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## War and pestilence

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unnecessary panic? <sup>3</sup>

Unprecedented floods  
impact Adventist churches  
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EDITOR'S NOTE:

## War and pestilence

Jarrod Stackelroth  
Editor

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We cannot cry “the world is ending” every time there is a disaster or we risk diminishing trust in our prophetic voice.

“Nineteen hundred and eighteen has gone into history as a gloomy year. War and pestilence have united to make it a year of death.” These words, penned by CH Watson in the first *Australasian Record* for 1919, could well have been written in 2022. We all know what 2020 and 2021 were like. While 2022 started with optimism in the air, Omicron soon ran riot. The world held its breath as Russia invaded Ukraine. Just when life seemed to be getting back to normal, the war particularly has made people anxious and seen them glued to news updates. As I write this, Australia’s east coast is flooded.

It is tempting, living in troubled times, to mine the Bible for connections to prophecy. To sound the alarm and to predict Jesus’ soon return. As an Adventist content creator, it is something I’d love to do. Using real world events to call people to repentance and back to Jesus—it’s easy in times like this. But it struck me that these events, repeating almost exactly 100 years later, may teach us something.

In 1919, the world had experienced World War I and then the Spanish flu pandemic. There are obvious similarities to our times.

Former *Record* editor Pastor Bruce Manners noted that in the lead up to World War II, *Record* had some content with predictions of the end and ties to Bible prophecy but once the war started, concerns were more practical and “earthly”, threaded with hope and encouragement.

We must resist the urge to sensationalise—to overreach in our predictions and to “cry wolf”.

In a recent *Record Live* interview with Auckland pastor Vitalii Shevchenko about the situation in his homeland, he mentioned how the Ukrainian government had been warning about a war with Russia for eight years. Everyone was so shocked when the conflict broke out because of the “boy who cried wolf” situation. He also mentioned that peace hadn’t been reached during that whole time. So on the one hand, the consistent warnings lulled people into a false sense of security. On the other hand, nothing practical was achieved to address real-world needs which have escalated into the current conflict.

These are lessons we can learn from. We cannot cry “The world is ending” every time there is a disaster or we risk diminishing trust in our prophetic voice. Yes, Jesus is coming back, but He didn’t come in 1844, He didn’t come in either world war and He may not come this year or next.

Yet we must work to heal the world around us; even as it ends, we can still do our part. That is our duty as stewards and ambassadors of a higher kingdom.

Our prophetic voice must go out riding in the vehicle of love. Our ministry is to serve.

We can pray, support the work ADRA is doing, help neighbours and flooded communities with clean-up and donations, and minister to the needs of our communities. Our prophetic message is not worth anything, according to Paul if we do not have love (see 1 Corinthians 13).

I’ll leave you with the final words of CH Watson:

“The need of millions is a saving knowledge of Christ. Hearts are broken, homes are wrecked, hopes are shattered, lands are pillaged, humanity is outraged, and sin is cruelly apparent. Opportunity to serve is abundant. May God give us grace, sufficient in power and abounding in measure, to meet the responsibilities that this new year brings. In the certain hope of the glorious advent message let us strive and win.

“To love someone more dearly every day. To help some wandering child to find the way. To ponder on some noble thought and pray . . . To follow truth as blind men long for light. To do our best from dawn of day till night. To keep our hearts fit for His holy sight, and answer when He calls.”

Nothing much has changed in our world, but we are still called to change the world.

To read the original 1919 *Record* visit <<https://documents.adventistarchives.org/Periodicals/AAR/AAR19190106-V23-01.pdf>>.



INSIGHT:

## You are part of a team

Glenn Townend  
South Pacific Division president

In about 1994 the *USS Carl Vinson*, a nuclear-powered American aircraft carrier docked in Hobart where I was pastoring at the time. Although I loathe war, I have always been interested in the technology in naval ships and aircraft. I was one of the privileged ticketed people to get a tour of this nearly 333-metre monster of the sea. It was not just the size of this warship that impressed but the fact it housed a little more than 6000 people to operate this little town on the seas.

As we walked the deck and galley ways, the guide shared the various teams of people who lived and worked on board. There were sailors, chefs, hospitality, medical personnel, communications-surveillance, IT support, captain and officers, aircraft weaponry, ship protection, aircraft engineer, nuclear engineers, pilots and crew, ground staff, HR, counselling, entertainment, chaplaincy, maintenance, cleaners and many more. It reminded me that it takes a lot of individuals with special skills to operate the *USS Carl Vinson*.

The apostle Paul's illustrations were often from the military, athletics and the human body. Seeing the church as a body, the apostle says that those who acknowledge Jesus as Lord and Saviour are a part of this body. Each one is given special spiritual gifts by the Holy Spirit to enable the church to fulfil its spiritual purpose. In 1 Corinthians 12 Paul says that God has arranged each person in the body as He sees fit. You and I have a special role to fill so the church can prosper. As the body needs hands, ears, feet and eyes, the body needs pastors, teachers, support people and prayer warriors. If we don't have a hand or ears the body does not function as well as it should. If we don't have worship leaders and evangelists, it is not operating at full efficiency. Just like the *USS Carl Vinson* needs many leaders in different roles, so it is in the church.

In the church we must work together for the gospel to go to the world, and disciple-makers to be made for the glory of Jesus. Although we all have different roles, we can all work together towards the same goal.

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Pastors Russ Willcocks and Michael Worker are looking forward to sharing their faith with those they meet on the ride.

## Church leaders to embark on faith-sharing cycling adventure

📍 Wahroonga, NSW | Tracey Bridcutt

Senior leaders of the Seventh-day Adventist Church in the South Pacific are taking part in a special “I Will Go” bike ride in the lead-up to the 2022 General Conference (GC) Session.

South Pacific Division (SPD) president Pastor Glenn Townend, Australian Union Conference secretary Pastor Michael Worker and South Queensland Conference president Pastor Brett Townend are among six cyclists riding from Washington DC to St Louis, where the GC Session is scheduled to be held from June 6.

Also taking part in the “I Will Go Ride” are Australians Pastor Russ Willcocks, senior ministry systems specialist at the SPD, and GC associate ministerial secretary Dr Anthony Kent. The sixth rider is Dr Torben Berglund, associate director of the health ministries department at the GC, originally from Norway. They are all paying for the “I Will Go” bike ride and taking holidays to participate.

The ride has been inspired by pioneer literature evangelists Phillip Reekie and his nephew Frederick, who rode bicycles to share literature in remote parts of Australia from the early 1890s. Their work had a significant influence in establishing many Adventist churches in Australia.

The cyclists are busy training for the

challenge, which will cover some 1600 kilometres over 14 days. “Preparation for the ‘I Will Go Ride’ has inspired me to push myself to take on longer rides with more elevation and to increase the intensity of my training,” Pastor Worker said.

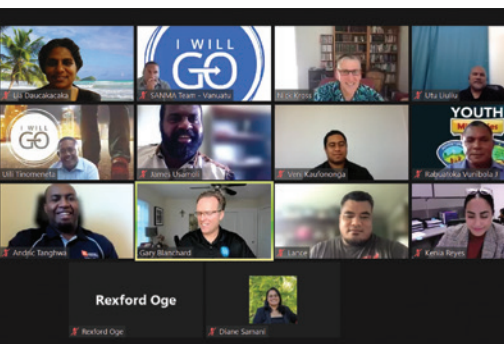
“It is always great to have a goal and a purpose for what you are doing, especially when it intersects with your faith.”

The cyclists are planning to distribute Adventist literature and share their faith with those they meet along the route.

“The story of how God has blessed the faithful efforts of Frederick and Philip Reekie has given me a renewed zeal for sharing Bible-based literature with people who I meet,” Pastor Worker said.

“I cycle for my physical and mental health and while cycling have the opportunity to share my faith,” said Pastor Glenn Townend. “My brother Brett and I have been cycling since we were boys. Whatever our hobby we can witness for Jesus and help expand God’s disciple-making movement.”

For more information on the ride and the cyclists go to [iwillgoride.org/](http://iwillgoride.org/). To follow the daily journey of the riders and send messages of support: [instagram.com/iwillgoride](https://www.instagram.com/iwillgoride).



The training was conducted via Zoom.

## Youth directors empowered at online training

📍 Suva, Fiji | John Tausere

The Trans Pacific Union Mission (TPUM) youth department conducted a five-day youth leadership online workshop from February 21 to 25. Directors from the seven missions in the Trans Pacific attended the online event, along with 13 assistant youth directors.

The training was focused on aligning the mission goals with strategies from the South Pacific Division (SPD), developing methods of expanding missional opportunities and mobilising youth to answer to the call “I Will Go”.

TPUM youth director Pastor Uili

Tinomeneta shared that the workshop also touched on topics such as discipleship, movement thinking, church planting and discovering your SHAPE for ministry.

“We praise God for the opportunity to mobilise and prepare our team for the great commission to go,” he said.

Facilitators of the training were from TPUM and SPD, including General Conference youth director Pastor Gary Blanchard and his associate Pastor Pako Mokgwane.



An image of Ukrainian capital Kyiv at night. (Credit: Eugene/Unsplash)

## ADRA provides help for Ukraine

📍 Wahroonga, NSW | Jarrod Stackelroth

The humanitarian arm of the Seventh-day Adventist Church, the Adventist Development and Relief Agency (ADRA), has committed to meeting the needs of people impacted by the unfolding conflict in Ukraine.

With ADRA Ukraine staff and volunteers in Kyiv, Kramatorsk, Mariupol and Mukachevo, ADRA has been able to respond in any part of the country.

ADRA Romania organised one of the first humanitarian convoys into Ukraine on March 1. This convoy delivered hope and supplies to internally displaced persons in West Ukraine. Supplies delivered included mattresses, sanitary items, linen and more.

ADRA Poland has supplied care packages and food to displaced persons who have crossed the border into Poland.

Anticipated needs include winter clothes, blankets, food and other basic items. And, on both sides of the "contact line", water supplies have been disrupted, leaving more than 400,000 people without access to water.

ADRA has long-term programs in

Ukraine that will continue to require support, including its program in the east of Ukraine where thousands of residents in the remote villages along the contact line are without access to water and other basic needs.

Efforts were made to procure food, water and sanitation items, and non-food items to store in warehouses in other regions of Ukraine to be distributed if the banks and shops close. Similar work is happening to procure cash/certificates/vouchers. ADRA also had to work to obtain petrol for ADRA and partner vehicles to evacuate the vulnerable population where local authorities are not able to do so.

An ADRA Australia and New Zealand representative suggested the conflict may be drawn out, and South Pacific agencies were poised to help with financial and other needs as they arose.

According to *Adventist Review*, Adventist schools have served as shelters for the displaced. For updates visit <[record.adventistchurch.com](http://record.adventistchurch.com)>.



Murwillumbah Adventist Church completely surrounded by flood waters.

## Unprecedented floods impact Adventist churches and schools in Australia

📍 Murwillumbah, NSW | Juliana Muniz

Extreme rainfall across South Queensland (SQ) and North New South Wales (NNSW) conferences has seen Adventist churches and schools evacuated and thousands of homes flooded.

After NSW's Northern Rivers region faced unprecedented flooding, several Adventist-owned buildings were affected by floodwaters.

According to NNSW president Pastor Adrian Raethel, Murwillumbah, Kingscliff and Mullumbimby churches and Tweed Valley Adventist College had parts or all of their buildings under water. Blue Hills Adventist College was closed.

In Lismore, the Wilsons River rose to more than 14 metres—surpassing by more than two metres the benchmark set in 1954. Lismore Adventist Church reported that despite the high water levels in the area, the church building,

situated on a hill, wasn't affected but waters lapped at its ADRA op shop—on the lowest part of the church site.

In South-East Queensland, up to 18,000 homes were flooded. In the state's capital, the Brisbane River peaked around 3.41 metres. Flood levels in Gympie peaked at 23 metres and the town was surrounded by flood waters.

According to SQC ADRA director Dr Irena Pule, Gympie was one of the worst hit areas. The church pastor and members helped local businesses move stock and equipment out and church members also volunteered at evacuation centres.

If you'd like to help the ADRA flood response, please donate at <[adra.org.au/disasters](http://adra.org.au/disasters)>. If you were affected by the floods and need support, contact ADRA on 1800 242 372 or email <[info@adra.org.au](mailto:info@adra.org.au)>.



Finance Minister Mulipola Anarosa 'Ale Molio'o and ADRA country director Su'a Julia Wallwork at the Shelter and Hygiene Facilities Program funding announcement. (Credit: Government of Samoa Twitter site)

## ADRA Samoa building houses for vulnerable families

📍 Apia, Samoa | Tracey Bridcutt

Vulnerable families in Samoa are being assisted with new housing as part of a partnership between the Samoan government and the Adventist Development and Relief Agency (ADRA).

In 2020 the Samoan government allocated 1 million tala from its stimulus package to assist struggling families. ADRA Samoa used the grant to build simple wooden houses for 120 families. Fifty-three houses were also refurbished by ADRA.

Last month the Samoan government announced further funding of 2 million tala for ADRA Samoa and Caritas Samoa as part of its Shelter and Hygiene Facilities Program. Caritas has received 500,000 tala to construct water tanks, while ADRA has received 1.5 million tala to build homes, sanitation facilities, disabled ramps, wash basins and security fencing for each house. This will support 88 vulnerable households.

"It has been a very exciting period for ADRA in Samoa, especially when we have been able, through the shelter interventions, to make a significant difference to people's lives, and to help them strengthen their resilience to pandemics and natural disasters," said ADRA Samoa country director Su'a Julia Wallwork.

"Most importantly, moving vulnerable families into better dwellings has given them security and comfort, and a better way of life.

"There are still many challenges, and we have a long way to go in our work to reach out to vulnerable and marginalised households. ADRA continues to look for opportunities to enable us to make a difference. We serve an awesome God. He has opened doors when we thought there was no way out."

ADRA Samoa is also continuing to deliver its Maluapapa Safe Haven Project in partnership with Habitat for Humanity New Zealand. Funded by the New Zealand Ministry of Foreign Affairs and Trade, the NZ\$3 million project will continue for the next four years, offering training to communities in the Participatory Approach to Safe Shelter Awareness and Build Back Safer programs, and providing funding for those communities to build safer and resilient evacuation centres for disaster preparedness.

## making headlines

### Place of refuge

Adventist schools in Ukraine transitioned from in-person learning to become shelters of refuge for displaced Ukrainians after Russia invaded on February 24. Euro-Asia Division education director Ivan Ryapolov commented on the crisis: "God is our refuge. He is not abandoning us and is still leading. He will lead us through."

—*Adventist Review*



### Celebrating inclusion

The Adventist Church in Jamaica is celebrating with those who are disabled, after the Disabilities Act 2014 finally came into effect on February 14. "This is one of the ministries that our Church places special emphasis on because we need to be all-inclusive," said Adrian Cotterell, coordinator of Possibility Ministries for the Adventist Church in Jamaica. —*Inter-American Division*

### Teen star

Seventh-day Adventist teen Bruna Pontes from Brazil entered the history of astronomy as one of the youngest people in the world to lend her name to an asteroid. She received the award for excelling in the Campos Astronomy Club's Asteroid Search Program. Certified by NASA and with her name written on the stars, the teenager is hoping to pursue astronomy as career. —*ANN*

### Bouncing back

Humpback whales will be removed from Australia's threatened-species list, after the government's independent scientific panel on threatened species deemed the mammals had made a major recovery. However, conservationists warn that climate change and fishing still pose threats to their long-term health. —*ABC News*



## New building

After much prayer and many years of moving from one site to another, Casey Adventist Church (Vic) has finally purchased a new site. When the church outgrew their premises in Dandenong, they decided to sell the property to continue to expand. Located at Narre Warren, the new building, which used to be a sports and leisure centre, will undergo heavy renovations to be transformed into a place of influence for the community.—**Peter McMurray**



## Print away

After facing challenges with printing services, the Samoa and Tokelau Mission (STM) launched its own printing operation on February 16. The new set up is expected to provide printed resources such as Sabbath school lessons and newsletters for church members across STM and American Samoa Mission. Church departments are being encouraged to utilise the STM printing service as a way to generate internal funds to finance more projects.—**Neru Nuualii's**



## Welcome to ministry

Murwillumbah Adventist Church (NSW) celebrated the ordination of their pastor Ashley Smith on February 19. The service was conducted by North NSW president Pastor Adrian Raethel, secretary Pastor Abel Iorgulescu and evangelism director Pastor Matt Parra. Pastor Smith started serving in ministry as a Bible worker at his church in Lismore and was later appointed outreach coordinator of the discipleship training program ARISE.—**Record staff**



## First investiture

Two years after a Pathfinder and Adventurer club was established at Aranui Samoan church (Christchurch, NZ), the club celebrated its first investiture on Sabbath, February 12. The children were overjoyed at receiving their pins of recognition for their activities and hard work, which continued despite the challenges of COVID-19 lockdowns and restrictions. The club has received great support from parents, Conference leader Edwina Davis and district directors Mike and Rose Proud. During the investiture ceremony five new members were also inducted.—**Faafetai Matai**



## Tata ordained

Tokoroa Adventist Church in New Zealand gathered on January 22 to celebrate the ordination of Pastor Tataoro Strickland. The special service was led by NZ Pacific Union Conference president Pastor Eddie Tupa'i, ministerial association secretary Pastor Victor Kulakov and North NZ Conference president Pastor Bob Larson. Throughout his ministry in the North Island, the Pastor Tata has served from Kaitaia to Longburn, where he developed a strong influence within the Maori communities.—**Juliana Muniz**





## Health minister

Lifestyle medicine is an essential skill for Pastor Marty Thomson’s ministry in Kempsey, NSW. With deaths attributable to alcohol, cardiovascular disease, obesity and smoking higher than the New South Wales average, the town is “suffering under the burden of so many preventable diseases”.

A long-time advocate, Pastor Thomson is now convicted of the need for a stronger emphasis on health in ministry. “As important as it is helping meet spiritual needs, I want to be better equipped to meet physical needs,” he said.

A “providential” meeting with the creator of Avondale University’s Graduate Diploma in Lifestyle Medicine convinced Pastor Thomson to enrol again at Avondale. “I’d been praying about it, I’d been thinking about it and then I bumped into Dr Darren Morton at Uluru.”

The course is bringing more confidence and credibility. Pastor Thomson feels he can now journey with those who need health care and partner with others in training members of the local Adventist church to do the same. “I have more of a connection with health professionals because I feel there’s more of a mutual understanding. Doctors, in particular, have such incredible influence. So, pastors working with doctors is crucial.”

Starting a centre of influence could be Pastor Thomson’s next move. “Gospel-centred health ministry can help people live the life God intended.”—**Brenton Stacey**

## have news to share?

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



## Well-earned retirement

After eight years of service as the pastor of the local Adventist church and chaplain of the Sherwin Lodge Hospital and Adventist Aged Care Facility at Rossmoyne (WA), Roger Millist was afforded a farewell function on February 13 to acknowledge his dedicated service which has culminated in his recent retirement. Pastor Millist also served in Western Australia, Papua New Guinea and the South Pacific islands. He served as a missionary pilot, fulfilling his great interest in aviation. In 2013 he was awarded an Order of Australia medal (OAM) for Outstanding Vision and Development of Infrastructure, Programs and Services that met the needs of, and improved the quality of life for people of various backgrounds in Australia and PNG.

—**Doug McCutcheon**



## Young Citizen of the Year

Macarthur Adventist College (Sydney, NSW) student Zaccary Lancaster has recently been recognised for his outstanding contribution to community involvement. The Year 12 captain and long-time student at the college was named Young Citizen of the Year at Liverpool Council’s Australia Day celebrations. Zaccary has worked for not only college-based social justice initiatives and fundraisers but has shown compassion for the local community by his significant work with organisations such as the Australian Air League and New South Wales Youth Parliament. Over the past four years, Zaccary has also raised over \$A9000 for Malee Rose Cottage, a local ADRA community centre. Principal Sam Lett shared that the college and local community are incredibly proud of Zaccary.—**Daniel Lavaiamat**



# Adventists and the Housing Crisis

**M**ichelle\* is a loving mother of two young children, but she's got a problem—she can't get her children to school, showered and in clean uniforms, while they're all living in her car.

Mark has been sleeping in his work van for months because he's a tradie working away from his family on a construction job in an area where rents are more than he can afford.

A perfect storm of COVID-19, inflation and skyrocketing real estate and rental prices, alongside stagnant wage growth, is leaving many families in crisis. Their incomes no longer

cover their rents, and the only option is to uproot and down-size, sometimes into a caravan, car or tent.

How can the Adventist Church respond?

Last year my wife and I prayerfully considered this crisis. We felt awkwardly uncomfortable as we watched our home's value race skywards, all-the-while knowing that for every \$100K we gained, other families were being forced out of their homes because of the rising rents. What to do?

Maybe we could build a 'tiny house' farm where a few families in crisis could find temporary shelter as they transitioned to the new realities. It didn't take much research to see that the council zoning regulations, and inflated land and building costs, made such a project untenable.

We knew that God had blessed us, and we believe that "when we feel blessed, we should build a longer table, not a higher fence". But how?

Based on the saying, "Do for one, what you wish you could do for everyone", we began inviting people in crisis from the community into our home. We gave them our guest room and ensuite for a night or weekend, or sometimes for weeks until they found a more permanent home. We've been so blessed by it and have seen amazing spiritual impacts on our guests as we talk about life and eat together.

One guest, Peter, wanted to talk about spiritual topics and world events at every opportunity and devoured the literature we shared with him.

With tears in his eyes, Brian said, "Your family is so loving to each other and to me. I really wish that I grew up in a home like yours."

We've done Bible studies with guests and one of them who stayed for two weeks has now been attending church for months, inviting his friends along, and growing beautifully in Christ, even though he's now happily living in a delivery van.

We thoroughly recommend this ministry to church members who have a spare bed, an open heart and a willingness to trust God to protect them as they serve Him in such close proximity.

Naturally, each family will have different things to consider before inviting strangers into their home, especially if they have children to keep safe. Screening of guests is very important—but we also found that we needed to screen them through Jesus' eyes, not our own.

To meet people in need of temporary housing, simply volunteer at a community service. Take time to sit and listen, to hear their heart. Give them time to learn to trust you, as you take time to see Jesus in them.

Please prayerfully consider this simple, very low-cost ministry. If Adventists across the Pacific opened our hearts and homes, we could house thousands of people right inside the homes that God has already entrusted to us.

Jesus said it so beautifully: "I was a stranger and you took me in", and He followed it with, "Whatever you did to the least of these my brethren you did it to Me."

Is Jesus knocking at your door?

\* Author is a middle-aged guy who's trying to learn how to love people like Jesus does. Individual names have been changed to protect their identities.





# Beyond

# the blues:

## How Avondale support helped Ashley manage her mental health

As a 10-year-old surrounded by books at her mum's workplace, Ashley Steele came to love reading and creative writing. But when a published story didn't yield a worthy ending she would re-write it "with all the grace and humility of a young girl". Reworking a plot would become familiar, but it would take other characters to complete the story.

With indecision settling on future plans post-school, Ashley found a job at Sydney Adventist Hospital and travelled when able. Tagging along on a friend's mission trip to Cambodia changed her life. Inspired by the trip and the encouragement of a program director, but knowing she needed to learn skills in international development, Ashley resolved to look into options. But not at Avondale.

Christmas that year brought the presence of alumnus and friend Jorden Tually. His public announcement of her "plans" to study at Avondale played on her mind. She would go on to enrol in the course.

Yet the promises of making lifelong friends and loving life gave way to unmet expectations. Ashley felt anxious moving into the residence on campus and self-doubt grew as the pressure she placed on herself to maintain high grades mounted. Other students admired her bubbly, confident personality but mentally, something wasn't right.

Relief arrived when Ashley met and began dating Kristen Stanton. Conversations were unfiltered yet comfortable. Kristen wasn't phased at how Ashley experienced the world. "He was an amazing support," she says. But during a class mission trip, Ashley experienced an emotional breakdown. The experience affirmed her passion for work in international development but the separation from loved ones was debilitating. She knew she needed to address the challenges to move forward in life.

In 2016, Ashley was diagnosed with depression and anxiety. She chose to share this news with her lecturers who became an integral part of her journey. Ashley was humbled by their commitment. "It's obvious it wasn't just a job for them. They cared about their students. They cared about me."

Carolyn Rickett, Lynnette Lounsbury and Brad Watson navigated her studies, guiding her to online opportunities outside of Avondale or recording lectures so she could continue to study while living in Sydney with her family.

Home support provided spiritual nourishment while Ashley traversed her diagnosis and study. She travelled to Avondale once a week for classes she couldn't take online. Her friendship circle adjusted social arrangements and basketball games to ensure she maintained connections.

Ashley returned to live on the Lake

Macquarie campus for her final year in 2017. She had considered dropping out multiple times—academic stress was compounded by financial pressure. "I continued to work at the San during my holidays and joined [Cleaning Services director] Julie Michel's team during semesters but that was never going to earn me enough money." So, a family friend helped with fees. "I don't know how I would have been able to complete my degree without their help."

Graduation wasn't just a degree for Ashley. "I worked incredibly hard, but I know I couldn't have completed those years without the many people God placed in my life." To sweeten the deal, Kristen proposed one week before graduation and they now live with their cats in Sydney. And Ashley has her dream job as media and communications coordinator for the Adventist Development and Relief Agency (ADRA) Australia.

*If this story has raised questions for you, help is available. Visit Beyond Blue at <beyondblue.org.au>. For crisis support or suicide prevention, please call Lifeline on 13 11 14 (AU), 0800 543 354 (NZ), 1543 (Fiji), 3260011 (PNG) or Lifeline's equivalent in your local country..*

**Rachel Humphries**  
Alumni Relations Officer,  
Avondale University



# Extinct tiger, bold lion

On my recent honeymoon in Tasmania, I decided I'd bite my tongue and avoid discussing a certain controversial topic with any of the locals. It only took a measly week before I caved in.

"Do you think the thylacine [Tasmanian tiger] is actually extinct?" I quizzed the receptionist for a boat cruise on the west coast.

It's a question that my wife and I found ourselves discussing with increasing intensity over the following days, including vox popping locals for their take. The response varied from outright scepticism, right through to "I have a mate that saw it!" A quick online search turns up unconvincing footage or blurry photos of the striped marsupial which was last seen alive in a Hobart zoo in 1936. The animal was declared extinct by the International Union for Conservation of Nature in 1982, almost 50 years after the last thylacine in captivity died.

Tasmanian locals who believe in the thylacine's continued existence will tell you the animal has an acute sense of smell, and thus has been able to avoid detection over the succeeding decades. In fact, there's a large group of like-minded people who form the "thylacine Awareness Group of Australia". Though they work passionately to find critical pieces of evidence, many also believe in the conservation of the species by not inviting too much foreign interest which may hinder their repopulation.

The thylacine isn't alone—the New Zealand huia has also allegedly been sighted in hiding after being declared extinct; a predicament shared by the Kashmir musk deer from Afghanistan and New Guinea singing dog amongst many others.

I found this idea intriguing, with comparisons begging for analysis. A minority in the stage of "regrouping" and eventually "regrowing" or "repopulating" is one akin to the situation our Church finds itself in now. No doubt if you've entered your local church in between lockdowns, you've

noticed a few more empty pews—and not just because of COVID-19 precautions.

God's people in the Bible have often been described as the remnant; the ones who are steadfast in God's Word but do not comprise the majority in their number. They hold the truth in its original form but are also oppressed as a result. A quick look at Revelation tells you what the remnant can expect in the future—"the dragon was enraged at the woman and went off to wage war against the rest of her offspring—those who keep God's commands and hold fast their testimony about Jesus" (Revelation 12:17).

While on a surface level it may seem that the remnant is about survival—a "smaller" group strongly bonded by their faith that just needs to make it out the other side—this neglects a key component of the remnant. Unlike the thylacine, the remnant doesn't hold the characteristics of an endangered or extinct animal that is regrouping in secret. The prophetic message shared by God's people is instead intended to be "a light in a dark place, until the day dawns and the morning star rises in your hearts" (2 Peter 1:19). And those who are faithful are again described as the "light of the world. A town built on a hill cannot be hidden" (Matthew 5:14).

Regardless of if one can visit a church due to restrictions or not, I pray that we continue to be an example of God's truth to the world. I hope that we'll embody God's view of the remnant—"the righteous are as bold as a lion" (Proverbs 28:1)—with the tools we have at our disposal. And even as my time with Adventist Media comes to a close, I look forward to continuing to connect with you all—whether it be in-person or virtually—and sharing about the awesome news of Jesus' soon coming. God bless us all until that time.

**Daniel Kuberek**

Former *Signs of the Times* assistant editor now working as a video producer in Sydney, NSW.

# The 10 Times God said "no"

I'm sure you've heard the phrase that when we ask God for something, He will either say "Yes, no, or wait". Here are 10 instances in the Bible where God said "no" to requests that were made of Him. If you can think of other times that we haven't mentioned, you can email us at <editor@record.net.au>.

## 1. No to entering the Promised Land

Numbers 13, 14 and 20:2-12

Because the Israelites did not believe in God's power and disobeyed, and Moses failed to follow God's instructions when bringing water from the rock, God did not permit them to enter the land He had promised.

## 2. No to cursing the Israelites

Numbers 22-24

When King Balak asked the prophet, Balaam, to curse the Israelites, God refused to curse them. Instead, He blessed them, not once but three times!

## 3. No to favouritism

Mark 10:35-45

James and John did not quite comprehend what they were asking when they requested positions of honour, sitting on Jesus' right and left in the coming kingdom. Jesus told them "to sit at my right or left is not for me to grant. These places belong to those for whom they have been prepared."

## 4. No to saving a life

2 Samuel 12:1-25

David was abundantly blessed by God but showed "brazen contempt" to God's Word by murdering Uriah to marry his wife. Because of this, David and Bathsheba's firstborn did not survive.

## 5. No to boasting

2 Corinthians 12:7-10

This is an interesting passage to read into. Basically, Paul was given great insight by God into what paradise is like and to keep him humble he is designated a "thorn in the flesh". Paul asks God to remove it three times, eventually concluding that God is made more powerful in his weakness.

## 6. No to building His temple

1 Chronicles 28

David has plans to build a temple for God, however, God tells him "no". Instead, God designated David's son, Solomon, to build His temple.

## 7. No to giving up (yes to a nap and a meal!)

1 Kings 19:1-8

When Queen Jezebel threatened Elijah, in fear he ran off into the wilderness and asked God to take his life. God had too many amazing plans for Elijah so refused to answer his request. Instead He sent an angel to care for him.

## 8. No to healing the possessed . . . at first

Matthew 15:21-28 and Mark 7:24-30

The Syrophenician woman showed great faith and wit when Jesus initially held back from healing her possessed daughter. Because of her faith, Jesus instantly healed her daughter.

## 9. No to withdrawing from God's plan

Luke 22:39-46

"Father, remove this cup from me" is what Jesus asked God whilst praying on the Mount of Olives in reference to His impending betrayal and crucifixion. An angel appeared to strengthen Him, with Jesus submitting "not my will but yours be done".

## 10. No to Paul's travel plans

Acts 16:6-10

Paul and Silas are planning to travel to Asia Minor to preach when God stops them and sends a vision to Paul. As a result they travel to Macedonia instead.





# Men and women: pastors of the flock of God

God created man and woman in His image (Genesis 1:27) and gave both the task of caring for the created world (1:28). There is no evidence in the first chapter of Genesis that man was created with more of God's image than woman, or that man was created for a different role than the woman. Despite this account of gender equality, some have suggested the designation of Eve as helper (2:18) introduces the concept of hierarchy. However, the Hebrew word *ezer*, translated "helper", cannot imply gender inequality as it is used throughout the Old Testament to describe God as "helper" (for example, Psalm 54:4). So from the first two chapters of Genesis, it is evident that God's ideal for humanity was that man and woman would be equal.

Unfortunately, the third chapter of Genesis tells us that sin changed this, and that gender hierarchy was one of the sad consequences of sin.<sup>1</sup> While some have suggested that the power inequality ("he will rule over you" 3:16b) was *prescribed* by God, Adventist scholars of the Old Testament are overwhelmingly convinced that these words simply *describe* the natural consequences of sin. Accordingly, the gender inequality that sin introduced, and that God foretold, is reflected in much of the Old Testament. There are, however, notable exceptions to this narrative. Women such as Miriam, Deborah, Ruth and Esther—women whom

God called to exercise both spiritual and civic leadership—give evidence to the reality that the subservient role of most Old Testament women was cultural rather than divinely ordained or due to their fundamental inferiority.<sup>2</sup> Despite these exceptions, however, by the time of Jesus' birth, the relationship between men and women was defined by the power inequality that sin introduced, resulting in women's subservience, marginalisation and even abuse—a far cry from the Creator's ideal.

Thus, while the way Jesus related to women may seem unremarkable to our 21st century eyes, in the context of first-century Jewish culture, Jesus' approach to women was groundbreaking. In a society that marginalised women, Jesus engaged compassionately with them (Mark 5:24-34; John 8:1-20); included them in His circle of disciples (Luke 8:1-3; 10:38-42); and entrusted them with His messianic identity (John 4:1-26; 20:11-16). Even more counter-culturally, Jesus invited women to participate in the work of sharing the gospel (Luke 24:22-24; John 20:17,18).

Despite the patriarchal culture in which it came into existence, the New Testament church followed Jesus' example of gender inclusivity. When the apostle Paul stated that "Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service,

so that the body of Christ may be built up" (Ephesians 4:11,12), he did not suggest these gifts were given only to men. Accordingly, Paul partnered with women, who served as leaders and teachers, including Phoebe, "a deacon of the church in Cenchræ" (Romans 16:1); Lydia, whom scholars consider the leader of the church in Philippi (Acts 16:11-40); and Junia, a woman "outstanding among the apostles" (Romans 16:7). Paul also referred to Priscilla, Euodia and Synteché as co-workers (*sunergos*), a term he applied equally to the men and women with whom he partnered. New Testament scholar Philip Payne suggests that a careful reading of Paul's letters reveals that he respected the women with whom he laboured for the Lord, and he saw them "not as his subordinates, but as his partners and equals",<sup>3</sup> thus reflecting the Creation ideal.

Historically, the Adventist Church has viewed the Creation story of Genesis 1 and 2 as foundational to our faith, and has called believers back to Creation ideals, including the seventh-day Sabbath and a plant-based diet. While early Adventists may not have overtly taught the gender equality described in the Creation account, they affirmed the need for both men and women to participate in ministry. Accordingly, the Archives of the General Conference of Seventh-day Adventists reveal many early Adventist women who were

licensed ministers, evangelists, writers and administrators.<sup>4</sup>

Notable examples include Sarah Hallock Lindsey, who, responding to an urgent request by denominational leadership for wider participation in ministry, began preaching in 1867, and was licensed as a minister in 1872; Margaret Caro, an Australian dentist who was also a licensed minister and whose ministry and credentials were affirmed by Ellen White (Letter 33, 1893); Hetty Hurd Haskel, wife of Stephen Haskell, who gave up a teaching career after her conversion and began 34 years of ministerial work, including training of ministers in England, South Africa and Australia; Lulu Wightman, who raised up a total of 17 churches and of whom her conference president wrote: "She has accomplished more the last two years than any minister in this state"; and Ellen White, who carried the credentials of an ordained minister throughout her life and who stated, "It is the accompaniment of the Holy Spirit of God that prepares workers, both men and women, to become pastors of the flock of God".<sup>5</sup> Following the death of Ellen White (1915) and the impact of Christian fundamentalism, support for women ministers in Adventism decreased.

In recent decades, the Adventist Church has renewed its claim to the promise that, "in the last days, [God] will pour out [His] Spirit on all people, and [our] sons and daughters shall prophesy" (Acts 2:17; cf Joel 2:28). Today, the Church affirms the importance of both men and women ministering together, upholding the call of God in women's lives, and highly valuing the contributions of women in ministry. Unfortunately, the 2015 General Conference (GC) vote, which disallowed the Church's world divisions from independently making decisions regarding women's ordination, confused many church members about the meaning of the vote and the role of women pastors going forward. In response, Pastor Ted Wilson, president of the General Conference of Seventh-day Adventists, affirmed the vote to mean that, in accordance with current GC policy and the Church Manual, women should continue functioning as commissioned pastors and ordained elders.<sup>6</sup> GC ministerial secretary Pastor Jerry Page says, "In agreement with

the votes of the GC regarding women's ordination and women in ministry, the GC ministerial association in compliance with the Church Manual, GC Working Policy, and where local divisions vote to allow it, continues to support the:

1. Commissioning of women pastors, including their right to baptise new members
2. Ordination of women elders
3. Importance of both men and women participating in ministry together as a team where appropriate

Pastor Page also shared the following personal reflection: "One of the greatest strengths and joys of my ministry has been the opportunity the Lord has given me to serve over the years in team ministry with my wife Janet. As the Lord called and gifted her to lead in conferences as director of prayer ministries, women's ministries, and pastoral families ministries, the Church recognised her calling and work by giving her commissioned minister credentials. For the past 12 years, she has been an associate ministerial secretary in the GC ministerial association, serving the world field, where we have ministered together with Jesus."

In the SPD, the number of women in pastoral ministry has slowly grown over the past 20 years; however, women continue to represent less than 7 per cent of all pastors. While the reasons for this low ratio are likely to be many, one must surely be the ambivalent messages we have communicated regarding women pastors.

What can you and your church do to empower women for ministry? Here are some practical suggestions:

- Create opportunities for focused Bible study on Jesus' dealings with women and the theology of women in leadership.
- If you preach or teach, tell stories about women, who make up more than half the SPD membership; and regularly remind your congregation that spiritual gifts are given equally to both men and women.
- Go out of your way to affirm the spiritual gifts of women of all ages in your congregation.
- Encourage well-suited women to consider pastoral ministry, Bible teaching or chaplaincy.
- Develop a radar for the subtle

dynamics that marginalise women and go out of your way to mitigate them.

- Encourage the voices of women who don't often speak—their thoughtful and creative contributions might surprise you!
- Ensure women are well-represented on your board.
- Consider asking your conference to add a woman to your pastoral team.

"In 35 years of ministry in the Seventh-day Adventist Church in the South Pacific I have seen the evidence of God's call on many women in all kinds of ministry," shares Pastor Glenn Townend, SPD president. "Some of my most effective and productive co-workers have been women serving as pastors and head elders in local churches. They had skills, abilities and perspectives neither I nor our male colleagues had. As God calls women to ministry and leadership who are we to stand in the way?"

1. See, for example, Richard Davidson, "Headship, Submission, and Equality in Scripture," in Nancy Veymeister, *Women in Ministry: Biblical and Historical Perspectives* (Berrien Andrews University Press, 1998), 259-295. There are reports of midwives in the 15th and 16th centuries being burned at the stake for offering women pain relief during childbirth, because a prescriptive reading of Genesis 3, common during this time, implied that women must suffer in childbirth. The most recent known case of a woman losing her life in this way was Eufame Maclayne, who was burned at the stake in 1591 for asking for pain relief during the birth of her twins.
2. Rebecca Merrill Groothuis, *Good News for Women: A Biblical Picture of Gender Equality* (Grand Rapids, MI: Baker Books, 1996), 22.
3. Philip B Payne, *Man and Woman, One in Christ: An Exegetical and Theological Study of Paul's Letters* (Grand Rapids, MI: Zondervan, 2009), 61.
4. Josephine Benton, *Called by God: Stories of Seventh-day Adventist Women Ministers* (Lincoln, NE: Advent Source, 2002).
5. Ellen White, *Testimonies for the Church, Vol 6*, 322.
6. <adventist.news/news/gc-president-says-ordination-vote-doesnt-change-current-policy>.

**Drs Edyta and Darius Jankeiwicz** serve at the South Pacific Division as associate ministerial secretary (women in ministry) and field, ministerial secretary and Spirit of Prophecy coordinator.

# COVID-19 and Adventist health principles

**T**here is no need to write a lengthy introduction to a topic that has been on almost every daily news bulletin for the last two years. So I'll jump right in with your permission . . .

The debate about primary avoidance measures for severe COVID-19 has been enlightened by the most intense study of any infectious disease, at least in my medical career of 50 years. The majority of medical literature in the past year or so has concentrated on vaccination for reduction in risk of severe COVID-19 infection. While vaccination has its limits, especially with waning efficacy of even booster doses against the "milder" Omicron strain<sup>1</sup>, vaccination remains the "gold standard" for prevention against ICU admission and death. Serious side effects of vaccination are on average around 1-3 per 100,000. In Australia, there have been 11 deaths from COVID vaccines in more than 30 million doses. Moreover, newer, safer and more efficient vaccines are being developed rapidly.

For many years, we as Adventists have promoted the value of the eight natural principles of health in preventing lifestyle-related diseases, such as diabetes, heart attack, stroke and a number of cancers, with a strong evidence base. Much has been written about the role of a plant-based diet, which is pivotal. However, we know that moderate exercise, moderate

sunshine exposure, adequate clean water intake, adequate rest and a trust relationship with our Creator, all play important roles. Science has added to this, with data indicating that Vitamin D through moderate sun exposure plays an important role in innate immunity, as does exposure to certain aromatic chemicals found in forests.<sup>2</sup>

We have innate immunity from birth, but it unfortunately wanes significantly in later life. It is a "general" type of immunity, based on cells that are able to fight infection without prior "knowledge" of the infection. As such, they lack specificity, a bit like the difference between an ordinary soldier and one trained against aircraft attack with homing missiles, for example. God has also given us a more potent and specific system, called "adaptive" or "acquired" immunity. Here, when exposed to a specific threat, like the SARS-CoV-2 virus, certain immune cells will begin to make proteins called antibodies, which have the ability to inactivate the virus. But that takes time . . . up to two weeks, during which time the virus may spread widely and do a lot of damage. The adaptive system also has "memory cells" that will be "rapid responders" to subsequent attacks by that particular virus, both by producing antibodies and by activating specially-primed "killer cells" to go after and destroy infected cells and the







virus itself, more quickly and more efficiently than at first exposure to the virus.

The role of all vaccines is to produce an adaptive immunity, without causing the disease itself. The immune system is then “primed” to respond rapidly to any attack from that specific virus. That can be done by using a dead or inactivated virus, a live “mild” form of the virus, or a part of the virus, such as a viral protein. More recent mRNA vaccines enable some body cells to produce that protein for a short period, after which the mRNA is destroyed.

Some have argued that “natural” immunity conferred by adherence to Adventist health principles, is as effective as vaccination, making vaccination unnecessary. A study frequently quoted in the *British Medical Journal—Nutrition, Prevention and Health* in 2021<sup>3</sup>, showed from a self-reported survey of health professionals from six different countries, that those adhering to a plant-based diet or a fish and plant-based diet, had experienced a 73 per cent and 60 per cent reduction in reported symptoms of “moderate to severe” COVID-19 respectively, when compared to their meat-eating colleagues. Whilst the authors concede that there were limitations to their study, which might lessen these results, nevertheless, it does confirm previous data, which has showed improved innate immunity in people adhering to plant-based diets.

There are several known increased risk factors for COVID-19 severe disease. They are age over 65 (increased risk about six times), obesity (increased risk around three times), high blood pressure (increased risk around double) and other co-morbidities, like diabetes, heart, lung and kidney disease. The beneficial effect of a plant-based diet can be partly explained by the fact that adherents to that diet are known to have lower risks of obesity,<sup>4</sup> diabetes, hypertension<sup>5</sup> and heart disease, each of which increases the risk for severe COVID-19.

But the question remains, is lifestyle enough?

Let’s look at it another way, using a little analogy. Let’s say that adherence to both Adventist health principles and vaccination play an equal role in reduction of severe COVID-19. (That’s being generous to the lifestyle data, as recent vaccination still has a greater than 90 per cent reduction in risk for the COVID-19 Delta strain).

Now our analogy . . . Suppose that you as a patient go to your GP, and after a physical

examination and some blood tests, you go back. The doctor tells you that your blood pressure is way too high and untreated and it will double your risk of dying from a heart attack or stroke. He goes on to say that your cholesterol levels are also too high, and that fact doubles your risk again for those same problems.

He then goes on to say this, “I’ll give you dietary advice and some medication to get your cholesterol levels down to normal.” *Very good*, you think.

But the doctor goes on . . . “However, I’m not going to prescribe anything for your blood pressure, as the medication I would use has a 1 in 100,000 risk of a serious reaction.”

I imagine your response might be, “What, doc? Are you kidding me? You’re prepared to allow me to run a double risk of heart attack and stroke, just because there’s a one in 10,000 risk of a bad reaction to the treatment for my blood pressure? Can I have a second opinion, please doc?”

This is why the great majority of Adventist health professionals would be supportive of using both approaches to the prevention of serious illness from COVID-19. Back in the day when I was in medical school, it was called the “belt and braces” approach. In more technical terms it’s called “synergistic action”.

1. Although still boosting immunity against Alpha and Delta strains, booster vaccination only boosts immunity against Omicron to 60–70 per cent (Andrews N et al MedRxiv preprint doi <doi.org/10.1101/2021.12.14.21267615>). However that is comparable to the efficacy of the average influenza vaccine.

2. Ye Wen, Qi Yan, Yangliu Pan, Xinren Gu & Yuanqiu Liu. “Medical empirical research on forest bathing (Shinrin-yoku): a systematic review. *Environmental Health and Preventive Medicine*”, (2019) Volume 24, Article number: 70

3. Kim et al. “Plant-based diets, pescatarian diets and COVID-19 severity: a population-based case-control study in six countries”. *BMJ Nutrition Prevention and Health* (2021) 4: e000272. Doi: 10.1136/bmjph-2021-000272.

4. Newby PK, Tucket KL & Wolk A. “Risk of overweight and obesity among semivegetarian, lactovegetarian, and vegan women”. *Am J Clin Nutr* 2005;81:1267–74

5. Alexander S, Ostfeld RJ, Allen K & Williams KA. “A plant-based diet and hypertension”, *Journal of Geriatric Cardiology* (2017) 14: 327–330

**Dr David Pennington**

a retired plastic surgeon living in Lindfield, NSW.



## Sharing light in Fiji

Rarama Publishing House operated in Suva, Fiji, between 1969 and 1981. Throughout its history, the institution was interchangeably referred to as Rarama Press, Rarama Publishing House and Trans-Pacific Publishers.

Rarama Publishing House was the vision of Barry and Norma Crabtree. Pastor Crabtree was the president of the Fiji Mission between 1966 and 1969. Early attempts to establish a printing facility in Fiji in the years before the 1960s were unsuccessful due largely to the complexity of setting type by hand among untrained personnel. While on furlough in 1965, the Crabtrees were given a Multilith offset press, IBM electric typewriters and other graphics arts equipment for the purpose of setting up a press in Fiji. These gifts were installed in basement rooms under the meeting hall on the Suva Mission compound.

Roger and Pamela Stokes were appointed to Suva in August 1966 as the district director. Crabtree asked Stokes to see if something could be made of the equipment that had been installed in the basement rooms. By the end of that year, Stokes had the press operational and a Fulton graduate, Losana, was employed by the Mission to commence setting type in Fijian on the electric typewriters. Losana was taught to justify type and in 1967 the first edition of *Rarama* (meaning “light” in Fijian) was printed. Losana was the first of many local staff who were trained by Stokes in the many facets of offset printing despite the fact that he himself had no formal training in either the graphic arts or offset printing.

The infant press immediately started printing the Sabbath school lessons as well as *Rarama* and other material, all in Fijian. Offset printing had made possible what had been extremely difficult using the letterpress technology of previous eras.

Suva, Fiji, was also the home of the Central Pacific Union Mission and the Mission presidents within that Union took a great interest in the now operational press. The dream of printed material not only in Fijian, but Samoan, Tongan, Cook Island Maori and the other languages also became a vision of these Mission presidents. Consequently, in 1969 the Rarama Press became a Central Pacific Union institution with Stokes as manager. Its charter required it to print in all the languages within the Union Mission.

This operational development saw the Union Mission provide funds to purchase additional equipment. A larger Heidelberg offset press was added and became the main production unit. Ancillary equipment such as a paper slicer, a folder, IBM compositors and sundry graphic arts equipment made possible a much greater vision for a greatly expanded publishing program in the local languages within the Pacific.

By 1973, lack of space was making it extremely difficult to expand the program. While additional basement rooms and the old Mission office were occupied by the press, it was evident a new building was necessary. Funds were added to the Union budget, the Fiji Mission made land available at their Suvavou headquarters, and by December 1975 the publishing operation was housed in a purpose-built two-storey building. The new building was opened by the governor general of Fiji, Ratu Sir George Cakobau, with full Fijian honours.

In 1976, Headley and Judy Anderson from the Signs Publishing Company in Australia joined the press staff with the aim of giving more specialised training to local Fijian staff. By this time, the press had been printing the Sabbath school lessons in simple English and these lessons were being distributed across the three union missions of the Australasian Division. Simple English copy for these lessons had been prepared each quarter by Pamela Stokes, many years before the General Conference undertook this task. An important element of the publishing program, the production of these lessons led to the development of simple English books that could be sold by colporteurs throughout the union missions.

During its lifetime, Rarama Press, which was re-named Trans-Pacific Publishers, printed material in 13 different languages. Setting type in all these languages was a challenge.

In 1981, the Australasian Division, the Central Pacific Union Mission and the Signs Publishing Company reviewed the developing book publishing program with a view to expanding the number of literature evangelists across the three union missions of the Division. As a result, Trans-Pacific Publishers was merged with Signs Publishing Company in Australia. It ceased operation in July 1981 and most of the equipment was moved to the Signs Publishing Company in Australia.

**Roger Stokes/ESDA**

*The information in this article comes from old Record articles and the personal knowledge and experience of the author as manager of Rarama Publishing House between 1969 and 1981. Sourced from the Encyclopedia of Seventh-day Adventists (ESDA). Visit <[encyclopedia.adventist.org](http://encyclopedia.adventist.org)>.*



# Conversations

## Wonderful blessings

May I express my gratitude to those who compile our lesson pamphlets, especially this current quarter on Hebrews; but more specifically for the first paragraph on Friday, February 25 lesson. That paragraph absolutely jumped out to me and made total sense of the whole gospel and especially the judgement. My soul absolutely thrilled through and through with the love and mercy of God. I have photographed those wonderful words so that I can read them on my phone anytime.

My sincere sympathies to those who don't bother with the lesson pamphlet; they are missing some wonderful blessings. Of course the Bible and the inspired pen of EG White come first, but there are a lot of gems from other sources too.

God bless those people who give us our pamphlets.

**Name supplied, Vic**

## Record Live

### War in Ukraine: with Pastor Vitalii Shevchenko (March 2 livestream)

As a Christian, Jesus didn't say pray that there will be no wars because there will be wars; He didn't say pray that there are no pandemics because He said there will be pandemics, don't pray that there will be no starvation because He said there will be starvation. He told us to pray that the kingdom of God will come and take over this world, to remove the separation from God. This is the plan—you should pray "Your will be done on earth as it is in heaven" so whatever is in heaven it starts being here on earth and it starts to happen even now today.

We all have our trials. Some will be tried with war, some will be tried with indulgence, some with pandemic. This is our goal: to stay Christians, to stay ambassadors of

Jesus. I'm sure for Ukrainians that follow Jesus that this is the time to shine no matter what because that's what we are called to . . .

I'm sure the church [in Ukraine] will use this opportunity to do everything . . . to show love to people, to show acceptance, to show caring and actually be those followers of Jesus and that's what my prayer is for today. That we stop this hatred . . . Maybe God called us into this world to shine in this difficult time for Ukraine.

**Vitalii Shevchenko, NZ**

Totally agree [with Pastor Vitalii's comments]. This earth is not our final home. We need to pray the Holy Spirit will continue to make us ready for His coming so we can go to our final home with our Saviour God. Amen.

**Fiona Jane Kirkwood, via Facebook**

# Peach & raspberry parfait

 Serves 1  Prep 5  Cook N/A

Summer or winter, a colourful, tangy parfait is a great way to start the morning right!

## Ingredients

- 2 Weet-Bix™ Cholesterol Lowering wheat biscuits
- 1 cup fresh or frozen, raspberries
- ½ cup low fat Greek yoghurt
- 1 peach, sliced
- 1 Tbsp toasted pepitas
- 1 tsp honey or maple syrup, optional

## Method

1. Roughly crumble Weet-Bix. Set aside a few berries for garnish, then gently mash remaining berries and swirl through yoghurt.
2. Layer Weet-Bix, berry yoghurt, peach slices and pepitas into a large glass or jar.
3. Top with reserved whole berries. Drizzle with honey, if using.
4. Enjoy immediately, or refrigerate overnight for a grab-and-go breakfast.

## Tips

- Swap in your favourite sliced fruit and berries to make a different combination.
- If you don't have elevated cholesterol swap Weet-Bix™ Cholesterol Lowering with Weet-Bix™.

## Nutritional Information (per serving)

| ENERGY | CALORIES | PROTEIN | FAT    | SATURATES | CARBOHYDRATE |
|--------|----------|---------|--------|-----------|--------------|
| 1820kJ | 435      | 20g     | 11g    | 3g        | 34g          |
| SUGARS | FIBRE    | CALCIUM | SODIUM | IRON      | POTASSIUM    |
| 31g    | 17.1g    | 256mg   | 241mg  | 5.4       | 1067mg       |



## Food in Focus

*wholegrains*

Grains are commonly found in most households, but it's wholegrains that should have pride of place in your pantry. From oats to buckwheat, rye or quinoa, they are packed with goodness and could help you achieve a smaller waist, a flat belly, healthier heart and a happier gut.

### What makes a wholegrain special?

Grains are made up of three parts: the bran (nutritious outer layer), the germ (the seed's embryo) and the endosperm (the germ's food supply). Wholegrains have all those parts intact, which makes them fibre-rich and nutrient-packed.

But the benefits of eating wholegrains are not just limited to their high fibre content. A combination of several nutrients is what gives wholegrains their health benefit such as fibre, polyphenols and B vitamins.


### They play a vital role in our diet

Recent research reveals eating just three serves a day could lower your risk of developing type 2 diabetes by up to 34 per cent. That's just a bowl of wholegrain breakfast cereal such as wheat biscuits or wholegrain oats and a wholegrain sandwich.



## Recipe of the Week

Subscribe to receive delicious plant-based recipes straight to your inbox:  
[sanitarium.com.au/subscribe](http://sanitarium.com.au/subscribe) or [sanitarium.co.nz/subscribe](http://sanitarium.co.nz/subscribe)

 /sanitariumaustralia or /sanitariumnz

 Sanitarium  
The Health Food Company

# HI KIDS!



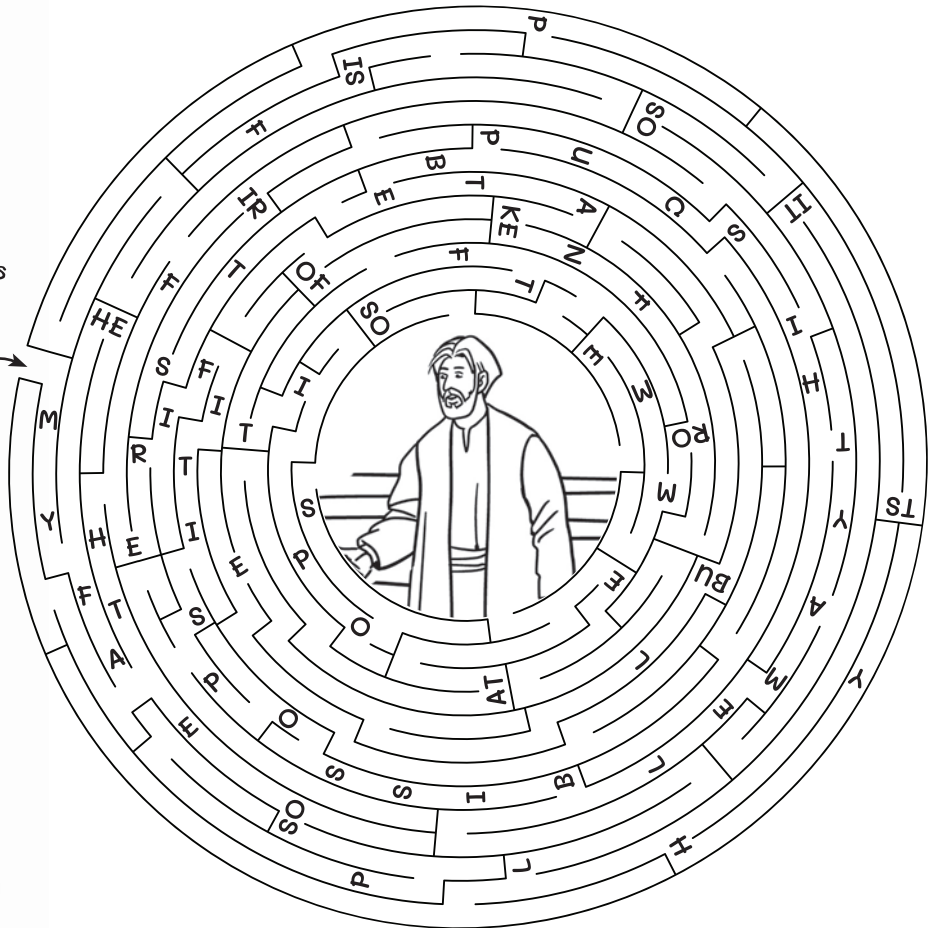
## THE ULTIMATE FRIEND

Even in the life of Jesus there are unpleasant things that have to be done. Though Jesus wishes He could avoid the pain of the trial and crucifixion, He asks God for the strength to endure. Three times Jesus asks His Father if it is possible to change the plan of salvation. God responds, not by taking away the pain or the situation, but by strengthening Jesus and enabling Him to succeed. In this, as in everything else, Jesus lives His life in total obedience to His Father's will. Just as God had a plan for saving the world and a plan for Jesus' life, so He has a plan for each of us. By following His plan we will serve others and be a blessing. God still gives us the strength for serving others, whatever the circumstances.



What did Jesus ask His Father in heaven? Follow the correct path and collect the letters to finalise the memory verse.

Start Here →



MEMORY VERSE

“\_\_\_\_\_”  
\_\_\_\_\_. Yet not as  
I will, but as you will” (Matthew 26:39).

## Weddings



**LEHN—LEIMENA.** Jamie Edward Lehn, son of John and Sandra Lehn (Sydney, NSW), and Christiana Leimena, daughter of Dr Remy and Angie Leimena (Sydney), were married on 20.2.22 at the White House, Glenorie. Jamie and Christiana met at Fountain in the City church. Christiana took up an appointment with Loma Linda, USA in 2016. Distance could not keep them apart and after two international trips and lots of FaceTime, Christiana returned home in 2019. They will continue living in Sydney where Jamie is case officer for Adsafe, South Pacific Division, and Christiana is health director for Greater Sydney Conference and consultant for ELIA Wellness also at the SPD.

Tapiwa Mutseriwa



**STANLEY—BERNHARDT.** Jay Samuel Stanley, son of Rod and Frances Stanley (Central Coast, NSW), and Florine Danielle Bernhardt, daughter of Patrick and Beatrice Bernhardt (France), were married in Gosford church on 30.1.22. Jay and Florine have set up their home at Kanwal, NSW. Gosford church members have loved and supported Florine from the time she first arrived in Australia right through to her wedding day.

Adrian Raethel

## Obituaries

**BAIRD,** Ronald Nelson, born 1.3.1927 in Rangoon, Burma; died 3.2.22 in Toronto Private Hospital, NSW. On 19.12.1955 Ron married Veronica White in Wahroonga. He is survived by his wife (Cooanbong); son, Graham and Caroline (Brisbane, Qld); daughter, Eleen and

Maarten Stohr (Bonnells Bay, NSW); foster daughter, Monica Alwein (USA); four grandchildren, Jodie, Natalie, Sarah and Emma; and three great-grandchildren. Following mission service in Papua New Guinea Union Mission he was called to the Southern Asia Division where he served 25 years in various leadership roles. In 1980 he was recognised at the GC for his work with the Five Day Plan (to quit smoking) in India. In retirement, Ronald continued preaching even after 90 years of age.

Ray Baird, Adrian Craig



**BOYLE,** Dorothy May (nee Pages), born 24.4.1917 in Perth, WA; died 13.1.22 in Adventist Care, Rossmoyne. On 2.3.1939 she married Arthur, who predeceased her in 1999. Dorothy is survived by her children, Carelle and Pastor Peter Colquhoun (Brisbane, Qld), Sherron and Tony Anderson (Caloundra) and Ross (Perth, WA); five grandchildren; and seven great-grandchildren. Dorothy lived a long, generous life in service to her family, her church and others. She taught children in Sabbath school, visited the elderly and led the Dorcas welfare ministry providing for the practical needs of those locally and overseas. Dorothy was unwavering in her faith in Jesus and the promise of His second coming.

Roger Millist



**COWELL,** George David, born 18.2.1930 in Newcastle, NSW; died 11.2.22, just one week short of his 92nd birthday. On 18.12.1950 he married Shirley Mason. George is survived by his wife; children, Simon, Angela and Susan; seven grandchildren; and seven great-grandchildren. As a boy growing up near the beach he loved to surf and excelled at swimming and rugby. He was invited by a friend to a social event at the Hamilton church where he met Shirley. As a school teacher and principal, David had to move to many different locations in NSW, and when the family eventually settled in Wahroonga, David and Shirley became active members of Fox Valley church. In his

retirement David filled a voluntary teaching position at an English-language Adventist school in Bangkok, Thailand. We will miss his beautiful smile and gentlemanly presence.

Garth Bainbridge

**DAWKINS,** Roger Keith, born 24.8.1941 in Glasgow, Scotland; died 1.2.22 in Narre Warren, Vic. On 29.9.1974 he married Janet. He was predeceased by his daughter Rose-marie. He is survived by his wife; children, Elizabeth and Vito Pignatro (Warrandyte), Carolyn and Mark Horgan (Yarragon) and Keith. Roger will be remembered as a fine Christian gentleman who loved and served God with a passion and was instrumental in establishing the Jewish Heritage Institute as an outreach to the Jewish community in Melbourne. Roger served in a number of roles in local churches, was a devoted family man and witness to his love of Jesus.

Barry Whelan



**GILLESPIE,** Katherine Constance (nee Hargreaves), born 12.8.1931 in Sultanabad, Iran; died 9.2.22 in Melbourne, Vic. On 10.8.1955 she married Ron, who predeceased her in 2016. She was also predeceased by her sister, Caroline Butler in 1990. She is survived by her daughters, Karen (Warragul) and Julie (Melbourne); son, Mark (Melbourne); brother, Roger Hargreaves (Melbourne); and sister, Margaret Siezien (Port Alberni, Canada). Kath was a long-time member of the East Prahran church. She met her husband, Ron at a church camp in Tasmania where they fell in love, and were later married in Wahroonga. Kath was an accomplished nurse. After training and working at Sydney Sanitarium and Hospital she relocated to Melbourne and continued her nursing career while raising her family. Kath's optimism and determination in life were an inspiration to all who knew her. How incredibly blessed we were to have had Kath in our lives, as either a mother, sister, aunty or friend.

Ben Townson

Sunnybank Private Hospital, Brisbane. On 20.4.1965 she married Spencer at the South Brisbane church. Delma is survived by her husband; children, Liesl Hales, Angela and Guy; sister, Sylvia Behrens; brother, Pastor Reg Harris (all of Brisbane); and eight grandchildren, Stephen, Storm, Kobe, Dakota, Heaven, Coen, Summer and Skyla.

Bob Possingham



**PASCOE,** Pamela Yvonne, born 24.10.1948 in Mont Albert, Vic; died 5.2.22. On 17.2.1979 she married Stanley Ernest Pump, who predeceased her in 2010. Pam is survived by her brother, Brian and Gwen; nephews, John and Leon; and niece, Donna. Pam attended Mont Albert church then transferred to Ringwood church. Pam and Stan moved to Paynesville in 2009 and attended Bairnsdale church where Pam was actively involved with the Gems and Jams opportunity shop and sponsoring eight children in Myanmar. Pam's friendly manner and loving spirit will be sadly missed by her immediate family and church family.

Rian van Deventer



**PEET,** David, born 1.8.1946 in Perth, WA; died 23.1.22 in Bungulla. Davo was predeceased by his father, Percy; mother, Joyce; and sister, Wendy. He is survived by siblings, Heather (Busselton) and Marilyn and Craig Baldock (Sydney, NSW). David's world fell apart in his early 20s when he developed AS which left him partially crippled. The intelligent, active, fun-loving youth faced many losses, but with surgery and the support of family and friends went on to live a full and purposeful life. A brilliant inventor and engineer, he loved life and social interaction with family and friends

Roger Millist



**SOWDEN,** Laurice (nee Speck), born 3.2.1929 in Newcastle, NSW; died 10.2.22 in Adventist Care, Rossmoyne, WA. On 17.12.1947 she married Terence, who predeceased her in 2011. She was also predeceased by her brother, Ormond Speck; daughter, Cherie; grandsons, Wesley Ackland and

James Nuttall; and granddaughter, Claire Nuttall. Laurice is survived by her children, Gaye Ackland (Henrietta, Tas), Gil (Bunbury, WA), Del (Perth), Heather Nuttall (Nowra, NSW) and Andrea (Perth, WA): 11 grandchildren; and 23 great-grandchildren. Laurice grew up in a family committed to Christ and service to others, and consistently and joyfully modelled that same commitment throughout her life. As a family they served the Church in practical ministry roles in Fiji and later Western Australia. Laurice was a talented, resourceful, hospitable, compassionate and caring Christian lady who always had a smile on her face. Her active contribution to, and involvement in, her family, church and community will be long remembered.

Roger Millist

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## Positions Vacant

### ADMINISTRATIVE ASSISTANT, CORPORATE SERVICES WAHROONGA, NSW

The South Pacific Division (SPD) is seeking interest from experienced, efficient and dedicated individuals for this full-time or part-time position supporting the work of Corporate Services (60%FTE) and/or Financial Services (40%FTE). This role will be responsible for direct client liaison and support, document and meeting management, as well as general office administrative support. For full details please visit <adventistemployment.org.au> or email <hr@adventist.org.au>. To apply, please email a cover letter addressing the selection criteria, your CV, three work-related referees and the contact details of your Adventist Church pastor, to <hr@adventist.org.au>. Only those who have the legal right to work in Australia will be considered for this position. Applications close March 31, 2022.

### ASSISTANT MANAGER, CAMP HOWQUA HOWQUA, VIC

A full-time position has become available as part of the management team at Camp Howqua. Camp Howqua is an educational, recreational and camping facility owned and operated by the Seventh-day Adventist Church. The position is "hands on" with an outdoor lifestyle. The successful applicant will have extensive all-round building/machinery maintenance experience and will be able to demonstrate outstanding customer relations skills across a diversity of ages and cultures. The possession of recognised outdoor qualifications such as high ropes, canoeing etc would be a distinct advantage. Onsite accommodation is provided. Applicants must apply in writing, possess the job description mandatory requirements and address the key selection criteria, as well as provide their resume complete with references. To apply please contact the Camp Howqua manager on (03) 5777 3509 or email <howqua@adventist.org.au>. The administrative committee reserves the right to interview and fill the position before the closing date. Applications close April 11, 2022.

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