



R

Just put on the dress

Wedding shopping
and the ultimate
banquet ¹⁶

Online summit encourages
literature evangelists ⁶



PURSUE YOUR PURPOSE

AT AVONDALE IN 2022

Applications are now open for undergraduate and postgraduate degrees in:

- | Arts
- | Business
- | Lifestyle Medicine
- | Nursing
- | Ministry and Theology
- | Teaching.

Apply now



visit avondale.edu.au/apply
phone +61 2 4980 2377
email study@avondale.edu.au

Avondale University Ltd

CRICOS Provider No.: 02731D | RTO: 91191 | TEQSA: PRV12015 | ABN: 53 108 186 401



EDITOR'S NOTE:

Swimming lessons

Jarrod Stackelroth
Editor

“

When the water is too rough, all we can do is let God carry us, but at other times, God places goals in our lives that we can push forward to receive.

If you've ever been to a child's swimming lesson, you'll be familiar with the atmosphere. The humidity of the air, the smell of chlorine, the loud shrieks and shouts and splashes of happy children, the calls and songs of the instructors—all swirling together in a cacophonous maelstrom of chaos and joy. Parents watching on with pride and sometimes distracted by the ever-present smart devices.

Taking my daughter to swimming lessons has been a highlight for me, a special time that we can spend together. Although we had a significant disruption this year due to the pandemic, she is now in her second term and loving it. The first lesson after lockdown was a challenge. She cried much of the time and refused to let go of me, clinging to my chest like a limpet. Glared at the instructor the whole time. Thankfully in the three or four lessons since, she's back to her water-loving self, laughing and bouncing with excitement and much more engaged.

It's hard for toddlers to learn to swim, but it's important. Many infants drown each year and familiarising young children and helping them learn instinctively how to grab for the pool edge or not to panic in the water can help save their lives.

As my young tadpole learns to master swimming, as I've watched her learn and unlearn (and forget during lockdowns), I've learned some lessons myself.

God is like a supportive parent. He's right there in the splashing water, holding us up and helping us to learn. Sometimes our heads go under the water but that's part of the learning process. If things get too much and we cry, He's right there to hold us in His arms and comfort us.

One exercise is designed to get the little ones comfortable with moving their limbs around in the water. The child is encouraged to throw the floating toy out in front of them or sometimes the parents must do it. The child will instinctively reach for the toy. The exercise is designed to get the limbs moving and to encourage the child to feel for the thing they want, reaching for their goal. I've noticed in the past few lessons that my daughter is content to just stretch out in a superman pose but won't kick her legs or move her arms. She knows Daddy will propel her to her goal. "Make her work for it," the teacher said. It was then I realised my daughter expected me to do all the work. She was no longer reaching or learning to move in the water.

We can be like that in life sometimes. We expect God to help us reach our goals. While we can't work ourselves to salvation and safety, we can learn to move in the situations we find ourselves in. Instead, we sometimes pray and place ourselves in a posture of expectedness. But we don't kick! When the water is too rough, all we can do is let God carry us, but at other times, God places goals in our lives that we can push forward to receive. The challenges we encounter can help us grow if we take an active part.

My daughter is easily distracted by the lessons happening in other parts of the pool; she wants to grab the lane rope; she jumps into the pool (and my arms) before the countdown is finished. She's sometimes overconfident and tries to go over to her mother on the sidelines. As she pushes out from my arms, she quickly goes under. I have to pull her up.

Sometimes we forget that God is holding us and has our best interests at heart. As we go through life, it is easy to forget the things God has done for us. We strive to do things without Him. Jesus, in one of His parables, talks about building on a strong foundation that cannot be swept away. Yet once we've experienced that foundation, we still strike out on our own. The only thing that can save us when we're sinking is the strong arms of our heavenly Dad.

God doesn't want us to drown in a sea of sorrows. He offers us joy; the exhilaration of learning new things and growing as His children while His strong arms offer protection and support. He who stilled the storm with His voice assures us, "Do not fear, only believe" (Mark 5:36).



INSIGHT:

A child's purpose

Glenn Townend
South Pacific Division president

Research by Christian Smith, *Handing Down the Faith: How Parents Pass Their Religion on to the Next Generation*, shows that Christian and non-Christian parents want the same hope for their newborn children—to grow up “happy and successful”. Now there is nothing wrong with that—but there is something missing. What about the concept of desiring that our children fulfil the purpose God has created them for? We all are unique—we have a different SHAPE (Spiritual Gifts, Heart, Abilities, Personality and Experience <www.discoveryourshape.org/>). Discovering and fulfilling that shape is the purpose of life, from a Jesus perspective. This is what the enemy attacks most.

Jesus was tempted in all ways like we are (Hebrews 4:15). However, I have never been tempted to turn stones into bread or jump off a significant building (Matthew 4:1-10)—so how is this so? The way temptation comes—appetite and protection—are basic needs for all humans. However, the devil’s attacks on Jesus were on the key concepts of human existence: trust, identity and purpose.

In all the temptations Jesus must decide who He will trust. Is His trust built on the circumstances He is in—being hungry, alone and in human form, or does He trust God? Jesus chooses to trust God and the written Word. Two of the temptations challenge Jesus’ identity, “if you are the Son of God”. At Jesus’ baptism the Holy Spirit came as a dove and a voice from heaven said, “this is my Son, whom I love; with him I am well pleased” (Matthew 3:16,17). Jesus knew who He was, He trusted God’s voice. Jesus had nothing to prove as He knew His identity. In the third temptation the devil assumes the reason that Jesus has come to the earth is to take it back under God’s control. The devil offers an easy way to achieve that purpose: “bow down and worship him”. Jesus knows His purpose but also knows that this purpose will become reality through God’s way.

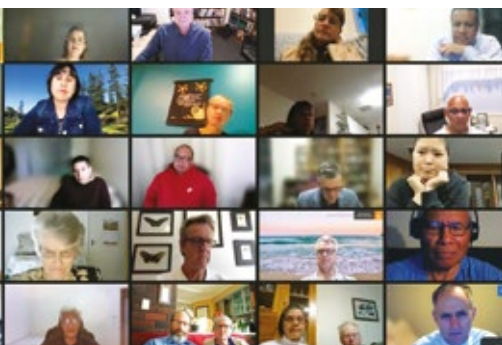
All children and adults must decide who they will trust regarding their identity and purpose. Jesus chose to trust God. Trusting God gives us a unique identity and purpose—this is the real reason for living.

FOR AN ADDITIONAL **\$25**
YOU CAN HELP US
TO CONTINUE TO
SUPERCHARGE
OUR ADVENTIST SCHOOLS
PROGRAM ROLL-OUT AND
CREATE BETTER OUTCOMES
FOR MORE VILLAGE
SCHOOLS, ADVENTIST
FAMILIES AND THEIR
COMMUNITIES.

www.asianaid.org.au  

 **GIVE HOPE TODAY**





Participants attended from around the SPD.

Religious freedom focus of special prayer gathering

📍 **Wahroonga, NSW** | Tracey Bridcutt

Seventh-day Adventists around the South Pacific gathered for a special time of prayer on Friday evening, November 12, with a focus on religious freedom.

About 100 people participated in the online prayer gathering, including church groups from Albury (NSW), Port Augusta (SA) and Manjimup (WA). The event was organised by the Public Affairs and Religious Liberty team at the South Pacific Division (SPD).

Short introductions to the prayer topics were presented by SPD president Pastor Glenn Townend, SPD Public Affairs and Religious Liberty director Dr Nick Kross, Trans Pacific Union Mission president Pastor Mavani Kaufononga, Australian Union Conference (AUC) president Pastor Terry Johnson, and AUC Public Affairs and Religious Liberty director Pastor Michael Worker. The participants then prayed together in small groups.

Prayers were offered for God's

guidance and leading, for state and national leaders, for the staffing of Adventist schools in Fiji, and for the NSW Religious Discrimination Bill and other legislation being debated by governments around Australia.

Dr Kross said the prayer gathering was the first hosted across the South Pacific and there will be more to come.

"We are aware of the many issues that are being discussed at state and national levels in parliament, and our desire is to enlist God's guidance with our government leaders," he said.

"As a faith-based organisation, our values are founded upon Scripture. Many of these values are being challenged and like many Christians before us, we are to seek God's guidance, protection and leading at this time.

"Let us all continue to pray as we continue to share the faith we have in Christ and the message of hope He provides for us.



Tim Welch.

Adventist awarded SA Taxi Driver of the Year

📍 **Adelaide, SA** | Juliana Muniz

Stirling Adventist Church member Tim Welch has been awarded South Australia Taxi Driver of the Year.

The award is part of the 2021 SA Tourism Awards, which recognise and celebrate the outstanding contribution of local businesses and exceptional customer service.

Mr Welch, who has worked as a taxi driver for the past 22 years, stood out from the 4000 taxi drivers in the state due to his exceptional service, also being recognised for bringing wheelchair accessible taxis to the Adelaide Hills.

"My Christian faith leads me to treat every customer with the utmost respect, regardless of circumstances," he said.

Originally from England, Mr Welch has had other careers but enjoys being a taxi driver and shares his love for Jesus when he has the opportunity.

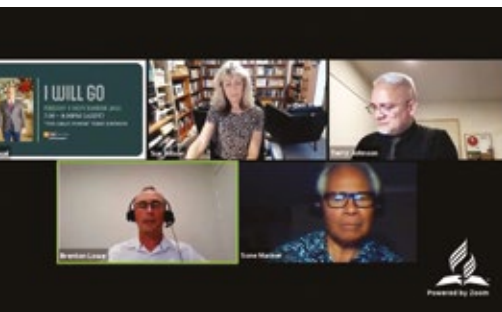
"I always look for an opportunity to share the faith," said Mr Welch, recalling

eight people who have visited his church through friendly conversations in his cab.

"Many of my passengers become my friends. I look for the opportunity to encourage people who are in difficult circumstances. People with substance abuse, loneliness, social hardship," he added.

"The Stirling church is very proud of Tim's recent success. Much of his kind attitude towards others in his profession is shown in church as he has been a very hospitable member of our church for a number of years," said Stirling church elder Elva Weiler.

"He preaches, teaches in Sabbath school, plays the guitar and helps with the church cleaning. He is kind, cheerful and willing to help where needed. Such an award is quite the achievement, and we are blessed to have Tim as part of our church family."



Friday evening program with AUC president Pastor Terry Johnson.

Online summit encourages literature evangelists in the South Pacific

📍 Wairoanga, NSW | Vania Chew

Literature evangelists around the South Pacific Division gathered online from November 5 to 7 for the annual Literature Ministry summit, themed “I Will Go”.

“We had between 75 and 85 people consistently tuning in for each session through Zoom and YouTube,” reported Brenton Lowe, literature ministry coordinator for Australia and New Zealand. “Allowing for approximately three viewers for each screen, that is more than 200 people, not including those who watched the videos afterwards.”

Key speakers for the event included Pastor Terry Johnson, president of the Australian Union Conference, Stephen Apola, associate director of publishing at the General Conference (GC), and Brad Kemp, CEO of Adventist Media.

A special “Stories of Faith” program on Sabbath afternoon was an opportunity for literature evangelists to share

inspiring testimonies and encourage one another. The summit was rounded off by training sessions on Sunday, including presentations on branding, lead generation and professional development.

Feedback for the event was overwhelmingly positive.

“Worldwide leaders would be blessed by watching this summit,” commented GC publishing director Almir Marroni.

“I was feeling isolated, but the summit reminded me I am part of an amazing God-inspired team,” said New Zealand-based literature evangelist Collette Brown.

“Congratulations, Brenton and team. The summit was run very professionally, and I am sure many more will benefit from the YouTube version of it in the months to come,” added Tony Wall, coordinator for the Pacific islands.

You can watch the sessions from the summit at <bit.ly/3qJMNzf>.



AAW Women of the Year
Dr Dianne Sika-Paotonu.

Pacific Adventist scientist awarded AAW Woman of the Year

📍 Wellington, NZ | Nerida Bates/Record Staff

An Adventist immunologist and biomedical scientist in the South Pacific Division has received a special honour.

Dr Dianne Sika-Paotonu was awarded Woman of the Year by the US-based Association of Adventist Women (AAW). She was presented with the award in a special virtual ceremony on October 29.

“I was really surprised to have been considered for tonight’s award as I know that there are many other amazing women who work tirelessly and give so much of themselves to be of service to others,” said Dr Sika-Paotonu during her acceptance speech.

“Out of respect for those who do wonderful work and on their behalf, but also to the Association of Adventist Women, I thank you kindly for considering me as recipient,” she added.

An associate dean at the University of Otago, New Zealand, Dr Sika-Paotonu has received the Sir Thomas Davis Te

Patu Kite Rangi Ariki Health Research Fellowship and is on the council of the Royal Society Te Aparangi.

Her research focus includes assessing the benefit of using a sea sponge extract in cancer treatment vaccines and reworking the formulation of penicillin used to prevent the recurrence of rheumatic fever.

AAW president and pediatric specialist Nerida Bates said she was impressed by the social justice issues of reformulating a medication for rheumatic fever—a disease that currently affects almost exclusively children in the developing world.

Dr Sika-Paotonu is an active member of the Wellington City Community Church and also serves as president of the Adventist Student Association, a group of university students and young professionals that facilitate university student ministry in Wellington.



The Table I Long For author Shawn Brace.

How to transform your church—by one pastor who did it

📍 Warburton, Vic | Nathan Brown

A new book shares the story, as well as reflections on lessons learnt, of a pastor who shut down his church—then re-launched it with a new focus on mission and community. *The Table I Long For* is Pastor Shawn Brace's story of renewing his faith and ministry, working with his local church and community in Bangor, Maine, in the north-east of the United States.

"The past six years of my ministry have been so life-changing and transformative as my family and I, along with our church, have had our paradigm of church and what it means to be followers of Christ completely turned on their heads," explained Pastor Brace, who is the author of three previous books and currently a columnist for *Adventist Review*. "And it has felt like there has been a huge vacuum, especially in the Adventist world, of materials that focus on what it means to live a missional life. So, after putting it off for a while, I finally decided to sit down and write on it."

The Table I Long For narrates a story that began in 2016, with the re-launch of the church celebrated on September 15, 2018. The book takes its title from a reading that became something of a mission statement for their church group, summarising their growing realisation of the importance of community and offering welcome to all people.

For Pastor Brace, this understanding is key to mission in an increasingly secular culture. "People aren't looking for a church, they're looking for a family," he explained. "To me, the table is the most beautiful expression of what it means to be that family. We come, we sit, we listen, we invite others to that table, providing a welcoming space for everyone to belong, believing in the power of God to disciple them."

Presented in the form of a personal memoir, *The Table I Long For* uses specific stories to explore the theology of the church, mission and evangelism. "Shawn writes very well, and covers a lot of important principles in the context of his experiences," commented fellow author and experienced church mentor, Dr Peter Roennfeldt. "It is clearly 'his story' and a great way to get the ideas across. I think he does well in defending his ideas, very graciously addressing critics and potential hijackers."

Pastor Brace admits that many of these experiences have stretched and changed some of his understandings of faith. "It's still a work in progress," he reflected, "but when my life became truly focused on entering into life with people who didn't know Jesus, it really challenged some of my theological assumptions. It has helped me lean on Jesus so much more and really, truly, learn that my security comes from Him."

It is a journey that Pastor Brace invites you to share in *The Table I Long For*, which is available now from Adventist bookshops in Australia and New Zealand, or online at <https://adventistbookcentre.com.au/the-table-i-long-for.html>.

making headlines

A million copies of hope

Adventists in Peru have gone to the streets of major cities, parks and public squares to hand out a million copies of Mark Finley's book *Hope for a World in Crisis*. Among the people who got a free copy of the sharing book was Peru's president, Pedro Castillo, who congratulated the organisers of the initiative for distributing free books to the population. —**Adventist Review**



Presidential Bible study

Philippine president Rodrigo Duterte stood reverently as General Conference (GC) president Pastor Ted Wilson prayed during a meeting at the president's residence in Manila. At the occasion, Mr Duterte spoke about his faith and Pastor Wilson gave an informal Bible study on servant leadership. —**ANN**

Skin in the game

Brisbane-based biotechnology company Vaxxas is set to launch clinical trials delivering a COVID-19 vaccine with needle-free patches from mid-next year. The company says the technology could boost Australia's future vaccination rollout. —**ABC News**

Special episode

American cinemas were overwhelmed with demand for tickets after Dallas Jenkins, creator of *The Chosen* TV series, announced on social media that a special Christmas episode would be screened in theatres across the US on December 1 and 2. Crossroad Distributors, one of Australia's leading distributors of Christian products, is hoping to negotiate an Australian theatrical release of *Christmas With The Chosen*. —**Eternity News**



Hoops for health

The president, secretary and departmental directors from the New Britain New Ireland Mission (PNG) shot some hoops at the Kalabon basketball court in Kokopo recently to get some exercise. Thursday of each week from 3pm-4pm has been marked as "sports day" for the office workers as part of their aim to live a healthy lifestyle. "I praise God for the initiative by my staff," said Mission president Pastor Garry Laukei. —**Record staff**



Ordinations

Two ministers serving in Fiji's Central Division were ordained into pastoral ministry on November 13. Pastor Patrick Jacksam serves at the Suva South district and Pastor Philip Nand is the current Indian Ministry coordinator at the Fiji Mission office. The ordination was officiated by Trans Pacific Union Mission (TPUM) president Pastor Maveni Kaufononga. Also present were TPUM ministerial secretary pastor Linray Tutuo and Mission officers. —**Fiji Mission Facebook**



Lifelong ministry

The South Queensland Youth Ministry has recognised Sandgate church member Brian Kross for his 52 years of continuous Pathfinder leadership. With the support of his wife Beverly, Mr Kross, who retired this year, has been a Pathfinder district director since 1984. "Brian's ministry to the Pathfinders of SQ has been felt across the Australian Union, South Pacific Division and will continue to influence Pathfinders into the future," read the citation on the certificate of appreciation. —**Juliana Muniz**



Hands and feet of Jesus

Funafuti Adventist Primary School in Tuvalu has integrated community service into its timetable. All of the school's eight classes have one community service period each week. Funafuti staff also set aside one afternoon a week for outreach. The entire school has two community service days each term, including activities such as visiting the sick, the elderly, the disabled and those in prison, and cleaning campaigns around the community. "Over the years I have come to know our community needs better through this program," principal Kima Pedro said. "Our school invests in such programs because we are not only reaching out to the needy, but it is also a great practical learning experience for all of us staff and students—being the hands and feet of Jesus around our community." —**Kima Pedro/Record staff**



New sign at Nowra

Nowra Adventist Church on the NSW South Coast is pleased to report the installation of new signage. They've also had the Adventist logo included at the top of their "welcome banner", which they display each Sabbath. "We are sure that this new sign and banner will provide a witness and ease of location finding for local and visiting worshippers," said church clerk and worship coordinator Vicki Chalain. For details on church signage and branding go to <identity.adventistchurch.com>. —**Record staff**



Connecting virtually

With challenges presented by COVID-19 restrictions, a group of Sabbath school leaders at Hamilton Central Church, New Zealand, found innovative and creative ways to connect and continue to disciple children in primary and kindergarten classes.

The leaders got together and designed an interactive and engaging virtual Sabbath school format that includes praise and worship, games, a Bible story, crafts and a video segment where the children get to share a video about their pets.

Each week a craft pack is mailed out to children who have signed up to the Hamilton Central Kids' Bible Club.

"The impact of receiving a letter and craft from leaders within the local church further reinforces to the children that they are valued and gives them something to look forward to during the lockdown," said Hamilton church member Catherine Flynn.

According to Ms Flynn, the initiative has proved so popular that Hamilton church families are inviting their friends from other faith communities to sign up their children to the club.

"The team's dedication and commitment reflect the heart and passion needed for these uncertain times and remind us that God wants us to labour for Him wherever we are and in whatever circumstances we may find ourselves in," she said.—**Record Staff/ Catherine Flynn**

have news to share?

Send info and photos to <news@record.net.au>



We the Girls

More than 320 women of all different ages from all over North NSW Conference gathered online for the first "We the Girls" worship event on Friday evening, November 5. The project was created by a group of female NNSW Conference pastors who want to see women, especially teens, grow spiritually as a community. "The event was intended to be in real life at Macquarie College, but we were excited to see the reach go so much further when we needed to move online because of COVID-19 lockdowns impacting NSW," said NNSW Women's Ministry director Bethany Chapman. Future plans include twice-yearly events as well as fun ways to help women grow their faith in schools and at home.—**NorthPoint**



Betikama baptism

Betikama Adventist College in Solomon Islands conducted a special Creation Week program which concluded with the baptism of eight students on October 30. This is the final baptism planned for the year, with 73 students having entered the waters of baptism in 2021. School leaders have a goal of 350 student baptisms by the end of the quinquennium. "We praise God for what is happening at Betikama in terms of preparing souls for the kingdom," said Vince David, ministerial secretary for Solomon Islands Mission.—**Record staff**

Reaffirming the Seventh-day Adventist Church's response to COVID-19

Seventh-day Adventist world leaders have shared a new document on the current position of the Church on COVID-19 and vaccination.

The document has been produced by the General Conference (GC) administration, Biblical Research Institute, General Conference Health Ministries, Public Affairs and Religious Liberty (PARL) Department, GC Office of General Counsel, and Loma Linda University Health.

It builds on the immunisation statement voted in April 2015 and affirms both this statement and the information on COVID-19 vaccines shared on December 22, 2020.

The full document including references and sources is available on our website: <record.adventistchurch.com>.

The COVID-19 pandemic is the greatest public health crisis in a hundred years. It has devastated populations around the world and severely affected physical, spiritual, mental, emotional and relational health. In its wake, isolation, economic disruption and death are all ongoing. . . In the midst of this time of crisis and disruption, the Seventh-day Adventist Church is committed to the mission of lifting up Christ, His Word, His righteousness and the proclamation of His three angels' messages to the world in preparing people, through the Holy Spirit's power, for Jesus' soon coming. The health message is the right arm of the gospel, and therefore a healthy lifestyle has been an important part of the beliefs of the Adventist Church. . . We are still committed to live, share and promote healthy living as expressed by the wholistic Adventist health message entrusted to the Church. The Adventist health studies have confirmed the unequivocal benefits of increased longevity and quality of life through implementing such health practices. . . These practices enhance and maintain healthy immunity. Beyond those benefits of healthy lifestyle principles and preventive public health practices, the Church affirms and recommends the responsible use of vaccines as an important public health measure, especially during a pandemic. At the same time, the Church respects the rights of individuals' freedom of choice for those who choose not to be vaccinated.

The current position of the Church on immunisation and vaccines, including COVID-19, builds on the insights of the comprehensive health message Seventh-day Adventists have endorsed early on, with ample support in Scripture and the writings of Ellen White that refer to the importance of disease prevention. As a denomination, we have advocated the synergy of a healthy lifestyle and responsible immunisation for more than 100 years. In the light of the global magnitude of

the pandemic, the deaths, disability and long-term COVID-19 effects that are emerging in all age groups, we encourage our members to consider responsible immunisation and the promotion and facilitation of the development of what is commonly termed herd immunity (pre-existing community immunity of approximately 80 per cent of the population or more as a result of previous infection and/or vaccination). We are aware that vaccines may have side effects, and these can be severe in a small percentage of cases, including death in rare situations. No vaccine is 100 per cent effective. Therefore, our decisions need to carefully take into consideration the risk of taking the vaccine compared to the risks of being infected with COVID-19. The immunity conferred by both the natural infection and the vaccine are time limited and the administration of "booster" doses may be needed. Acquiring a booster shot, upon recommendation from one's health-care provider, may further promote personal and public health. The need for such a booster shot does not indicate the "failure" of a vaccine but reflects the nature of antibody levels that may drop over time.

The Seventh-day Adventist Church respects each individual's freedom of choice to make responsible decisions regarding their own health. Since our bodies are the temple of the Holy Spirit and we are Christ's both by creation and redemption, we should personally seek God's will about COVID-19 vaccinations. The decision whether to take the vaccine is not a matter of salvation, nor related, as some may suggest, to the mark of the beast. It is a matter of personal choice.

We firmly believe that in matters of personal conviction we must be guided by the Word of God, our conscience and informed judgement. In weighing the various options, we should also take into consideration that the benefits of vaccination extend beyond oneself and help to protect the local

and global community at large. After personally researching all sides of the question, considering one's own unique health situation, seeking medical counsel and praying, individuals should then, in consultation with their medical advisor/doctor, make the best choice possible (see 1 Corinthians 6:19, 20; Psalm 32:8; Proverbs 11:14; James 1:5; Isaiah 58:11). Countries and societies around the world have previously faced public health mandates in various forms. These have been put in place as a protection, recognising that the health of the community is a major determinant of individual health and disease susceptibility. Public health practices have been mandated from the time of Moses, and probably earlier. More recent examples of mandated public health practices include the banning of smoking on aircraft and the use of safety belts as a general requirement for all motor vehicles. Over the past 120 years, mandated smallpox vaccination has been implemented in the United States general population and in countries around the world, resulting in a smallpox-free world at present. Numerous other infectious diseases have been brought under control by vaccinations and have also been subject to mandates (eg, polio, measles, diphtheria). Seventh-day Adventist missionaries in the 1930s were instructed by the Church, as their employer, to receive the smallpox and typhoid immunisations. These requirements have been shared widely over the years in the Church's official publications, and acceptance of this requirement by church members has been positive overall. The requirements for missionaries to be appropriately and responsibly vaccinated continue today.

Ellen White did not comment on the issue of religious liberty in connection with vaccination mandates in her lifetime. She clearly understood the wholistic health message entrusted to the Church better than most. The Seventh-day Adventist Church is not opposed to public safety and government health mandates. Submission to government authorities is a biblical principle unless it conflicts with obedience to God (Matthew 22:21; Romans 13:1-7). In many cases the Seventh-day Adventist Church has supported government mandates in support of health and safety issues. When it comes to COVID-19 vaccinations, we believe individuals have the right to state and defend their conviction whether to be vaccinated or not. Mandates usually allow exemptions for individual religious convictions or health conditions. With widespread personal testing available, individuals may choose instead to submit to regular testing if required.

The PARL department of the GC regards COVID-19 as a public health crisis and views connection with vaccines accordingly. PARL provides support and assistance for members who are standing for the religious teachings and doctrines of the Church, as expressed in its system of beliefs and policy statement (and also for other faith groups). We recognise that at times our members will have personal concerns and even conscientious convictions that go beyond the teachings and positions of the Church. In these cases, the Church's religious liberty leaders will do what they can to provide support and counsel on a personal basis, not as a Church position, even at times assisting members in writing their own personal accommodation requests to employers and others.

To avoid confusion about the Church's own positions, however, it will often be the case that in such circumstances the Church will not wish its support or advocacy for the member to be reflected in public correspondence or communications. It is important that the Church preserve its ability to speak to issues that are central to its system of beliefs and identity, and that its influence not be diluted by pursuing personal convictions and agendas that are not central to its gospel and prophetic concerns.

The Seventh-day Adventist Church, in consultation with the Health Ministries and PARL departments of the GC of Seventh-day Adventists, is convinced that the vaccination programs that are generally being carried out are important for the safety and health of our members and the larger community. Therefore, claims of religious liberty are not used appropriately in objecting to government mandates or employer programs designed to protect the health and safety of their communities.

This has generally been the position of the Church for the past century. If we use our religious liberty resources in such personal decision advocacy efforts, we believe that we will weaken our religious liberty stance in the eyes of the government and the public. Such efforts would make it less likely that these arguments will be heard and appreciated when they are used for matters of worship and religious practice. We understand some of our members view things differently, and we respect those convictions. They may at times have rights that can be pursued under the law, and we will point them towards materials and resources for doing so but cannot directly undertake this personal effort for them.

What will really count during this pandemic and beyond is how we treat each other, within the Church but also within our wider communities. Anger, stigmatisation or vilification should not reside within the body of Christ. We need to relate to each other with respect, love and compassion.

Instead of focusing on our individual convictions, we should draw more closely together in relationship with Christ and with each other. We should practice encouraging one another and bringing hope to the people of the world as we share God's important three angels' messages and the anticipation of Christ's soon return. We should work on becoming more active in our churches and not create divisions within the wider church body. As Adventists we are to be an example to others, keeping in mind that the universe is watching. . . Let us put our hope in Jesus and be encouraged in Him, for He has overcome the world!

As a global organisation, the Seventh-day Adventist Church does not and cannot address the unique legal circumstances and vaccination mandates that may be required in the more than 200 nations in which the Church operates. Each nation's law must be consulted about the possibility and availability of religious exemption for those who have strongly-held opinions about being vaccinated against COVID-19. The Seventh-day Adventist Church does not advocate for religious exemptions to vaccination on either a global or national basis, based on its understanding of both the Bible and the writings of Ellen G White, and as expressed in this statement.

Called to preach



I was born in the central region of Bougainville Island, the second of seven children in a devoted Roman Catholic family. As I grew, it was at home that I first learned about the existence of God. Knowing about a God who provides and protects was important to me as a child, as I was only five years old when civil war broke out.

The reasons for the war were complicated. Our land has always been central to our identity and survival; so, when copper deposits were discovered and a large open cut mine was established, disputes over land ownership and destruction resulted in full-scale war. Over a period of nine years, many people were displaced and almost 20,000 people died. Our family survived, but these were difficult years, defined by a constant seeking for safety and peace.

During the war, my grandfather taught us at home; however, when the war finally ended, the first school to reopen in our region was an Adventist school. It was there I began my formal education. Sadly, when I finished primary school, there was no Adventist high school in my region, so I transitioned to a public school. This was challenging for me, as, for the first time in my life, I was in an environment that did not include prayer and devotions, and Christian beliefs and values were not spoken of or upheld. Secular influences increasingly impacted me, and I began chewing betel nut.

However, my early education in the Adventist school had deeply impacted my faith, and the message of the three angels echoed in my mind. I began to think more about God and my faith, so I joined the local Christian Life Centre; however, I was troubled by the day on which we worshipped, as I'd learned about the Sabbath at the Adventist school.

After finishing high school, I hoped to attend nursing school; however, my parents were unable to finance my education, so I felt somewhat directionless and discouraged about my future. One evening, I heard a clear voice calling my name:

"Jessica, 'the fear of the Lord is the beginning of wisdom and knowledge, but fools despise wisdom and discipline.'" I looked for the verse in my Bible, finding it in Proverbs 1:7.

That night, I had a dream about the three angels' messages. In my dream, one of the three angels gave me a scroll and commanded me to preach. I shared these experiences with my parents, but I was troubled. I'd never considered that God might want me to be a missionary, but I was convicted that these experiences were His calling on my life. Soon after, I attended an Adventist meeting where Pastor Agnes Kola encouraged me in my calling. Gradually, I came to realise the nursing career I'd hoped to pursue was not God's plan for me.

I began theology studies at Sonoma College, and after graduating I was called to serve in Bougainville. Since that time, I've served as a local church pastor and in administrative roles. I'm now married to a wonderful, godly man John, who originally trained to become a priest but who became convicted of the Adventist faith through our nine-year friendship. We were married after his baptism and today we have a beautiful daughter. My husband serves through his practical skills in the Building and Maintenance department of the Bougainville Mission. My entire village has now converted to the Adventist faith and we are passionately involved in disciple-making.

As I look back over my life, I recognise that, when I chose God, He made everything possible for me. If you are a woman experiencing a call to ministry, I hope my story will remind you that "nothing is impossible with God" (Luke 1:37).

Jessica Devau

Director of Children's, Women's and Prayer Ministries,
Bougainville Mission
(with Edyta Jankiewicz, SPD).

ANDY COLLIS

fine artist

the
creative
corner

with Maryellen Hacko



Having lectured in Visual Arts at Avondale University for 25 years, and with an internationally acclaimed body of work spanning decades, Andy Collis (PhD) is a fine artist and art academic who is well-loved by the Adventist community in Australia and beyond.

With experience painting everything from portraits to abstract expressionism, Andy usually creates artworks from his home studio in Saratoga, NSW, but says he also likes to get out and about to paint “plein air” landscapes. For the past four years, he has also been teaching part-time at Central Coast Adventist School (Primary).

“This is something I hadn’t really anticipated, but I am finding [it] tremendously rewarding—both spiritually and artistically,” he explains. “I am, hopefully, sharing my passion and understanding of creative art practice with these young hearts and minds.”

Having studied visual arts extensively, Andy spent the first 32 years of his life in the UK, where he went to university and did further post-graduate study in visual arts, and then lectured in Art History and Painting & Drawing at tertiary colleges. He also exhibited extensively throughout the UK, including at the Royal Academy Summer Show, before emigrating to Australia.

These days, when he’s not teaching, Andy spends half of his week creating artworks, and is represented by KAB Gallery in Terrigal (Central Coast) and Pymble (Sydney).

Reflecting on his own childhood, Andy says, “I loved painting and drawing from being a little kid—I never thought of doing anything else.

“The creative practice of art making, for me anyway, is totally absorbing,” he continues. “That does not mean, at all, that it is without stress or concerns, but the process of making an image is always a challenge with which to get to grips.”

Described by KAB Gallery as an “expressive painter”, Andy says he approaches his work in an honest, spontaneous manner.

“It is not about looking for ‘nice’ things that I would like to make a ‘pleasant picture’ of. Rather, I look at whatever is in front of me—whether it is a person, landscape, still life—and try to

work out what it is I am really experiencing,” he says. “It’s lovely if others enjoy seeing the results, but really that’s not my motivation for making art. For me, making the art gives me a deep awareness of what the world around me is about, how I perceive it—and, ideally, that equates or reveals something worthwhile to others.”

Andy says it is this process of experiencing life and expressing those realities, that allows him to gain a small glimpse of richness of life that God has provided to each of us.

“I think it occurs to everyone to try and understand and ask essential questions about life itself. Making oneself receptive and perceptive to what is around us brings us closer to the essence of what purposeful life is about,” he explains.

Speaking of purpose and what the future holds, Andy says his current chapter is a culmination of his life experiences coming full circle.

“When I was only 10 years old, my primary school once asked an artist to visit our class. She picked up on my ability as a ‘potential’ artist. She held a drawing up of an apple that I had done. She put it on the library wall and the following week she showed me a book of Leonardo’s and Michelangelo’s artworks—they sowed the seed which motivated me to have the confidence to do more art. That was a very long time ago, but over the past few years, I sense the deeper significance of that. [Now] I am hopeful that [my students] will learn to appreciate artistic practice . . . for its holistic contribution to their education and lifestyle—a more meaningful or enhanced way to enjoy their lives.

“Other than that, there is always the next artwork to be produced by myself,” he says. “I never know what it’ll be until I’m doing it!”

To view Andy’s beautiful collection of work, you can visit kabgallery.com/artist/andy-collis/bio/ or follow him on Instagram @andy.collis.





Sowing with power

Matthew 13:1-9, 18-23

Parable of the sower

“But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown” (Matthew 13:23).

The parable of the sower in Matthew 13:1-9, 18-23 has been one of my favourite parables since I was a young boy. Hearing and reading it over and over, has continued to give new insights into the story.

One thing that has always intrigued me is the type of farming or planting described as common at the time Jesus was telling the story. Due to the type of crop (probably wheat or barley) the aim was to cast the seeds to cover as much ground as possible while walking from one end of the field to the other. Seems simple enough. But I’ve always wondered why the farmers didn’t take a more calculated approach. Just scattering the seeds risked them falling by the roadside, on the rocky ground and among the weeds.

Couldn’t the farmer have spread the seeds carefully over a ploughed area, or even better, in even rows? Wouldn’t this increase the farmer’s yield percentage up to 100 per cent of seeds planted in good soil?

Today, farming uses advanced technology to increase plant production and yield, even when planting during off season. Indoor vertical farms are making it possible to plant vegetables all year round. Algorithms, drones and robots are also making farming predictable, allowing no room for

error in the production of food from the time the seed is planted to the time it is harvested. Risk has been eliminated using data, facts and figures.

Broadcasting the gospel

I never knew the media industry had so many similarities with the parable of the sower until I joined Hope Channel Fiji in 2015. I knew from an early teen age that media in general, such as television, radio, music, movies, had a very strong influential power, especially on young minds. Theories, ideas and suggestions are like seeds. When planted in the minds, they can grow and eventually bear fruit.

At the time Hope Channel TV was only available to the greater Suva area. The question was asked “how can we get our TV signal to the rest of the nation?” Volunteering at the time was Fulori Bola, a retired teacher and mission worker. She, with communication director Pastor Tomasi Qiodaukata, suggested we commit to 10 days of prayer and pray for the Lord to open up coverage for TV. The prayer was planned not just to follow the normal yearly 10 days of prayer, but to commit to a monthly 10 days.

In just the second month of our prayer sessions, we had a call from Walesi Fiji to meet. Walesi was just being set up by the government as a private company—to set-up and roll out digital TV throughout the whole country. We did not expect any meeting at that early stage with the Walesi team, knowing we were only a very small TV provider.

Discussions were cordial and the team from Walesi was

keen to find out more about our work. Toward the end of that meeting, to all our amazement, we were offered to broadcast as a free-to-air channel on the new platform.

Now, with a potential reach of 94 per cent of Fiji's population, Hope Channel along with Hope radio, continues to sow seeds of the gospel throughout the nation of Fiji.

During the COVID-19 pandemic, Fiji had to suspend social gatherings which meant the closure of churches. Hope Channel became one of the few providers of virtual TV worship services to the nation. The studio team quickly compiled and changed its schedule to accommodate for Sabbath worship services during Saturdays and Sundays. We even produced nightly evangelistic programs in various languages. *Hope at Home* became a household name, not only watched by Adventist church members, but by the general population.

We had people from all walks of life requesting prayers and Bible studies. We had to mobilise pastors to go out to homes for personal visitations. All of a sudden, a yearning for spiritual truth and prophetic answers was being cultivated. Our message was the same, its delivery was the same. It was the environment that changed.

Faith of the farmer

Remember the farmer had only the job of scattering seeds over the land. The growth came from the seed's natural power within—a power described by Paul in 1 Corinthians 3:6 where he said, "I planted the seed, Apollos watered it, but God has been making it grow." At times I think that planning and strategising about how we cast seeds is over-emphasised. We can pour time and money into complicating the process of gospel distribution. We calculate, analysing data, watching trends and social behaviour. We count numbers of evangelistic meeting visitors or views on a live online prophecy program, allowing those numbers to determine success or failure. Do we focus too much on the method of sharing and pay less attention to the message itself and the power within it that brings growth and life?

Don't get me wrong, I'm glad we have strategies in place to share the gospel. Being analytical and using our God-given wisdom is a very good thing. However the parable of the sower also tells me something about the faith of the farmer—faith in the seed's germination process.

Power in the seed

The great commission in Matthew 28:19,20 says, "Therefore go and make disciples." Very simple instructions. Could we be "going" but in our own power? Do we focus too heavily on the method of sharing and not on the power that brings life to the message?

Acts 1:8 says, "you will receive power when the Holy Spirit comes on you; and you will be my witnesses."

In proclaiming or sowing the everlasting gospel seed, faith and relying on the power of the message is very important. In 1899, EJ Waggoner shared this in an article he wrote for the *Present Truth* Vol 15:

"Unless power accompanies the message it is not the

gospel. That which makes God's message to the world a gospel, or glad tidings, is that it brings the power which is so much needed. The gospel is the power of God to everyone that believeth unto salvation. Romans 1:16. In the church of Christ there must be seen the working of His own mighty power. Unless this is true His people do not bear witness to Him. Any power short of the power of God does not reveal Him to men."

1 Thessalonians 1:5 says, "because our gospel came to you not simply with words but also with power, with the Holy Spirit and deep conviction."

Our duty

The power for the seed to yield 100, 60 or even 30 times is not something we as humans should stress over. It is God's part, and we need to allow that to take place.

The falling of the seeds in the different soils can be illustrated in the two contrasting stories of Noah and Jonah. Both had a message of warning to share and a way out or plan of salvation. Was Jonah's campaign more successful than Noah's? Jonah managed to convert the whole city of Nineveh, yet Noah, despite his 120-year campaign only managed to save his family. Was there not power in both messages? We know both messages were from God and both possessed power to grow and convert, however like the seeds sown in the parable, in Noah's case, most fell by the roadside and amongst the thorny bushes.

Ellen White describes it perfectly in *Patriarchs and Prophets*, pg 95: "Many at first appeared to receive the warning [from Noah]; yet they did not turn to God with true repentance. They were unwilling to renounce their sins. During the time that elapsed before the coming of the Flood, their faith was tested, and they failed to endure the trial. Overcome by the prevailing unbelief, they finally joined their former associates in rejecting the solemn message. Some were deeply convicted, and would have heeded the words of warning; but there were so many to jest and ridicule, that they partook of the same spirit, resisted the invitations of mercy, and were soon among the boldest and most defiant scoffers; for none are so reckless and go to such lengths in sin as do those who have once had light, but have resisted the convicting Spirit of God."

So what does this mean for us?

As we look back at our farmer, the task to sow was simple. His faith relied totally on the growth of the seed—it was all he needed. Should that be our strategy? Sharing the gospel through whatever means, wherever possible, trusting entirely on the power of the Holy Spirit to grow the gospel seed that has been planted in every heart. Our task is to sow, to cast and share the gospel far and wide. God does the rest. A simple task required of us must also have a simple answer: may I suggest "I will go".

John Tausere

Coordinator of communication,
digital media and graphic design,
Trans Pacific Union Mission.





JUST PUT ON THE DRESS

We had travelled two hours from home to visit the bridal store. My eldest daughter and her younger sisters were very excited to be beginning preparations for her upcoming big day. Preparations for this big event were beginning, with the choice of “The Dress”.

In the first tiny store, we squeezed onto the narrow bench to spectate, interrogate and discuss each new dress that Kayla tried on. She would open the big curtain and before us would be a new vision of this beautiful first-born child of ours. On the rack all the dresses were stunning, but on the body some were too poufy, reminiscent of a dessert meringue, and some were too bland and plain, more like tofu without the marinade. It was becoming apparent that this process of choosing might last forever and I, as Mum, was not in the least upset—the process was delightful. Each new dress opened the vistas of my imagination and gave me a chance to share my thoughts. The general family excitement grew.

Our daughter, for whom the dress-trying-on process was a little more physically taxing, was starting to lose the edge on her excitement levels as more practical concerns began to emerge.

“I don’t know if I should be spending so much on a dress,” she said cautiously. “I’d like to try that simpler dress on.”

I had my doubts as to whether she would come out looking as plain as the dress—when all I wanted was for my daughter to shine brightly—but I waited patiently on the bench for the curtain to be pulled.

The simple dress, and more importantly less pricey one, was sweet. The bridal shop attendant told us this dress was often chosen by bridesmaids rather than the bride, but that it could go for either. Kayla was torn between her desire to be a resplendent bride, her quiet and demure personality that is content with blending in with the crowd, and her need to be able to afford the price tag. These later concerns began to override her sense of excitement about being “The bride of the day”. She began convincing herself that the simple dress was good enough—but the onlooking family weren’t so easily swayed.

The next wedding garment store was spacious and lavish, with thick carpets and plush chairs for the audience to sit on. The dresses slid easily onto Kayla's slender body, with the help of a personalised assistant and one by one we oohed and aahed and questioned each new offering of lace and grace and style.

But the gown was not chosen and the hopes of this day, out amongst the dresses, just a little tinged with disappointment.

Yet the sun was shining once again a few weeks later as we headed two hours in the opposite direction, to a new town, a new shop and towards new hopes of finding the perfect style.

The next shop was promising. The tall racks held amazing styles and many of the garments were marked down to clearance prices—aah, now there were more options! The change room was large and had mirrors on both sides, providing the best view of the stunning creations of bead and bodice, lace and length. Kayla had gone in with a plan and wanted to try on the close fitting, slimline styles that she had seen displayed and adorned her Pinterest "Wedding" board. Her sisters and I were encouraged to help ourselves to the racks, on her behalf, and so we did, choosing some dresses in styles different to the bride-to-be's imagination.

And then we saw her. She agreed to try on a princess-style dress with a slim waist and covered in heavy ivory-coloured lace and a larger skirt fanned out with delicate organza. Everyone says "When you see it you'll know", and this dress and moment in time didn't disappoint. We loved it, she loved it and it loved us! This dress, this wedding garment, this gown, this robe, was certainly not the cheapest in the store, but it was "The Dress".

But . . . with women's minds and their prerogative to change them engaged, we needed one more excursion into the world of bridal dress shopping, just to be sure. So, off we headed—four hours from home this time—to a city with a full range of bridal stores and options.

The day started well and our spirits were high again. A huge store, with rack upon rack of very similar styled gowns. Each one, whether slimline or with larger skirts that swept the floor, were dripping with embellishments that shimmered and . . . reflected the growing horror on our girl's face. She wasn't one for the bedazzled look and her sisters agreed. We enjoyed the experience but found no joy in any dresses there. The weather then began to sour and with growing exhaustion and confusion, so did the young bride and her assistants' moods. As we drove around this large city aimlessly, this mother's desperate optimism spotted a tiny store nestled on a side street and I called out "Just one more!".

Kayla and her sisters were low on energy. Dad didn't mind either way but was beginning to tire, taking directions all day and driving on unfamiliar roads. The car was stopped and the reluctant bride and her assistants peeled from their soft car seats and marched across the road. The mood lightened once inside the small warm shop and the few racks of beautiful dresses beckoned to be looked at, handled and ultimately tried on for size.

And there it was. The same ivory-coloured princess dress,

in a size too big and a price smaller than before, hanging there resplendent and hopeful. "Just put on the dress, please Kayla," we begged. It had to be done. Dad hadn't seen this dress on his daughter, and all were keen to see if it still held the bespoke charm that it had when we first set eyes on this bride in this gown.

It did. The wedding garment was found. It was perfect and ordered to fit and be collected.

This was the robe that was needed to begin the wedding planning and celebrations to come. Everything else about the wedding day hinged on getting this step right.

It is not this dress that Kayla will be taking to the heavenly wedding feast, as the dress has already served its purpose and done so beautifully and proudly. No, God will be providing a new gown for this wedding feast we are all invited to, and we need not stress over the price of this gown, and need to give no input as to what it should look like. Its name is "The Robe of Righteousness". God has chosen it and is giving one to all who want to come to the wedding—it is His, not ours, yet given freely. What your life looks like now will be covered by a "life robe" so pure white and sparkling, that you won't for one minute miss the choices you have made for your own garments.

Making plans for a wedding can be both exciting and taxing, but the one thing we can be certain of with this wedding is that our travelling days will be over as will our searching, our weighing up options, and both our high days and low ones that come along the journey. When we make the choice to attend this wedding as a "bride", the options of what we are to wear have been sorted out long ago. His righteousness will fit you like a glove and highlight all of your best features. The place in which this garment was displayed in the past was often obscure, and the rack upon which this garment was held for a time was not a pretty one, but a cruel one and came with an exorbitant price.

The process of providing this garment was a taxing mission and for us to get to the place of accepting this garment requires us to step back from our own struggles—letting go and letting God. The garment we get to put on however, both now and until the end of the road, will go on easily and will be the shining centrepiece of the entire wedding and banquet. If we get the right robe, we get everything. We can be assured that making the choice to put this garment on, is the best one we will ever make. It's a choice worth celebrating and in our joy we will want to send out invites to everyone we know. This type of shopping is fun for all—free "virtual righteousness" robes for all who sign up. "Save the date" cards for the banquet to follow the wedding are in the mail.

Just put on the dress. "When you know, you know."

Pictured: Bride Kayla Carter studied Communication at Avondale and has been married for four years.

Lynelle Laws

coordinates Women's Ministry and Partners in Ministry in North NZ. Married and mum to three adult daughters.

What to eat for all day

energy

Are you waking up tired or struggling to maintain a spring in your step? Fighting daily energy lows can be simple if you know how.

Start your day with breakfast

A good breakfast is vital for a few reasons—it will give you a nutrition boost, it will help you maintain a healthy weight, it switches on the brain and, importantly, it will set you up for an energy-filled day. When you eat a nutritious breakfast, you are less likely to be hungry and overeat during the rest of the day. That's because a healthy breakfast can help stabilise blood sugar levels, which regulate appetite and energy.

The best breakfasts for keeping your energy levels up are those with low-GI (glycaemic index) foods—these are known to provide longer-lasting energy, rather than a quick burst, followed by a slump. Focus on wholegrains and whole foods such as avocado on wholegrain toast, wholegrain cereal with fruit or Bircher muesli.

Become a fan of snacks

People's perception of snacks is often that they're something unhealthy—like biscuits, or chips—whereas foods like veggie sticks, fruit, wholegrain crackers, nuts and seeds are great, easy snack options and will help get you from one meal to another without the fatigue.

Make friends with carbs

Even if you are trying to lose weight, cutting carbs is not the answer. Carbs are crucial to maintaining our energy levels, and our bodies and brains need carbs to function. A healthier approach for your waistline and energy levels when it comes to carbs is to choose those that are high quality, such as wholegrain, high fibre and low-GI foods. Many plant foods fit into the high-quality carb category, including grainy breads, wholegrain cereals, wholemeal pasta, lentils, beans, starchy vegies and fruit.



Energy boosting vitamins in foods

Lots of vitamins and nutrients may ensure you have a spring in your step all day long, such as iron, copper, Vitamin B1 and Vitamin B5 that will help your body create energy, while Vitamin B12, B6 and C, as well as calcium, iodine and magnesium, will help your body use and release that energy.

Copper is found in mushrooms and cashews, B vitamins and iron in fortified breakfast cereals, and Vitamin B5 in wholegrains. While Vitamin C has long been linked to citrus, it is also found in broccoli, brussels sprouts and strawberries. Many plant-based milks and food alternatives are fortified with Vitamin B12. The take-out is simply to eat a wide variety of plant foods to get the vitamins and minerals you need for long-lasting energy.

Keep an eye on iron

Iron is a mineral that is crucial for good health, but is one of the most common nutrition deficiencies globally. There are plenty of great plant-based sources of iron to include in your diet, such as lentils, cashews, pumpkin seeds, dried apricots, tofu, Weet-Bix™, dates and quinoa. Pairing these with a source of Vitamin C (citrus, berries or tomatoes) is a great way to boost iron absorption.

Watch your water

Keeping up your energy is not all about food; you need to stay hydrated too. Fatigue is one of the first signs of dehydration, and you should be aiming for about 8-10 glasses of water a day to make sure you avoid those energy lows. So, remember to grab a glass of water and it may do the trick, especially after exercise.



Eat well. Live well.

Subscribe to receive the latest nutrition advice, plus health and wellness tips to help you live a healthier, happier and longer life: sanitarium.com.au/subscribe or sanitarium.co.nz/subscribe

[/sanitariumaustralia](https://www.facebook.com/sanitariumaustralia) or [/sanitariumnz](https://www.facebook.com/sanitariumnz)





Conversations

United

Thank you for publishing the latest position of the world Church relating to COVID-19 and immunisation (*Record* website, November 4, see page 10). There are many diverse views on the disease and its treatment via vaccine and many will disagree with the Church's position.

However, upfront of the document is one statement that we, as Seventh-day Adventists, must never lose sight of and that is our commitment to lifting up Christ and proclaiming the three angels' messages. Jesus is coming soon.

Let us respectfully put aside our differences and unite in spreading this very important message at this critical time of earth's history.

A E Hobbs, via email

Take it to the Lord

Having heard and read the arguments for and against the COVID-19 jabs and having been refused entry to some stores and businesses, I took the matter to my Lord Jesus on this basis; I began a semi-fast two weeks before my appointment, eating only a minimum amount of good natural food to sustain health, and kept a perpetual prayer in my mind that He would neutralise/nullify any element in the vaccine that would harm my body or mind and trusted Him to do so.

I have now had my two jabs and am still happy to trust Him to keep me safe from any ill effects. This is not presumption. I know my Lord loves me and wants me to be well and I trust Him.

Just a thought; weren't most of us immunised as kids against polio, and all parents I know vaccinated their children against measles etc. Surely instead of making a fuss we can trust our Maker to to help us instead of stirring up trouble.

Name supplied

Safety first

I respond to the article "Tips for churches to ensure good air quality" (November 20).

As the article concludes it says, "Further support is available by speaking with your local Conference Work, Health and Safety officer or by reaching out to Risk Management Service."

Are you aware that under Occupational Health and Safety (OH&S) Acts volunteers are to be treated no differently than paid employees!

"All community service organisations with employees have obligations to protect the health and safety of both employees and volunteers under the Occupational Health and Safety Act 2004 (OHS Act)."

Further it says, "You should designate a person with health and

safety knowledge and skills to be responsible for the management of volunteers and their health and safety" (*A Handbook for Community Service Organisations*, WorkSafe, Victoria Edition, p2, October 1, 2008).

There should be an OH&S program with an identified, trained OH&S person at each church who, in association with OH&S trained church board members, create a safe environment, so when "fire" is called during church, it's not a free-for-all where the children and vulnerable get crushed by the stampede!

Len Knott, Vic

Remember the animals

Re: "Loud kookaburras, tigers and heaven" (Instagram, November 17). I want all abused and neglected animals that have ever lived on earth to be with me in heaven. They are innocent and I want them to have eternity. They don't deserve the treatment they have here on Earth.

Deb Aschenbrenner, US

Editor's note: This devotion first appeared in the August 6 issue of our *Adventist Record* email newsletter. You can subscribe to get regular updates on our website, <record.adventistchurch.com>.

HI KIDS!



Because God is our Friend, we are not afraid of Him.



DON'T BE AFRAID

BREAK THE CODE

The angels gave the following comforting message:



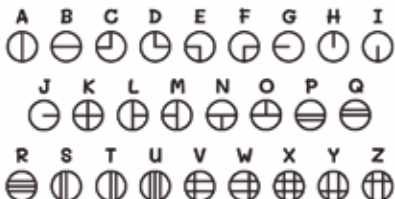
The message the shepherds received also contained Good News:



(Luke 2:10).

Use this key to help you find this week's Memory Verse.

KEY



Throughout the Bible there are many stories about angels visiting people in order to provide comfort. This week's lesson touches on three examples of when an angel uses comforting words: Gabriel talking to Zechariah at their encounter by the altar of incense in the temple; Mary, comforted by Gabriel as he tells her that she will become the mother of the Son of God; and, the night Jesus is born, an angel appears to the shepherds and calms their fears.



Positions vacant

NATIONAL PROGRAMS COORDINATOR—ADRA AUS AND NZ WAHROONGA, NSW

ADRA Australia and New Zealand is seeking an experienced national programs coordinator who will enjoy the opportunity to work with the National Programs team. The programs coordinator is responsible for supporting the National Programs director to strengthen the ADRA Australia and ADRA New Zealand National Programs department. The main areas of coordination are community centre support, volunteer management, school programs and grant writing support. The position will also assist with agency accreditation and strategic plan implementation for programmatic matters. The coordinator works with several stakeholders including Adventist conferences, local management committees, programs personnel, volunteers, beneficiaries, donors and staff to ensure efficiency of operations. Further details including the candidate information pack are available at <adra.org.au/work-for-us/> or by contacting the HR Coordinator <HR@adra.org.au>. ADRA Australia is a child safe and EEO employer. **Applications close January 9, 2022.**

WA REGIONAL MANAGER—ADRA AUS AND NZ PERTH, WA

ADRA Australia and New Zealand is seeking an experienced and organised regional manager who will enjoy the opportunity to use their superior organisational and people skills to provide local oversight and direction of ADRA Australia's activities in WA, as a part of both the ADRA Australia and WA conference teams. The role involves the empowerment and inspiration of churches, members and volunteers to be agents of change, increasing the awareness and funding of ADRA, and supporting and resourcing in programs/projects that deliver consistent results and demonstrate integrity and best practice. These programs will demonstrate significant and lasting impacts on the lives of the people involved. Further details including the candidate information pack are available at <adra.org.au/work-for-us/> or by contacting the HR coordinator <HR@adra.org.au>. ADRA Australia is a child safe and EEO employer. **Applications close December 12, 2021.**



7 FEB TO 7 MAY 2022

An immersive, 3 month
discipleship program

excited

ARISE AUSTRALIA 2022

Located at Kingscliff SDA Church
For more info visit - ariseaustralia.org
Inquiries - info@ariseaustralia.org

ARISE

Advertising

ABSOLUTE CARE FUNERALS

The Adventist family owned and operated business, caring for you from Sydney to Newcastle and Wollongong. Contact Arne Neirinckx, who understands our Adventist philosophy. Contact us on 1300 982 803 or 0408 458 452 or <arne@absolute-carefunerals.com.au>, even if you have already paid for your funeral.

SENIOR ADMINISTRATION OFFICER—THE INCREDIBLE JOURNEY DORA CREEK, NSW

The Incredible Journey is a donor-funded ministry passionate about communicating our bold vision of sharing the good news of Christ and preparing people for the soon coming of Jesus. This position will report to the manager. We have a small team of dedicated employees/volunteers based in our Dora Creek office. For more information and full job description please email the manager <ed@tj.tv>. The Incredible Journey reserves the right to fill this position at its discretion and close applications early. Only those who have the legal right to work in Australia will be considered. Applications close Jan 28, 2022.

The Incredible Journey is an independent ministry supportive of the Seventh-day Adventist Church.

NOTE: Neither the editor, Adventist Media, nor the Seventh-day Adventist Church is responsible for the quality of goods or services advertised. Publication does not indicate endorsement of a product or service. Classified advertisements in *Adventist Record* are available to Seventh-day Adventist members, churches and institutions only. All advertisements, appreciation, anniversary, wedding and obituary notices may be submitted via <ads@record.net.au> or online at <record.adventistchurch.com>. Notices will not be reprinted unless there is an error of fact caused by *Record* staff.



abn 59 093 117 689
vol 126 no 24

Consulting editor
Glenn Townend

Editor
Jarrod Stackelroth

Assistant editors
Maryellen Hacko
Juliana Muniz

Copyeditor
Tracey Bridcutt

Graphic designer
Theodora Pau'u

Living Kingdom Illustrations
Maryellen Hacko

Noticeboard
Julie Laws

Letters
editor@record.net.au

News & photos
news@record.net.au

Noticeboard
ads@record.net.au

Subscriptions
subscriptions@record.net.au
+ 61 (03) 5965 6300
Mailed within Australia and New Zealand
\$A60.00; \$NZ90.00
Other prices on application

Website
record.adventistchurch.com

Mailing address
Adventist Media
Locked Bag 1115
Wahroonga NSW 2076
Australia
+ 61 (02) 9847 2222

Cover credit
Image supplied. Bride Kayla Carter studied Communication at Avondale and has been married for four years.

Next issue
Adventist World
December 11

FOR GOD SO
loved
THE WORLD
THAT HE
gave

THE MESSAGE IS SIMPLE: **LOVE GIVES**

We can give without loving, but
we can't love without giving.

When we love God we love His people,
His mission and His church, so we give.

THAT'S WHAT LOVE DOES.

We don't give to be blessed, we give because we are
blessed. Because we are loved we love. God is love and
we're created in His image, in the image of perfect love.

**Thank you for your faithfulness in times of crisis. God's vital
work for this time is moving ahead mightily because you love.**



Seventh-day
Adventist Church

South Pacific



Australia: www.egiving.org.au
New Zealand: www.egiving.org.nz



COME ON AN INCREIBLE JOURNEY

with Pr Gary Kent

The Book of Daniel • Rosetta Stone



Egypt • Constantine the Great • Beatitudes

- These are unprecedented times.
- People need good news – especially the **Good News of Jesus**.
- The Incredible Journey is a media evangelism ministry totally dedicated to **sharing the Everlasting Gospel**. That's all we do. We proclaim Jesus and Bible Truth via television, internet, social media, podcast, radio, live events, and print.


The Dead Sea Scrolls



- Scan the QR Code and join the millions of people watching our programs.
- Then tell others, **Jesus is coming soon!**

To view our broadcast schedules visit tij.tv/broadcast-schedule. Our programs can also be viewed on our website tij.tv or on our YouTube channel [youtube/TheIncredibleJourney](https://youtube.com/TheIncredibleJourney).



 [facebook/TheIncredibleJourneyMinistry](https://facebook.com/TheIncredibleJourneyMinistry)

 [youtube/TheIncredibleJourney](https://youtube.com/TheIncredibleJourney)



**The Incredible
Journey**

PO Box 5101, Dora Creek NSW 2264
Australia • info@tij.tv
0481 315 101 • www.tij.tv

PO Box 76673, Manukau 2241
New Zealand • infonz@tij.tv
020 422 2042



ALL I WANT FOR Christmas

is to keep girls in school

Help provide girls like Mary
the water and sanitation
facilities they need to
stay safe and remain
in school

Donate now at
adra.org.au/christmas

or call us on
1800 242 372



I want to help girls like Mary stay safe and receive the education they need to escape poverty. Please accept my gift of: \$ _____ One-off Monthly

Name: _____ Address: _____

Suburb: _____ State: _____ Postcode: _____ Phone: *Required* _____

Email: *Required* _____ DOB: _____

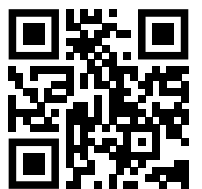
Please charge my **credit card** **VISA** **Mastercard** **AMERICAN EXPRESS**

Card Number: _____ CVV: *Required* _____

Name on Card: _____

Signature: _____ Expiry Date: _____

SCAN
HERE TO
DONATE
NOW



Direct Deposit: Account Name: ADRA Australia Donations BSB: 032 089 Account # : 172 592 Reference: [Name of project]

Adventist Development and Relief Agency Australia Ltd. ABN 85 109 435 618 www.adra.org.au/christmas 1800 242 372 info@adra.org.au PO Box 129 Wahroonga NSW 2076
Donations of AUD\$2 or more are tax-deductible. If donations for a particular fund exceed those needed, ADRA will reallocate the surplus funds to a similar project or within the country or project type you've chosen. ADRA Australia collects personal information to help provide relevant service and communication to our supporters. For our full Privacy Policy see adra.org.au I do not want: Mail Email Phone contact from ADRA. RECORDAD21/22 Gift Type: CHR