rescue and restoration wasn't coming from him.

As we waited anxiously, our daughter continued to sleep.

Just as it seemed our hazard lights were fading, the next encouragement to arrive came in the form of family. Mum and Dad had just been getting into bed when we called them. They had dropped everything and rushed to our aid. They played a part in our rescue; their lights were brighter; they provided encouragement and the ministry of presence. The risk was still

there. Now we were all in a dangerous position, but it felt somehow lighter to no longer be alone in the night.

My brother arrived next. He was specially placed to help, with the baby car seat in his vehicle allowing the girls to be rescued in safety. He had left his wife and child at home to come to our aid.

As they drove off, I felt lighter, knowing they were now safely on the road to home.

I jumped in with Mum as Dad took my place, assuming responsibility for his vehicle, riding in the tow truck and paying the price for rescue.

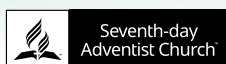
We all arrived safely home.

You're probably as tired as I am of people talking about 2020 and the year it has been. Possibly, as you read this, the US elections are still being contested. If not, I'm sure we haven't seen the last of the unrest there, no matter the outcome, as the world waits and watches. People are losing hope as economies struggle and life changes. Personally, 2020 has brought lots of changes as my wife and I adjusted to a new baby, lockdowns changed the way we live and plans were cancelled and adjusted. New opportunities arose.

The week before our rescue experience, I preached for seven nights straight—from an office in Adelaide—as part of the Central Papuan Conference's Adventist Emphasis Week. It was something that we would not have expected before COVID-19. On our final evening together looking through our Adventist fundamentals, we focused on Jesus' second return and the hope of restoration and rescue that we hold. I can't guarantee that He's coming back, as you wait on the dark roadside. But He said He will. All the prophets pointed to His first arrival, and He testified to the second Advent Himself. The hope in certainty of rescue took on a new significance after our roadside ordeal.

Someone is on their way, responding to the call of the saints, to bring rescue and restoration. He who has ears let him hear.

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"Avondale School student."

GSC MOURNS MUCH-LOVED EMPLOYEE

MARYELLEN FAIRFAX

Greater Sydney Conference (GSC) staff have lost their much-loved colleague and friend, Peter Wallace, who died suddenly on Friday, October 30, aged 65.

He leaves behind his wife Jennifer and adult sons Steven and Andrew and their families.

"Peter came to work with us as our e-Learning/STEM specialist," explained former director of Adventist Education for GSC, Dr Jean Carter. "He worked tirelessly to ensure that staff and students had the skills and training to use 21st century technology. His commitment to God, the Church and Adventist education was unwavering."

Suffering no known ill-health, Mr Wallace's death came as a shock.

"He returned home on Thursday afternoon with usual delight at how the students enjoyed what he was teaching them. No headache nor warning of what was to come," Mrs Wallace explained.

At 4am on Friday morning, Mr Walker arose for his usual drink of water and collapsed.



PETER WALLACE (MAR 1, 1955–OCT 30, 2020).

"I was with Peter within seconds. The first of two ambulances arrived within 13 minutes. The medical teams did their best to relieve some of the pressure on his brain, but were unsuccessful. Peter never regained consciousness and passed away 5:02pm that afternoon. It was World Teacher's Day," she said.

The couple were looking forward to their 40th anniversary in December and Mr Wallace's partial retirement next year.

"We have lost a friend and valued colleague," said GSC president Pastor Terry Johnson. "Our hearts and prayers go out to his wife Jennifer and the Wallace family."

The funeral service was held on Wednesday, November 11.

EHSM EXPERIENCES TREMENDOUS GROWTH

MARYELLEN FAIRFAX

A recent report from the Eastern Highlands Simbu Mission (EHSM) in Papua New Guinea has documented tremendous growth in the region over the past 12 to 18 months.

Overall, there were more than 5000 baptisms from July 2019 to March 2020, and in the same

period the number of small groups increased from 238 to 1212. This number continues to grow.

Of this total, more than 9000 people are now gathering for fellowship and Discovery Bible Reading (DBR) in 343 small groups in the rapidly growing Okapa district of EHSM. In addition, thanks to small groups in "new work areas", 692 people were baptised between January and July this year.

The team at EHSM say they are grateful to the Discipleship Ministries Team at the South Pacific Division for their ministry in equipping churches to carry out the gospel mission.



SOME OF THE SMALL GROUPS.

COMFORT

I do not like hospitals. When I was 10 years old, my fit and healthy dad, in his early 30s, was a passenger in a small plane crash where four people were killed and four others, including my dad, survived. I remember going to see him after the crash in hospital. He had wires, tubes and bandages all over him and his face was barely recognisable. This picture is still vivid in my mind, and the reason I don't like hospitals.

I also love hospitals. Although I don't understand all the technology used in modern surgery or the various medications, I love the fact that hospitals are there to care for the injured, treat the sick and give hope and healing.

Having been a patient in a hospital a few times I know the anxiety injury and illness brings. Humans need comfort and support during these stressful times. We think of the real and deep issues of life and what it means to be human—our purpose and mortality. This is where volunteer hospital visitation can have impact. Chaplains can also provide spiritual care and support when it is needed most.

God is a God of comfort. He understands our anxieties and is there to support us. That support often comes in the form of other humans. The apostle Paul wrote to the people of Corinth, "For when we came into Macedonia, this body of ours had not rest . . . conflicts on the outside, fears within. But God, who comforts the downcast, comforted us by the coming of Titus, and not only by his coming but also by the comfort you had given him . . ." (2 Corinthians 7:5-7 NIV). Are you and I like Titus? Have we experienced God's comfort in our time of need so we can comfort others in their time of need? Disciples of

Jesus can minister comfort wherever they go.



GLENN TOWNEND
SPD PRESIDENT
@SPDpresident

SPD LAUNCHES NEW HEALTH TRAINING COURSE FOR PACIFIC ISLANDS

MARYELLEN FAIRFAX/PAMELA TOWNEND

Adventist Health at the South Pacific Division (SPD) is launching a new health course for the Pacific Islands called "HEAL" (Heal in Every Aspect of Life), which will roll-out across Fiji, Solomon Islands, Vanuatu, Kiribati and Tonga on November 23.

The course is structured in three "clusters": lifestyle medicine in the 21st century (cluster 1), optimum nutrition (cluster 2), and food safety, cooking demonstrations and how to run and present a program (cluster 3).

HEAL is designed as a self-learning package, or it can be run in groups through a facilitator.

"It takes them on a health journey with an overarching focus on giving them an appetite for personal health, and then to reach out to others in their communities," explained 10,000 Toes coordinator Pam Townend.

HEAL is included as part of Level 1 in

the 10,000 Toes Ambassador training program, which has been popularly undertaken by more than 2000 people in the past two months. The five-level program was introduced earlier this year to equip participants to combat diabetes and other non-communicable diseases.

"It's popular because people see the need for change and see that Ambassador training provides that opportunity," said Mrs Townend. "The ambassadors are now thirsty to learn more, so the HEAL program has been designed to fulfil this desire and provide an entry level for future facilitators who wish to run CHIP, Live More Abundantly or other lifestyle intervention programs."

To make the course accessible to as many people as possible, the SPD is subsidising the program to offer training at the equivalent in-country

value of \$A15. This money will stay in the country to further the work of 10,000 Toes.

To support the program and spread the message of good health across the Pacific, you can make a tax deductible donation to 10000toes.com or purchase a pair of socks via their shop, where 100 per cent of the profits go toward the project.



100 PER CENT OF PROFITS GO TOWARD THE PROJECT.

NNSW CELEBRATES CENTENARY WITH HISTORICAL DOCUMENTARY

MARTA RUTKOWSKA/JULIANA MUNIZ

The North New South Wales (NNSW) Conference has created a new documentary entitled *Until He Comes* to celebrate their centenary this year.

Produced by a dedicated production team and premiered as part of the Conference's "Celebrating the Centenary" online program, the documentary explores the history of the Seventh-day Adventist Church in NNSW and how people engaged in Adventist mission with innovation and adaptability.

"Celebrating the Centenary" was live-streamed to Facebook and YouTube on Friday evening and Sabbath morning, October 16 and 17. It was put together by the NNSW communications department to replace the Conference's family camp—which the NNSW Executive Committee were

forced to cancel due to COVID-19—during which centenary celebrations were originally scheduled to take place.

"The program was designed with the

To conclude the centenary celebrations, the 40-minute documentary was premiered on Sabbath afternoon.

"'Celebrating The Centenary' and

Until He Comes were produced for families and individuals to be reminded that they are part of a bigger family in the NNSW Conference and that we all have one mission, which is to see the name of Jesus uplifted in our Conference," said NNSW general secretary Pastor Abel Iorgulescu.

"We weren't going to allow COVID-19 to stop us from celebrating what God has done, so we moved our program online because we wanted to remind everyone

both young and old about the way God has led us in the past," he concluded.

To watch *Until He Comes*, visit bit.ly/2J7Sgfv.



CENTENARY CELEBRATION PRODUCTION TEAM.

idea of 'from our home to yours' as we couldn't meet together face to face or have a celebration together," explained NNSW president Pastor Adrian Raethel.

DIVERSITY AND IMPACT OF RESEARCH FEATURES IN NEW VIDEO SERIES

BRENTON STACEY

The diversity of Avondale's research profile and its impact on education, health, and society and culture features in a new video series that launched on October 23.

The series features two-minute clips of academics connected with the university college's research centres, describing their area of interest and explaining how it connects with Avondale's ethos and mission, and the good it will do.

School of Humanities and Creative Arts head Lynnette Lounsbury, an author and film producer, explained why she continues to practise as a creative. "It's important for students of the creative arts to see their lecturers making something new and putting it out into the world." Colleague Professor Daniel Reynaud described how he is "bringing a spiritual dimension to probably our most important national narrative, that is the Anzac story—people have denied its spiritual dimension."

Also featured in the video series are Professor Maria Northcote (higher degree research director), Associate Professor Peter Kilgour (dean of research), Lisa Barnes (Avondale Business School head), Beverly Christian (School of Education head) and Associate Professor

Darren Morton (Lifestyle Medicine and Health Research Centre director).

"The research is in areas that make a genuine difference and have significant impact, and that encourages me," said vice-chancellor and president Professor Kevin Petrie. "It's fulfilling its purpose in being truly transformational, and that's why we exist!"

The focus of this series is on projects connected to the Centre for Advancement of the Scholarship of Teaching and Learning and the Christian Education, Lifestyle Medicine and Health; and Scripture, Spirituality and Society Research Centres. A previous series launched in May focused on people, particularly researchers connected with the Christian Education Research Centre.

Both are part of the *Avondale Researchers | Here For Good* brand, which aligns the mission of Avondale with its research agenda.



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TUEMPINKA CELEBRATES BAPTISM OF 75 PEOPLE

DONALD SITIPA/RECORD STAFF

Tuempinka Seventh-day Adventist Church (PNG), together with its two branch churches, witnessed the baptism of 76 people on Sabbath, July 25.

The first mass baptism witnessed by the congregation was conducted by district director Pastor Paul Lipu and resident pastor Dicks Neheza.

The baptisms came about after small group ministries were conducted by the church, which began in 2018. In small groups, church members presented short devotions, answered Bible questions and

prayed with families in the village.

In addition, the church created a “welcome home” program to target former church members, during which both youth and adults who had been involved in small group ministries renewed their faith.

Although these small groups were disrupted as a result of COVID-19, it allowed the church to create “zone fellowships” away from the church building and close to members’ homes.

“This exercise also proved successful because new interested members were added when the church moved closer to their homes. God really moved in this situation to achieve His purpose,” said church elder Donald Sitipa.

The church plans to continue its “rezoned” structure and to conduct another mass baptism in the future.



SOME OF THE BAPTISMAL CANDIDATES.

EU FOOD SECURITY PROJECT HANDED BACK TO PEOPLE

MARYELLEN FAIRFAX

A three-year program funded by the European Union (EU) and implemented by the Adventist Development and Relief Agency (ADRA) has been officially handed back to the people after benefiting more than 10,500 Fijians.

At an official handover at the Tanoa Waterfront Hotel (Lautoka) on October 29, the Vakarauwai Fiji Pro-Resilience Project was entrusted to beneficiaries from local communities and ADRA Fiji.

Since it began in 2017, the project has trained a total of 5395 farmers—including 2761 women—in Fiji’s northern and western divisions.

According to project manager Ilimeleki Kaiyanuanu, the project was designed to improve the resilience of vulnerable communities and subsistence farmers, and to reduce food and nutrition insecurity in Ba and Macuata provinces.

“The training included

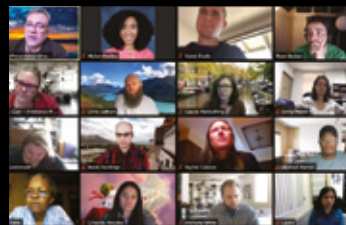
drought adaptation, food security, backyard gardening and disaster management, and identifying resilient crops that would withstand droughts,” she said. “Agricultural kits were also distributed, which included gardening tools and greenhouse materials.”

The honoured guest at the event was the commissioner for the western division, Mesake Ledua, who said the project was in line with the EU’s objectives and had improved the adaptive capacities of vulnerable communities.



REPRESENTATIVES CUTTING A CAKE AT THE EVENT.

NEWS GRABS



RECORD-BREAKING!

Held on October 14 to 15, the Society of Adventist Communicators (SAC) conference attracted 726 registrants this year—nearly triple the number of attendees as previous years—due to being hosted on Zoom. It was also structured on a “pay as you are able” system, allowing registrants to attend who are usually unable to afford it.—*NAD News*



SWEET SERVICE

Calia Akehurst, a 13-year-old from British Columbia (Canada), donated \$C1300 to A Better World Canada (an independent Adventist ministry) between August 2019 and June 2020 by selling home-made cupcakes, cinnamon buns and cookies to students at her school, and also online via Facebook during COVID.—*Adventist Messenger*



CRAZY CONSTRUCTION

Maranatha Volunteers International (an independent Adventist ministry) has dug almost 200 wells in Zambia (Africa) this year despite COVID-19 slowing activities. Crews have also been expanding Emmanuel Adventist Secondary School in Chisamba to house more students, and plan to create more churches for the 1.3 million Adventists in the country.—*AR*

HOT TOPICS



ALCOHOL AND ORAL HEALTH

With 14 per cent of Australians reporting drinking alcohol daily during COVID-19, Professor Michael McCullough from the University of Melbourne said this can lead to oral damage. "Strong evidence shows that long-term high levels of alcohol consumption alone increases the risk of oral cancer by four-fold."

—*Australian Dental Association*



BIBLICAL COOKBOOK

From Eden to Jerusalem is a new biblical cookbook written by archaeologist and culinary historian Ursula Janssen. It presents 40 recipes from Bible times, offering insight into the early Mediterranean diet. Each recipe is accompanied by a Bible verse, explanatory notes and a photograph. —*Ursula Janssen*



POSITIVITY AND MEMORY DECLINE

A new study published in the journal *Psychological Science* has found that people who feel enthusiastic and cheerful—what psychologists call "positive affect"—are significantly less likely to experience memory decline as they age. The researchers analysed data from 991 middle-aged and older US adults between 1995 and 2014. —*Science Daily*

ADRA AUSTRALIA AND ADRA NEW ZEALAND FORM NEW ALLIANCE

ASHLEY STANTON

An alliance between the Adventist Development and Relief Agency (ADRA) in Australia and in New Zealand is in the process of being formalised.

As part of the global ADRA network, both ADRA Australia and ADRA New Zealand share the same purpose to "serve humanity so all may live as God intended". The alliance is intended to make both organisations stronger and, as a result, have a greater reach and community impact. Leveraging resources and minimising duplication of work in fulfilling this purpose is expected to increase efficiencies and organisational capacity.

"Our resources, when shared, will benefit us not only in terms of efficiency, but also by tapping into the expertise that each ADRA office has," said Pastor Eddie Tupa'i, New Zealand Pacific Union Conference president. "When we share those strengths, we will be a much more effective ministry body."

Commencing January 1, 2021, the alliance will be implemented over a two-year period. While maintaining independent registrations within each country and meeting separate government and donor reporting require-

ments, ADRA in Australia and New Zealand will be governed by a common board, managed by a common management team and guided by common strategies.

"The alliance's primary focus is to reach more vulnerable children, families and communities in the Pacific, Asia and Africa, and at home in Australia and New Zealand," said ADRA Australia/New Zealand CEO Denison Grellmann.

The alliance is also intended to harness church-community partnerships, volunteerism and a spirit of service to the less fortunate, no matter where they are or their circumstances.

"Australia and New Zealand have always been close partners and here we have an opportunity to work together to maximise our impact on the communities that ADRA supports," said Australian Union Conference president Pastor Jorge Munoz.

"We're going to be stronger together," said Mr Grellmann. "When you have a dedicated and professional team working together and sharing resources, the outcome is usually amazing, and it will surely be the case with the ADRA Australia/New Zealand team."





PM RECEIVING SIGNS

Signs subscriptions coordinator Kelli Geelan, based in Warburton, Victoria, was surprised to see that a sponsor had generously sent through payment for *Signs of the Times* magazine to go regularly to Australian prime minister Scott Morrison! The November edition arrived in Mr Morrison’s mailbox earlier this month. Sponsoring a *Signs* magazine to go to family members, friends or other contacts is a great way to share biblical messages and hope for the future. It’s usually best to let others know that a magazine is coming from you—that way, if they have questions, they’ll know who to ask first. —Kent Kingston



ADVENTURER LEADERS

Seven women from the Greater Sydney Conference (GSC) recently completed their ALA (Adventurer Leadership Award), an award created and pioneered by GSC youth directors Pastor Simon Gigliotti and Pastor Phil Yates. The women, as a team, also trained a class of 40 Adventurer leaders in the Conference. Ann Edna Rima, Mareta Vaovasa, Margaret Williams, Mary-Jon Tuaoi, Toaepi Teulilo, Meleofa Fifita-Tovo and Melanie Windus were presented with the awards on October 22. The ALA is similar to the PLA (Pathfinder Leadership Award) and PSA (Pathfinder Speciality Award). —Phil Yates/Record staff.



COLLABORATIVE ARTWORK

Throughout Term 3, more than 100 staff members and 278 secondary students contributed to a new artwork at Brisbane Adventist College (BAC) by painting their favourite BAC value within the outline of 16 giant letters making up the words “Stronger Together”. The project was a collaborative effort for the Year 12 Visual Art class under the direction of their teacher Miss Rowe. To come up with the final design for the mural, the Year 12s took into consideration the modern, sleek design of the upcoming secondary school refurbishment and drew inspiration from the colour scheme of the college uniform. The final work expresses and celebrates the unity and diversity of BAC. —BAC Facebook



STUDENTS SERVE OTHERS

Every year during their Week of Spiritual Emphasis at Hurstville Adventist School (NSW), staff and students find ways to serve their community. This year they partnered with Samaritan’s Purse and contributed to the Operation Christmas Child project. Students and teachers filled shoe boxes with six different items—something “wow”, something for hygiene, something to wear, something to play with, something for arts and crafts, and a personal letter from each student. It was a very eye-opening experience for many students, who realised how the simple things that we take for granted day-to-day can be life-changing for someone else. —HAS News



TIME FOR REVIVAL

A revival series in Papua New Guinea has seen seven student teachers commit their lives to Jesus. The meetings were presented by Madang Manus Mission president Pastor Garry Laukei and followed a series of Bible studies conducted by Mis church elder Roy Baelua with the seven baptismal candidates, who are students of Madang Teachers College. Pastor Laukei encouraged the students to pray and read their Bible and embrace God’s promises to keep a strong relationship with Him. —Record staff



SERVICE AWARDED

Alongside other Adventists, Pastor Keperieli Duana was among 30 recipients to receive the commemorative medal for Fiji’s 50th anniversary of independence last month. He has been involved with the Church for 37 years and teaches on healthy, biblical family life, including the importance of the marriage covenant. He has also worked with other religious groups on advocating issues surrounding marriage. —Record staff



COOK ISLANDS NEWS

Cook Islands Mission president Pastor Eric Toleafoa has reported that—following years of prayerful uncertainty—the application for a partition of land for the Mission has finally been granted. Further, on Sabbath, October 24, Amuri Church (Aitutaki) celebrated the baptism of six new followers of Jesus. All three churches on the island were present to encourage and celebrate with the new members. —Eddie Tupa’i



ROAD TO BETHLEHEM ONLINE

Online registrations for the popular annual Road to Bethlehem program in Melbourne (Victoria) opened on November 1, with the program to premier online on Sunday, December 13 at 7:30pm this year. As usual, attendees are invited to select a free gift: Nathan Brown’s *Advent* book or the *Kindness/Gratitude Advent Calendar* by Bless You Company. To register and watch the program, visit <roadtobethlehem.org>. —IntraVic



New report shows the value of Christian education

The majority of Christian school graduates believe that their time at school helped prepare them to find a sense of meaning, purpose and direction in life, a survey of post-school outcomes has found.

The study of 4913 “millennials”, aged 25 to 39, also found that most graduates of Christian schools credit their schooling for preparing them to deal with personal relationships.

The Cardus Education study sought to identify and quantify the role of education in preparing students for contributing to the common good of Australian society. It was commissioned by a group of six Christian school associations—including Adventist Schools Australia—and splits the education sector into four sectors: Christian, Catholic, independent and government.

The study analysed how the respondents were faring in terms of employment, educational attainment and income, and also in a range of life matters, including personal relationships and attitudes towards volunteering and giving.

The study found that 75 per cent of Christian school graduates believed that their school prepared them for academic success at university, compared with 74 per cent of independent school graduates, 73 per cent of Catholic school graduates and 60 per cent of government school graduates.

Eighty-one per cent of Catholic school graduates were employed, compared with 79 per cent of Christian school graduates, 78 per cent of independent school graduates and 67 per cent of government school graduates. Of the four sectors, the Catholic school graduates had the highest household incomes: \$A99,722.

The “Australian Schools and the Common Good” report also found that Christian school graduates were the most likely to be married and that they volunteered more frequently than graduates from the other three sectors. At the same time, 70 per cent of independent school graduates had donated to charity in the past 12 months, compared

with 68 per cent of Catholic school graduates, 64 per cent of Christian school graduates and 62 per cent of government school graduates.

According to the report, millennials are relating to faith and religion in different ways.

“Prayer is the religious expression that millennial graduates are the most likely to engage with, above attending church or religious services,” the report said.

“Millennial Christian school graduates are most likely to have prayed (62 per cent), engaged with a religious text (46 per cent) or attended a religious service (40 per cent) at least monthly in the past 12 months. This spiritual formation and the commitment to practices of faith are the outcomes of both the educational context and the familial influence.”

Adventist Schools Australia national director Dr Daryl Murdoch said it’s clear from the report that Christian education is contributing significantly to the common good of our society across multiple dimensions, including work, service, generosity, family and religious life.

“The research identified that millennials graduating from Christian schools displayed a strong sense of meaning, purpose and direction in life. This life orientation created a strong sense of service and supporting charities,” Dr Murdoch said.

“It was pleasing to note that millennials attending Christian schools were more likely to hold strong spiritual values, be part of a church community, attend church, pray and read God’s Word regularly than their counterparts in state, Catholic and independent schools.

“Christian school leaders and staff are to be congratulated for creating and sustaining environments where a Christian worldview and values are modelled and adopted by their graduates.”

TRACEY BRIDCUTT

COMMUNICATION DIRECTOR, SOUTH PACIFIC DIVISION.



70 cyclists celebrate 70 years by riding 70 kilometres for ADRA



A group of 70 riders and support crew embarked on a cycling adventure through the streets of Bayside (Brisbane) and North Stradbroke Island on November 1 to support the life and contributions of Pastor Malcolm Potts and raise money for the vital work of the Adventist Development and Relief Agency (ADRA).

In partnership with 25000Spins, an Adventist charity cycling organisation founded by Craig Shipton, “70 for Seventy” evolved from casual birthday conversations amongst friends and family to a coordinated cycling event—riding 70 kilometres for 70 years of life. It was just by coincidence (or perhaps a Higher Hand was adding His touch) that there were exactly 70 riders participating.

The event brought together young and old riders on a sunny Sunday morning on Stradbroke Island. Pastor Potts, as he so often has, shepherded the group as they rode over the hills together and celebrated God-given life and vigour.

Pastor Potts began cycling 12 years ago, aged 58. Since then he has raised more than \$A26,000 for ADRA, ridden more than 80,000km and participated in multiple cycling challenges. Inspiring many along the way, he quips that “life is better on a bike”, and emphatically states that he feels better now at 70 than he did at 50.

While the hills get a little harder with age, he has long ago relinquished any pressure to perform at competition level and says he simply rides for wellbeing, joy and good health.

“The wind will not always be at our backs. When it is in our faces we need to slow down, spin at a higher cadence and battle into it. But a head-wind will not last forever. When it turns to our backs, we should fly and enjoy the ride,” he says.

Since its beginnings, 25000Spins has raised more than \$A2 million (matched by charities to equal \$A7 million) for various charities, including ADRA, and it continues to organise and run cycling charity events in Australia, New Zealand and Europe.

Cyclists from all over Australia and New Zealand are signing up for future events run by 25000Spins. The next exciting adventure is the Alps to Ocean in New Zealand in January 2021, and the Adelaide Classic in March 2021.

CRAIG SHIPTON
25000SPINS FOUNDER.



FITNESS CLASSES WIN SOULS FOR JESUS

For Arnold Greenfield, running fitness classes is a way of introducing people to Jesus.

“For me, it’s like building the kingdom of God through fitness,” Mr Greenfield says. “You may have had a terrible weekend or be drained at work, but you can come to this space and it’s encouraging and uplifting. It’s building community and building God’s kingdom.”

FoxFit is a ministry coordinated by Mr Greenfield in partnership with Fox Valley Community Church pastor and Wahroonga Adventist School (NSW) chaplain Landry Patii, who run sessions at the school grounds every Monday evening at 6:30pm. Designed as a group fitness class, it attracts people from all walks of life: nursing students, young professionals, high-school students and people from the wider community.

“It’s like circuit training, but with Crossfit movements,” Mr Greenfield says. “We’re never doing the same thing every week. It’s mostly functional movements like squatting, putting things over your head—things you would use in your daily life. And it’s done at high speed, to get your heart-rate high.”

Thanks to the team-building nature of each session, the workouts are accessible to a wide range of age groups and flexible for small or large

numbers. At its peak, FoxFit was attracting between 30 and 40 people each week, but following COVID-19 restrictions the ministry is just starting to pick up again.

“Big groups we split in half and have two different workouts going. One group would be completing reps of six different exercises—400 air squats, 400 crunches and so on—and working as a team. We get them to hit the mark of all reps or rounds and set the time for the other group, like a competition,” he says.

Mr Greenfield encourages anyone to come, regardless of their fitness level, attributing people’s enjoyment to the positive community atmosphere.

“People think they’re not fit enough to come, or that people will judge; that they have to get fitter to come. But you don’t have to get fit. Just come as you are. The fitness level that you think you’re at is usually much lower than the level you can push to. It’s an encouraging thing. We want people to come to FoxFit and, with support, believe they can do something great. It’s not just a fitness thing.”

With FoxFit being an activity where churchgoers can easily bring their friends along, the intention was always to make FoxFit more than just an exercise group.

“So often, we apply the great commission in the wrong order,” Pastor

Patii explains. “We’ve been teaching people to change their behaviour before we connect with them. This mindset is calibrated to ‘behave in order to belong’—it’s not biblical at all. Jesus met [people] in their space, He had a relational conversation with them. FoxFit is exactly that. God has blessed Arnold and I with the passion of health and fitness to meet and build relationships with [people]—make them feel home and safe foremost.”

“It was easy to bring people there and run it,” adds Mr Greenfield, “but it was always hard to make it more spiritual and to bring Jesus into it.”

“Two girls started coming from the nurses’ residence—Bec and Freya. They started connecting with church thanks to the ministry, and they opened it up to the res and built a massive bridge for us.”

“God has blessed you with passions, talents and gifts. The question is, what are you doing about it? I suggest that you use it to serve God and build community. Trust the Giver and He will wrap your ministry with purpose and identity,” encourages Pastor Patii.

If you’re interested in attending FoxFit, you can find out more by joining their Facebook group.

MARYELLEN FAIRFAX
ASSISTANT EDITOR, ADVENTIST RECORD.

COME AND SEE

If you have ever used the phrase "come and see this", you can relate to the excitement of the new believers as their hearts were awakened to the reality that God was now walking among them.

CONSIDER John 1:29-51.

Messianic prophecies echoed throughout the universe since the fall of mankind in the Garden of Eden. **CONSIDER** Genesis 3:15. Adam and Eve looked for the speedy fulfilment of this prophecy when they welcomed their first son, "but the fulfilment of the promise tarried" (DA 31.2). While sin continued to increase, a faithful few grasped the promise that the serpent and his works would someday be destroyed.

Micah, Isaiah and Daniel all spoke prophecies that pointed to the Messiah. As John stepped onto the world stage to fulfil his role as the voice "crying in the wilderness", people anticipating the arrival of Jesus asked John if he was the One. **CONSIDER** Micah 5, Isaiah 7 and Daniel 9, Malachi 4:5,6, Luke 1:13-17, John 1:19-23.

Jesus firstly asks two disciples to "come and see" and then the same invitation was given to Nathanael when Philip declared, "We have found the Messiah." **HOW** could this approach help you in making disciples? We are often quick to give a piece of literature (and that is good), but rarely do we boldly extend an invitation like Jesus to "come and see".

After they had witnessed His miracles and teachings on the road to Emmaus, the disciples' eyes were opened. **CONSIDER** Luke 24:13-31. Who is in your circle of influence that needs Jesus? Invite them to come and see, and truly experience Jesus for themselves.



At 99 years of age, Enid Webster just completed her sixth City2Surf to raise money for ADRA.

"Regular walking sure pays off!" she said as she went out walking again the next day, feeling no ill-effects.

Enid completed the 14km event in just under 3 hours and 30 minutes, and was joined by 13 family members who also walked on the day. Some family walked with her and others walked in the Northern Territory, Queensland and Hong Kong.

"She started when she was 93," says Ruth Webster, Enid's daughter-in-law. "She's done it every year since, except for one year when she was too unwell to do it."

"[People] are always very surprised," she adds. "Particularly those who know she had a valve replacement in her heart early in 2019."

At the end of last year, Enid was ready to retire her fundraising efforts as the five-hour return trip to Sydney from her retirement village in Cooranbong was becoming too taxing. But when COVID transformed the City2Surf into a dispersed event, Enid couldn't resist doing her annual fundraising event by walking in her own neighbourhood.

Ruth attributes Enid's avid walking to CHIP (the Complete Health Improvement Program), which she completed when it first started in Australia.

"At that point she wasn't an avid walker. She was a little bit overweight . . . but she changed her diet

and started walking regularly. At the moment she is doing 10,000 steps a day and she keeps track of that," she says.

Enid lives independently in her retirement village and enjoys knitting and crocheting, gardening, cooking and keeping her house in order. She keeps fit through a healthy morning routine, and her family often meet her on her 7am walk.

"So she's up early and out walking," Ruth says, adding that not even a rainy day deters Enid's efforts. "She puts a raincoat on and goes! There was one morning when I said 'Did you walk this morning?' because it was raining. And she said, 'Yes, and I didn't see you!'"

The funds that Enid raises will go towards the ADRA Appeal, the largest source of funding for ADRA programs in Australia. And walking isn't the only thing that Enid does to help others in need.

"With her knitting and crocheting she makes blankets and other similar items that she donates to charity," says Ruth.

In partnership with Seventh-day Adventist churches, ADRA Australia's volunteer-run programs feed, clothe, house, connect and empower people to overcome hardships and crisis and get back on their feet.

To learn more about ADRA Australia, visit <adra.org.au>. Search "Enid" on the website to find Enid's fundraising link.

ASHLEY STANTON/MARYELLEN FAIRFAX



Photo credit: Wes Tolhurst

Treasures of inestimable worth: Committed Adventist Teachers

Committed Adventist teachers who are passionate about God and His children are Adventist education's most valued asset—treasures of inestimable worth. How do I know? Because when I was attending primary school and high school, there were no Adventist schools near my home. I went to government schools where I learned how to read and write and get good grades, but where I felt isolated because I could never attend the school's weekend events on Friday nights or Saturdays. My school world did not connect with my beliefs and values at home and church. I felt as though I didn't belong, and each week I subconsciously negotiated a life lived between opposing goals and life directions.

From my first year of primary schooling, I knew I wanted to be a teacher. I'd heard of Avondale University College, our Seventh-day Adventist tertiary institution in Australia, and

I wanted to go there. At the end of high school, my five summers of work provided the cash portion for my first semester fees. It looked as if my college education might take 20 years!

My parents couldn't help me financially. Their contribution to my Christian education: sheets, blankets, a set of the *Conflict of the Ages* books and a battered tin trunk to carry my belongings on the train to Avondale.

However, my first taste of Adventist education was captivating—and it was because of the teachers! My teachers prayed before they started their classes, and frequently mentioned God in English, history and science classes. This was very new to me. My first Sabbath, I was surprised to see my respected history teacher serving as a deacon in the college church—welcoming me to the service and passing the offering bag to my row of seats. I'd never imagined this kind of thing could happen in a school. But there was

more. . . . Sunday morning brought the voluntary "Operation Blueprint" program, where faculty and students worked side by side on the campus, dressed in our "garden clothes", sharing stories and getting our hands dirty. It was my history teacher turned deacon and now gardener who taught me how to transplant cabbage seedlings into the freshly cultivated soil.

Ellen White captured the significance of this type of activity and its long-term impact:

"The attention required in transplanting—so that not even a root or fibre is crowded or misplaced—the care of the young plants, pruning and watering, weeding and controlling pests, not only teach important lessons concerning the development of character, but the work itself is a means of development. Cultivating carefulness, patience, attention to detail and obedience

to law imparts a most essential training. The constant contact with the mystery of life and the loveliness of nature . . . tends to quicken the mind and refine and elevate the character. The lessons taught prepare the worker to deal more successfully with other minds."¹

This teacher-in-training was discovering a rich education apart from books and lectures and assignments, for which I will be forever grateful.

Have you thought about the range of skills that the ideal teacher-training program provides for its students? Some of these include the following: organisation, communication, management, spiritual leadership, measurement, assessment and evaluation, problem-solving, administration, strategic thinking and planning, decision-making, negotiation, counselling and people skills. Above all, these programs cultivate in future teachers a sensitivity to individual differences in student capabilities and skills, interests and needs.

Finding ways to mentor and nurture teachers in their first years of teaching, to affirm and validate mature teachers while providing ongoing professional development opportunities is cru-

cial for every Adventist educational institution and for every level of our education system. If we don't achieve these goals, there are countless organisations and institutions just waiting for our well-equipped, work-ready teaching graduates to pursue other careers, and our system will be poorer for it. Seeing Adventist-trained teachers recruited for other careers in Papua New Guinea in the past 20 years makes me wonder if we should double our teacher-trainee intake, so that we can employ half the teaching graduates in our schools while the others become the salt and light for positions in the Church, government, businesses and NGOs—contributing to the country's overall growth and development, and openness to gospel initiatives.

Adventist teachers trained in programs that place wholistic emphasis on the spiritual, mental, social and physical aspects of schooling will impact the lives of those in their spheres of influence for eternity. This is what makes our education system unique. Teachers committed to God have enormous opportunities for modelling what God is like to students and their families.

Our vision is to have committed Adventist teachers nurturing student

disciplers in quality Adventist schools. Spiritually, teachers will be connected with God every day; mentally, they will see themselves as lifelong learners seeking professional growth and development; and socially, they will be relationship enhancers, modelling good interpersonal skills as they interact with their families, students and fellow staff. Physically, "the better the health the better will be the work accomplished."² Ellen White acknowledged that "so wearing are teachers' responsibilities that special effort . . . is required to preserve vigour and freshness."³ When teachers demonstrate a positive commitment to all four areas of life, their students observe a valuable model for life.

A well-known quotation often attributed to William Butler Yeats says: "Education is not the filling of a pail, but the lighting of a fire."⁴

I believe Spirit-filled teachers are the ones who light that fire with eternal results. When we look back on our own education, we remember those teachers for who they were, not just their methods and techniques. Teachers, indeed, are at the centre of real learning—for now and for eternity. Adventist teacher-training programs for beginning and in-service teachers are designed to nurture their commitment as they impact the lives of those they serve and light a fire with eternal rewards.

This article originally appeared as "Teachers: The People Who Make the Difference in Adventist Education", *The Journal of Adventist Education*, 81:3 (July–September 2019): 3, 47.

1. Ellen G White, *True Education* (Nampa, Idaho: Pacific Press, 2000), 67.

2. *Ibid.*, 172.

3. *Ibid.*

4. This quotation is often attributed to the poet William Butler Yeats: <brainyquote.com/quotes/william_butler_yeats_101244>. However, some have attributed it to the philosopher Plutarch: <beaninspirer.com/education-spark-that-lights-up-mind/>.



DR CAROL TASKER
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MORESBY, PAPUA NEW GUINEA.



The journey

Every society on earth has an intense interest in the ultimate destiny of people when they die. Before the wonderful message of salvation came to the shores of Vanuatu, people thought that life did not end in death.

When a person died, they assumed he or she was travelling into the afterlife. There are various interpretations of what happens to the deceased. Today, some Adventists in Vanuatu still grapple with the Bible's teachings about death. Some cling onto the idea that life continues even after a person has departed.

VARIOUS VIEWS ABOUT THE AFTERLIFE

The beliefs of the Vanuatuan people were entrenched in ancient presuppositions regarding death.¹ The Aneityum people reside in the southern part of Vanuatu. This group traditionally regarded death as transient. When people died, they were on a journey to a remote uninhabited island where they would reside permanently. Thus, when death took place, the community would dispose of the body of the departed at sea. The ocean, they thought, was where the deceased began their passage to their immortal home.

Historically, for people from the small village of Waisisi, near the white sands of East Tanna, the dead were segregated into two groups: the good and the bad. After they buried the deceased, they would visit the volcanic mountain of Yasur. It was there they learned the destiny of those who had fallen. If they discovered footprints on the ashes of the mountain, they knew the deceased had ended up in the restless fires of hell. However, the absence of any footprints meant the dead had a safe passage to Ipae, the paradise of the hereafter.

In the northwest of Malekula, the people of Lekan also believed in the afterlife. For them, the journey of the deceased began after burial. The departed would start the trip from the realm of the living to a world where life

goes on for the dead. The transition from this world to the next came with festivity. The journey was also a time of preparation. The spirits would help to wash up, prepare, dress and conceal the deceased. Hence, the dead became visible in the spirit realm, but not to humans. The festivities continued until the hundredth day. That is when the deceased reached their ultimate home as inhabitants of the kingdom of demons.

The people of Lolovele village, south Ambae, had a similar view. However, chiefs for each gender officiated in the transition of the deceased. Had a woman passed, the elected chief would request the service of a female spirit. This spirit would navigate the departed in a canoe across the Manaro lake to the *nakamal* (chief's house) for women. Had a man died, a male spirit would take him across to the *nakamal* for men. A ceremonial feast took place every five days. The spirit of the deceased finally arrived at the Manaro volcano on the hundredth day. The Manaro volcano was the home and permanent resting place of the body. Similar views were also held by the people of the Banks and Torres groups of islands in the northern part of Vanuatu.

WHAT DOES THE BIBLE SAY?

In Eden, Satan tricked Eve into believing that "you shall not surely die" (Genesis 3:4). This false teaching will become one of the greatest deceptions of the end-time. God formed man from the dust of the ground and "breathed into his nostrils the breath of life and man became a living soul" (Genesis 2:7). Job asserts, "the Spirit of God has made me, and the breath of the Almighty gives me life" (Job 33:4). The term "soul" comes from the Hebrew *nephesh*, which does not indicate a quality of life separate from the body. The *nephesh* is the total person, not a part of the person. In the Bible, the term "soul" is also translated as "person" (see Genesis

of the dead?

14:21; Deuteronomy 10:22) or “self” (Leviticus 11:43; Isaiah 46:2).

The equation for life in Scripture is: dust + breath of life = a living soul. Hence, as Job points out, if God would “gather to Himself His Spirit and His breath” (Job 34:14; cf. Ps 146:4; Ecclesiastes 12:7), “All flesh would perish together, and man would return to dust” from which he was formed (Genesis 3:19; Job 10:9, 34:15, 30:19; Ecclesiastes 3:20; Psalm 104:29; 90:3). Divine wisdom through Solomon underscores that in the grave, the “dead know nothing, and they have no more reward, for the memory of them is forgotten. Their love, their hatred, and their envy have now perished; nevermore will they have a share in anything done under the sun” (Ecclesiastes 9:5-8; 9:5; Psalm 146:4; Job 7:10). The Bible rejects the doctrine of the “immortal soul” and the continuation of life after death.

HOPE FOR THE DEAD IN CHRIST

The words of Jesus echo down the corridors of time: “I am the resurrection and the life. He who believes in Me, though he may die, he shall live” (John 11:25). “Blessed are the dead who die in the Lord from now on” (Revelation 14:13). Jesus is coming soon (John 14:1-3) and every eye will see Him (Revelation 1:7). The glorious return of Jesus Christ is the “blessed hope” for God’s children (Titus 2:13). Jesus says, “Do not marvel at this; for the hour is coming in which all who are in the graves will hear His voice” (John 5:28).

On that day, all the righteous dead will hear the voice of Jesus saying, “Awake, you who sleep, arise from the dead, and Christ will give you light” (Ephesians 5:14). Then the righteous dead will rise from their graves and, with the righteous living, be caught up to meet Jesus in the air (1 Thessalonians 1:16,17). All those who now sleep (die) in Jesus will be brought back to life at the

advent of Jesus, their bodies transformed in the twinkling of an eye from mortality to immortality (1 Corinthians 15:51). “Blessed and holy is he who has part in the first resurrection. Over such the second death has no power, but they shall be priests of God and of Christ, and shall reign with Him a thousand years” (Revelation 20:6).

HEAVEN WITHOUT DEATH

It is difficult to comprehend what heaven will be like without death. All we know is that it will be much better than anything we can imagine (1 Corinthians 2:9). In this sinful world we too may one day die. Death is the cessation of life. Dust returns to dust. We await the promise and hope of being raised again when Jesus returns. Then, after a thousand years with Jesus in heaven, the beloved city will descend from God to this earth (Revelation 20:9; 21:2). The new heavens and new earth (2 Peter 3:13; Isaiah 66:22; Revelation 21:1) will have no more pain, crying or death (Revelation 21:4).

Life will be boundless. And God will become the Everlasting King of the universe (Revelation 21:3). Our ultimate destination will be far superior to the ocean, an unoccupied island or a place beneath a burning volcano. We will live with the Father, Son, Holy Spirit and the angels for endless ages. Death and Hades will have no place there.

1. The Vanuatuan people, as part of Melanesia, were traditionally animists who believed that a living soul dwelt in every living thing (nature). Hence, the belief in the spirits of the dead was prevalent in Vanuatu. This section includes a brief summary of the various different concepts of life after death in traditional Vanuatuan society.
2. All Bible citations in this article have been taken from the NKJV, unless otherwise stated.

LUI YARAKEI

THEOLOGY STUDENT FROM VANUATU, STUDYING AT FULTON COLLEGE, FIJI.

A mission hospital

Boliu Hospital on the Island of Mussau, Papua New Guinea, was opened in 1955. Prior to the Second World War, any medical cases on Mussau Island, New Guinea, were treated by missionaries Arthur and Nancy Atkins at their back door. No other medical facilities were available on the island. Their mission station and school were established at Boliu overlooking Schadel Bay at the southern end of the island. Fellow Seventh-day Adventist Trevor Collett was operating a timber mill on neighbouring Emirau Island and supplied timber to Atkins for the building of a school and a simple weatherboard cottage with a corrugated iron roof. This structure eventually served as the hub and dispensary for the Boliu Adventist Hospital.

The war brought tragedy to the developing enterprise. Both Atkins and Collett lost their lives. Following the war years, John and Kath Martin were appointed to Mussau. They arrived in May 1949 and remained until 1952. John had served in the army as a medical officer, having first received some basic training in combat injuries and tropical diseases at the Heidelberg Military Hospital, Melbourne. Kath had completed three years of the nursing course at the Sydney Sanitarium and Hospital. They used the weatherboard cottage, where they treated malaria, skin and chest infections, ulcers, bone fractures and other injuries. It also served as a maternity ward and dental clinic. There were only a couple of beds, screened off from the rest of the room. All medical supplies were obtained from the government without charge.

When missionaries Calvin and Beryl Stafford arrived at Boliu in June 1954, they made some improvements to the station. Four concrete slabs were laid near the cottage, and local materials were used to construct two wards for males and two for females. The roofs were grass thatch, providing a cooler atmosphere than the cottage. Stafford installed a diesel motor and generator to supply electricity to all the buildings on the station, including the dispensary, wards and doctor's assistant's house. The Staffords were not trained in medical work, and Beryl had to insist that she could not be very helpful, especially with difficult childbirth cases. The national nurses, husband and wife Pereri and Rebecca, were the highest level of medical assistance available.

Colin and Melva Winch, both trained nurses, replaced the Staffords in 1957 and remained until the end of 1960. Pereri and Rebecca assisted them. The hospital catered to the populations of both Mussau and Emirau islands, numbering more than 2000 people. Mission station superintendents had the oversight of the hospital in addition to the school, but they were usually not directly involved in the day-to-day medical services.

During the eight years that Milton and Betty McFarlane were stationed at Boliu, from 1961 to 1968, all medical services were rendered by national nurses. The McFarlanes



Boliu Adventist Hospital. (Photo credit: Milton Hook)



New women's ward, Boliu Hospital, 1961.

were replaced by John and Patricia "Trish" McMahon. Trish was a trained nurse and toward the end of her term, in the early 1970s, she had the assistance of a national nurse, Ruth Elisha. Ruth was succeeded by a married couple, Samuel and Esther Kangai, who served until the hospital closed.

The hospital was listed in the Seventh-day Adventist Yearbook from 1970 to 1977 as a 24-bed institution that was established in 1955 when Stafford installed the electricity. It was closed when a government facility opened approximately 30 minutes' walk from the mission station.

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DR MILTON HOOK

ENTRY TAKEN FROM THE SEVENTH-DAY ADVENTIST ENCYCLOPEDIA ONLINE.



CAN EATING BREAKFAST MEAN BETTER GRADES?

As well as giving you energy to start the day, breakfast plays a crucial role in powering your brain. So it adds up that a healthy breakfast habit can help children and teens do better at school.

CAN YOU EAT YOUR WAY TO BETTER GRADES?

An Australian study of 824 children in grades three to seven found breakfast was critical for school performance. Specifically, it showed the combination of regularly eating breakfast—especially a good quality breakfast—and being active boosted both literacy and numeracy skills. It also helps kids to beat the “fuzzies” that can set in with the mid-morning hunger pangs.

WHAT TO EAT BEFORE EXAMS?

If you have teens who are heading into exam time, be sure to keep up good breakfast habits. Feeding the brain is essential for good cognitive function and has been shown to help with attention, memory and recall, as well as academic performance.

The trouble is that, as kids get older, they are more likely to skip breakfast, missing essential nutrients, that become even more important during puberty when rapid growth spurts kick-in.

A recent UK study of teens looked at their breakfast habits and their exam results. It found students who rarely ate breakfast achieved nearly two grades lower than those who rarely missed brekkie.

So what’s the best breakfast before an exam? There’s emerging evidence a low GI breakfast helps provide a slow release of energy and steady blood sugar levels for optimal cognitive function.

SIMPLE BREAKFAST GETS THE TICK

A bowl of cereal before your child rushes off to school is a great start! A study of Australian data showed children who started their day with breakfast cereal had the highest intakes of dietary fibre and nutrients, including calcium and iron—key nutrients Australian and New Zealand children fall short on.

KIDS’ BREAKFAST TIPS



GOOD QUALITY BREAKFAST

Think well-balanced, nourishing and delicious. Try wholegrain cereal with dairy or soy milk topped with fruit or blended together as a smoothie, wholegrain toast with peanut butter, baked beans and avocado on toast with a grilled tomato, or a berry breakfast trifle.



LOW GI

A low GI brekkie with slow-release energy could include low GI breakfast cereal topped with unsweetened yoghurt and berries, bircher muesli topped with canned fruit and nuts, avocado and eggs on sourdough toast, or chia pudding made with soy milk and topped with sliced banana and cinnamon.



STAY HYDRATED

Don’t forget the drinks! This is just as important as the food. Evidence suggests dehydration impairs cognitive function leading to poor exam performance. Water is always a winner.



French toast with fruit

Get the little ones to help make this comfort food favourite, which takes just five minutes to prep. Use seasonal fruit and yoghurt for natural sweetness and extra flavour.

Find this recipe and hundreds more at:

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



HELLFIRE

Thank you for the editorial “Casting Hell Into the Lake of Fire” (October 31). I was an atheist for the first 40 years of my life; Christians told me that God was a “God of love”. Yet in the next breath they said that people like me would burn in hell forever and ever! I reasoned that even Adolf Hitler would have had mercy to kill his enemies after a few years of burning them!

Praise the Lord that we as Adventists have been blessed with a knowledge of Bible truth. How true is the sentiment expressed in the editorial. Why are we not doing more to present what the Bible teaches on this subject? There are many doctrines of the devil, but surely the teaching of eternal hellfire is Satan’s most successful attack on the character of God.

I am impressed with the evidence presented on the subject in *Seventh-day Adventists Believe, A Biblical Exposition of 27 Fundamental Doctrines*. In the chapter “The Millennium and the End of Sin”, the biblical

teaching on hell is clearly explained.

God has given every person a choice: everlasting life in heaven, or everlasting death. The best-known verse in the Bible is the least understood. “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life” (John 3:16). Let us raise our voices to present God’s teaching on hell and more people might then be prepared to listen to what the Bible has to say on the true Sabbath day.

Roger Kerr, NSW



LIVING 28

Greetings from Madagascar! I just came across the article about Signs Publishing’s newly-released book, *Living 28*. I see from the ABC website it is only available as a paperback copy.

In this digital age, is there any possibility it could be made available to buy in an electronic download form?

As such, it would also be more freely available to an international audience, and you could also sell it in different languages. Working in missions the past 33 years, I would relish being able to share these fresh perspectives for the new generation of young people using the languages they use.

Blessings and thanks in advance.

Colin Radford, Madagascar

Editor’s note:

We have some good

news for you! *Living 28* is available as an ebook on Amazon.com. We have also recorded an audiobook of *Living 28* and it should be available soon.

ADVENTIST IDENTITY

Editor’s note:

The following comments were posted in response to our #RecordLive interview with Matthew Lucio from the Adventist History Podcast on October 22. You can watch the interview on Facebook or YouTube.

I’m a big fan of Matthew’s *Adventist History Podcast* (even contributing through Patreon). For those who haven’t heard it, listen to some of the recent editions and then go back to the beginning and start listening to episode 1 and onwards.

I like Matthew’s compar-

ison during the interview to understanding Adventist history as being similar to understanding your own family history. It allows “aha moments” in comprehending our own character, personality and thinking.

Well done *Record* on having a great interview with him—and broadcasting it on October 22. God’s continued blessings!

David Riley, Facebook

I often hear that “we are losing our Adventist identity”, but what seems more important to me is following the way of Jesus. Isn’t this more of a pressing concern than identity? Also, the word “identity” isn’t necessarily coming from a biblical point of view—it is often associated with branding and values. What do we mean by even the notion of “identity”? Shouldn’t we

be followers of the Book? That is how Jesus lived and practised. That’s what the early Adventists taught.

When I look at the state of the Adventist Church this seems even more urgent. I would think that if we follow Jesus then shouldn’t that be lived out as Adventists? Or are they separate ideas?

Jason Smith, Facebook

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.

Weddings



HONEYANDS-TROTT. Nicholas Honeyands, son of Thomas and Annette Honeyands (Blacksmith, NSW), and Emily Trott, daughter of Anthony Trott (Canberra, ACT) and Melanie Trott (Cooranbong, NSW), were married on 6.10.20 at Forget Me Knot farm, Byron Bay. Nic and Emily met at Avondale University College where they were studying marketing and teaching. Soon after, a relationship blossomed as they recognised God was doing something special in their lives. They were married in the Byron Bay hills surrounded by close family and friends. Nic and Emily plan to establish their new home in Parklea close to their workplaces at Adventist Media and Hills Adventist College.

Wayne Boehm

TANGULU-RYAN. Taniela Tangu, son of Efoti and Tauvaevae Tangu (Cooranbong, NSW), and Eilish Ryan, daughter of Jack and Delmae Ryan (Shailer Park, Qld), were married on 1.10.20 at the Byron Bay Farm reception centre, Ewingsdale, NSW. While COVID-19 limited the number of wedding guests, both the groom and bride's parents were able to attend as well as a small number of family and friends. Taniela and Eilish plan to live in Bonnells Bay. Eilish is a student services officer at Avondale University College and Taniela is a mental health carer.

Trafford Fischer

Obituaries

BROOKS, Raymond John, born 29.3.1938, in Westmead, NSW; died 2.7.20 in Blue Care Yurana, Springwood, Qld. In 1977 he married Marlene. He is survived by his wife; sons, Andrew, Sirie and Julie, Niguel and Kylie, and Ryan; daughter, Krystle-Rae and Tery Biram; and eight grandchildren. Ray spent 13 years in the army. Later he joined a life insurance company as an agent and then went on to become a business consultant. In his retirement, he devoted his time to DVD ministry, selling Christian books and giving away Christian literature in shopping centres and conducting seminars. Over the years, he served as elder, personal ministries leader, ADRA coordinator and faithfully witnessed for the Lord even

during his prolonged illness.
Kendell Cobbin, Roger Henley

CLERMONT, Irmgard Margarete Luise, born 26.6.1931 in Berlin, Germany; died 20.9.20 in Mitcham, SA. She is survived by her husband, Karl; children, Karin, Alex and Tracy, Andrew, Roy and Roslyn and Margaret; grandchildren, Johanna, Amanda, Sharna, Nayia, Tahlia, Kynan, Daniel and Claudia; and 10 great-grandchildren. Irmgard was a very faithful member of the Melrose Park church (formerly Southern Memorial) since her baptism in 1978. She held several church positions including senior deaconess for a number of years, and was very faithful and efficient in that role, and also had a real passion for her children and grandchildren to know and follow Jesus. Her Bible was very well marked with underlining and she knew her Lord loved her.

Brenton Wilkinson



GARDENER, Walter James Robertson, born 28.5.1923 in Wanganui, NZ; died 14.10.20 in Auckland. He was predeceased by his wife, Levaai Mele "Mary" Gardener in 1962. Walter was a sincere and gentle man and a faithful servant to his God. He spent his early years around the Wanganui area before moving north to Rotorua to raise his family with the help of his mother after the death of his wife. Walter was a man of principles and strongly stood up for his Sabbath beliefs. During World War II as a conscripted army trainee he was imprisoned for not working during Sabbath hours and was incarcerated. Walter escaped and was "on the run" for several months and only the end of the war saved him from serving more time. Walter was passionate about radios and ran a "ham radio" station as well as a radio repair business for many years.

Evan Fray

GODFREY, Violet (nee Melville), born 30.4.1932; died 27.9.20 in Brisbane, Qld. On 1.9.1955 she married John Vincent. Violet is survived by daughters, Suzanne and Anthony (Brisbane), Robyn and Ken (Brisbane), Karen and Grahame (Newcastle, NSW); and son, Kenneth (Sydney); 13 grandchildren; and seven great-grandchildren. Violet was blessed to attend church all her life and was an active member of the Eight Mile Plains church for

many years and later Park Ridge church until her health declined. She is especially remembered for all the beautiful jumpers she knitted for children in need, and for her lovely smile. Her family and friends met in the Murwillumbah church to say goodbye.

Zeny Vidacak



HILLS, Pastor Desmond, born 11.1.1932 in Rangiora, New Zealand; died 6.10.20 in Wyong, NSW. On 4.1.1955 he married Ruth (nee Baxter), who predeceased him in 2014. On 20.3.16 he married Valmae Ferris-Hills. Desmond is survived by his wife, Valmae; son, Allan and Marion (Lisarow); daughter Neroli (Rouse Hill); grandchildren, Kylie, Jenna, Luna and Declan; and great-grandchildren, Willow, Tallulah and Poppy. During his ministry, Desmond served as a preceptor, educator, evangelist, public relations director, Pathfinder leader, youth and communications director in Australia, New Zealand, then in the Trans-Africa Division, as associate youth director for the General Conference, then North NZ Conference and TTUC presidents, "retiring" in 1996 to promote the *Signs of the Times* and work as a volunteer. Desmond was a combination of intelligence, charisma, organisation, compassion and energy. He authored four books, dozens of manuals and countless articles for church publications that influenced thousands of lives for the kingdom.

Allan Lindsay, Wayne Boehm

KUMARAGE, Estelle Flotilda Stephanie (nee Peiris), born 11.11.1934 in Sri Lanka; died 4.10.20 in IRT Links Nursing Home, Wollongong, NSW. On 7.6.1958 she married Milton, who predeceased her in 2011. Estelle is survived by sons, Pradeep (Sri Lanka), Dayal (Shell Cove, NSW) and Rasal (Australia); sisters, Elfrieda Hapugoda, Phillis de uel, Don Peiris and Priyani Peiris; and grandchildren, Richie, Shaun, Roshnie, Dinuk and Natashya. Estelle accepted Jesus as her Lord and Saviour in Sri Lanka and remained faithful to her covenant with the Lord to the end of her life. She was a good example to her family and was known in her nursing home as the lady who reads her Bible. We are looking to the resurrection morning to see Estelle again.

Bogdan Petrovic

LEHMANN, Helen, born 25.3.1925 in Cieszyn Poland; died 30.3.20 on the Gold Coast, Qld. She was predeceased by her husband, Peter in 2002 and her daughter, Sofia in 2016. She is survived by her children, Marek, Ela and Raymond (all in Queensland); and grandchildren, Luke, Nicholas, Mia (Queensland) and Anna (Victoria). Helen migrated to Melbourne from her native Poland in 1962, and then moved to the Gold Coast in 1990. Helen spent her life raising her family, loved helping others and maintained a strong faith in God. She was a member of Reedy Creek church. Helen now sleeps, waiting for the return of the Lord.

David Riley



LEWIN, Leslie Douglas, born 20.9.1937 in Cambridge, NZ; died 2.5.20 in Cambridge. On 9.3.1960 he married Leonie Gunn. He is survived by his wife (Cambridge); daughters, Lynyce (Cambridge), Wendy and Andrew Adlam (Wellington) and Angela and Alister Hunt (California, USA); and eight grandchildren. Les served an apprenticeship as a joiner and became a builder. He helped build the Cambridge church's new hall and sanctuary, serving the church as head deacon for many years. Les and Leonie celebrated their diamond anniversary earlier this year. He was diagnosed with Parkinson's disease 12 years ago. Only 10 family members could attend the graveside service due to coronavirus restrictions. The blessed hope of Jesus' soon return comforts the family.

Michael Falzarano



LOFAY, Robert Michael, born 2.6.1958; died 21.10.20 in Dover, Tas. He is survived by his parents, Mike and Trudy (Brisbane, Qld); brother, Peter (Brisbane); and sister, Anne Hoskin (Adelaide, SA). Rob's trust was in Jesus. He was a people person, and loved to help those in need. We await the soon return of Jesus when we will see Rob again.

Gary Webster

MARTIN, Richard Alfred (Dick), born 25.5.1936 in Te Awamutu, NZ; died 5.9.20 in Hamilton Hospital. On 27.1.1958 he married Joy Herman. He is survived by Joy; his family, Leanne Grigg (Whangarei), David (Pukekohe) and Lester (Larry) (Dunedin); and one grandchild,

Addisyn. Dick commenced his building career doing construction work at Longburn Adventist College where he had been a student for a time. Conscripted into the military, he took the medical line and later resumed building, much of the time on church projects, Adventist hospital houses, schools in Auckland and Whangarei, and church halls. His contribution to the church as a deacon and elder has been greatly appreciated as his gentle Christian spirit always showed through. Since his baptism in the old pool at Longburn College at the age of 12, Dick has been a faithful follower of his Lord and will have his place in the kingdom of God at Jesus' return.

Ken Curtis

RABBITT, Peter Reginald, born 21.8.1937 in Dartfield, Kent, England; died 17.10.20 in High Wycombe, WA. On 12.5.1984 he married Lyn Ferster. He was predeceased by his son, Jason. He is survived by his wife (Maida Vale); children, Garry and Cathy (Northcliffe) and Cindy and Tommy (Mt Newman); stepchildren, Shane and Sonja Ferster (Perth), Brendan Ferster (Mandurah), Aaron and Michelle Ferster (Perth), and Taya and Leon Pitt (Mt Barker). While working as a carpenter in the Pilbara, Peter accepted the Lord and was baptised by Pastor Merv Tonkin. He later served as a deacon at Maida Vale for many years until affected by Alzheimer's disease. He now awaits restoration to full health and strength by his Saviour on that great day when He comes.

Robert Kingdon



SMART, Ruth Laura (nee Porter), born 18.6.1940 in Avoca, Vic; died 4.9.20. On 3.4.1961 she married Neville, who predeceased her in 2011. She is survived by her children, Darlene (and Kevin), Andrew (and Denise) and Darren (and Anna); grandchildren, Rachel (and Morgan), Nathan (and Anna), Jordan, Jesse, Bethany and Ethan; and six great-grandchildren. Ruth attended school in Maryborough and later Warburton before beginning work at the Signs Publishing Company. Following their marriage, Neville and Ruth set up their first home in Maryborough before moving to Geelong. They later moved to Stawell, where they were active members of the little church there for many

years. Following Neville's death Ruth moved to Hamilton. It was there that she lived for the remainder of her life. She now rests peacefully, awaiting the resurrection.

Andy Litchfield

ADVERTISING

TASMANIAN CONSTITUENCY MEETING NOTICE

Notice is given that the Tasmanian Conference will hold its regular constituency meeting on Sunday, February 21, 2021 at the Launceston Seventh-day Adventist Church hall commencing at 10am with registration of delegates. The business of the meeting will be those items as outlined in the Constitution, and to consider amendments to the Constitution of the Seventh-day Adventist Church.

MISSIONARIES LUNCHEON

Due to the COVID-19 virus, we have had to cancel this year's annual missionary luncheon. Contact Warren Martin on 0428 727 384.

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SIGNS OF THE TIMES AND RECORD ON CD

The SPD's Christian Services for the Blind (CSFBHI) produces a monthly audio compendium of articles from recent *Record*, *Adventist World* and *Signs of the Times*, along with the Sabbath school lessons, for the vision impaired. If you or someone you know could benefit from this service, mail or email CSFBHI including postal address. Email <CSFBHI@adventistmedia.org.au> or write to Christian Services for the Blind, Locked Bag 1115, Wahroonga NSW 2076. For the legally blind in Australia and New Zealand, CSFBHI also has a large audio library of Christian and denominational books available.

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