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Our Hearts Are Not The Enemy

What's your heart
trying to tell you? ¹⁴

"Mission refocus" the theme
of SPD end-of-year meetings ⁵



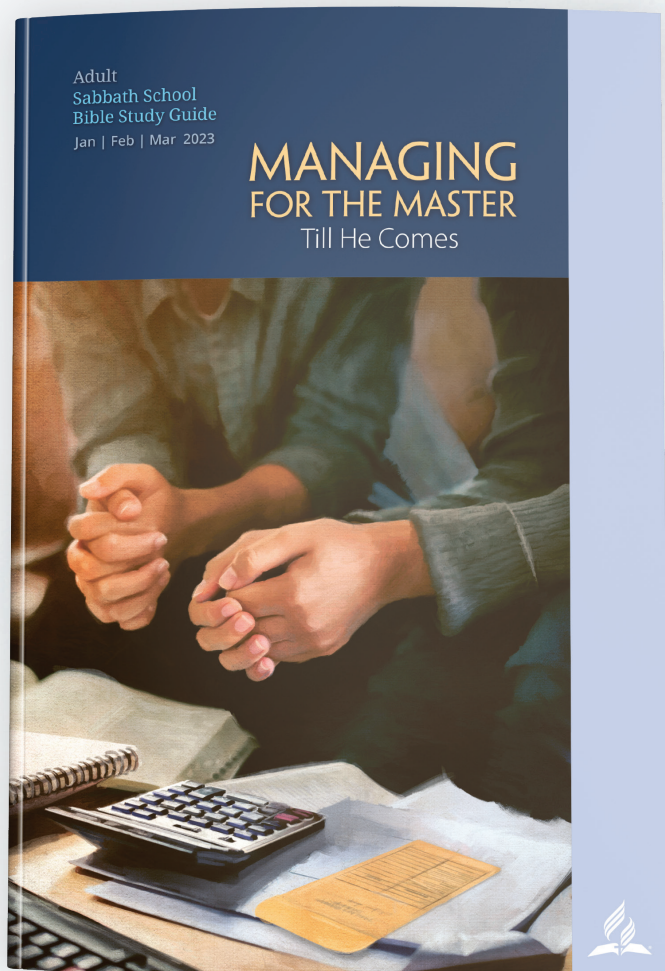
PRINCIPLES & PROMISES

2023 Q1 LESSON STUDY ON STEWARDSHIP

Managing for the Master presents in practical detail the biblical principles of money and life management. Following God's plan in all areas of life brings us many promised blessings and enhances our service to Him.

Two-thirds of Jesus' parables address our relationship with money, material possessions, and our attitude toward them. In the Bible, there are well over two thousand references that deal with this topic, twice as many as the references to faith and prayer combined. Obviously, God wants us to have a proper relationship with money and to manage it in a way that advances His Kingdom.

As God's children, we have been given the privilege and responsibility of caring for Christ's resources here on earth. His Word promises us that managing those resources, according to His time-tested methods, can lead us into the fullness of life that we all desire. May we all be blessed in 2023 as we study His Word, live according to His principles and experience His promises.



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EDITOR'S NOTE:

One in eight billion

Jarrod Stackelroth
Editor

“

God knows every one of the 8 billion people on this planet. He is the only one who knows the exact number of people at any given time and He loves and cares for all of them.

I started writing this on November 15, the day the United Nations projections estimated the world's population would tick over 8 billion. I'm not really a numbers guy (it's why I write)—although others in my family are more into the finance side, I'm definitely sticking to the humanities. However, statistics have often caught my interest, especially when they tell us a story about trends, human behaviour or give some insight beyond the expected or obvious.

So when I heard, on my morning commute, that the significant milestone of 8 billion would be reached, it caught my attention. I don't know about you, but a billion is a unit of measurement that my brain can't really comprehend. The stats tell an interesting story. Earth's estimated population (all of these figures are projections and estimates) exploded in the past 200 years adding 7 billion to its number. It is now increasing by a billion every 10 to 15 years. But that growth will slow and start to reverse after a predicted peak of 10.4 billion in 2080.¹ Why? Because people are having less kids and populations are living longer, all indications of a shrinking society.

For now, we'll leave aside questions of how many people the world can actually sustain and speculation over what might happen in the future that might impact population numbers (war, famine, diseases). This editorial could go in that direction. But for now I'm interested in the faith and evangelism implications of these numbers.

Christians often claim the gospel will reach all the earth before the end of the world based on something Jesus said in Matthew 24:14. What it actually means to have it "preached in the whole world" could be debated. As a child, I understood it to mean to be that the Adventist message would have to be preached to the whole world. Not only that, but that before the very end, everyone would have a choice to become an Adventist or not, and by extension, if we could make that happen, give everyone in the world a choice, then Jesus would come back. In other words, although no-one knew the time or the hour, we could force Jesus to return, if we did the work. If that was the case, the situation looks pretty hopeless.

According to data, the world population of Christians is around 2.3 billion (or was in 2020)—a little over a quarter—meaning it is the largest religion in the world. But it has not been growing at the same rate as the population, and due to birth rates in other groups, is not the fastest growing. That means there is a long way to go before the gospel is proclaimed to every nation, tribe, tongue and people (Revelation 14:6) and we are losing ground.

There are 70 people for every Adventist in the South Pacific Division although some areas have a much higher ratio and some far less (see page 6).

Thankfully the work is not ours alone because statistically it seems impossible. It is a supernatural mission with a supernatural agent assisting us.

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth" (Acts 1:8).

We are called to be witnesses. The power comes from God.

God knows every one of the 8 billion people on this planet. He is the only one who knows the exact number of people at any given time and He loves and cares for all of them. That's huge to think about. We often personalise the gospel but God loves and knows every being, Christian or not. He's committed to reaching them.

Does that mean we should give up? No. We are called to be willing and available. More than that we can be faithful in our spheres of influence and with the blessings we've received. We're called to be faithful servants, good stewards, with our time, talent and money. To control what we can control and do the best and most with what we are given.

In the face of a seemingly insurmountable task, we are all called to break it down to one person at a time. Who can we share our joy, peace, presence and the gospel with?

1. <abc.net.au/news/2022-11-13/earths-population-reaches-eight-billion-people/101643854>



INSIGHT:

Leadership burden

Glenn Townend
South Pacific Division president

I thank God for and admire the church leader colleagues I work with in the SPD. In the past few weeks I've spent most of my time with other church leaders. That is not unusual as that is my role—supporting, challenging and learning from the other SPD officers and ministry leaders, union presidents and institutional leaders.

The COVID-19 pandemic has brought challenges—in some entities there is explosive growth and the challenge is keeping up with the personnel, resources and infrastructure to keep moving ahead. In other entities the challenges are adjusting to the changed environment and continuing a viable ministry entity. Each of the entities have complex issues to deal with every day.

I used to wonder why Moses was so reluctant to follow God's call to lead Israel out of Egypt. After all God spoke directly to him, including a fire spectacle and said that He would meet Moses' and Israel's needs as they journeyed (Exodus 4-6). I don't wonder any more, because of my colleagues' experience and rereading Exodus, Numbers and Deuteronomy recently. Humanity's nature has not changed.

I hear of the sleepless nights, the joys of explosive growth, the heartache of having to farewell colleagues, the complex situations that seem to be lose/lose for all involved, the family stress, the never-ending schedules of meetings, travel and the high (sometimes unrealistic) expectations of those we serve . . . Leadership is not for the faint-hearted.

Each of the leaders I work with is deeply spiritual and mission-oriented, they have incredible strengths in skills, giftedness and experience but like me they have some blind spots and weaknesses too. In the rigour of the work before us we do our best to support each other.

It takes inward perseverance and outward encouragement to keep saying "I Will Go" and keep the Church and its entities focused on God's purpose and mission. Thank you for praying for the leaders of the Church at every level—it means a lot and brings untold blessings. "Have confidence in your leaders and submit to their authority. . . Do this so that their work will be a joy, not a burden . . . Pray for us. We are sure that we have a clear conscience and desire to live honourably in every way" (Hebrews 13:17,18).

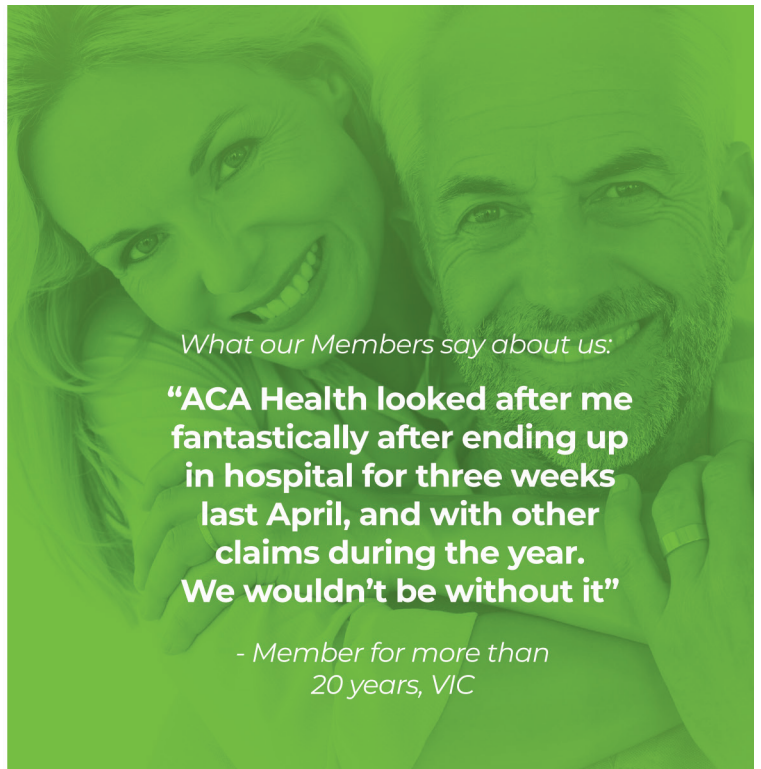


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General Conference representatives Ray Wahlen, Pastor Hensley Mooroooven and Pastor Ted Wilson with committee members at the recent meetings.

‘Mission refocus’ the theme of year-end South Pacific Division meetings

📍 **Wahroonga, NSW** | Tracey Bridcutt

“Mission refocus” was the theme of the year-end meetings of the South Pacific Division (SPD) Executive Committee on November 9 and 10.

Due to the pandemic, it was the first face-to-face meetings of the committee held in three years. General Conference president Pastor Ted Wilson, under secretary Pastor Hensley Mooroooven and under treasurer Ray Wahlen attended the meetings, alongside committee members from across the South Pacific, including Papua New Guinea, New Zealand, Fiji, American Samoa, Vanuatu, Tahiti, Cook Islands and Kiribati. A small number also joined the meetings via Zoom.

The two full days of meetings included reports by leaders of the Division unions, institutions and departments and times of reflection, prayer, re-connection and making new connections. Each day started with worship, presented by Pastor Wilson on Wednesday and SPD president Pastor Glenn Townend on Thursday.

There was discussion on some of the challenges the SPD is facing, with Pastor Townend identifying the biggest mission challenge as reaching people in the big cities of Australia and New Zealand. However, while membership growth in

the cities may be slow, overall the SPD is doing well in terms of the number of Adventists compared to the total population. It currently sits at one Adventist for every 70 people in the SPD.

“In parts of the world there is one Adventist per thousands of people and that’s the mission challenge,” Pastor Townend shared.

“And one of those areas is our neighbouring division, the Southern Asian Pacific Division (SSD), based in the Philippines. The Philippines itself is very Christian, lots of Adventists there, but the rest of [the countries in the region] are dominated by Islam, Hinduism and Buddhism.

“Our officers and union presidents met with their officers and union presidents and we told them that we want to send missionaries from the South Pacific to their territory and the SPD will pay for it because their mission field and their mission need is far greater than ours.”

Pastor Townend believes the cross-cultural experience of serving in the SSD will be beneficial to both the individual and the SPD when they return.

“The aim is to reinvigorate the Adventist mission spirit in every part of the Church,” he added.



A number of administration offices and classrooms were destroyed.

Adventist school devastated by fire

📍 **Kauma, Kiribati** | Tracey Bridcutt

A fire caused significant damage to Kauma Adventist High School in Kiribati.

School principal Tekemau Ribabaiti awoke about 12:45am on November 2 after hearing a loud, intermittent crackling noise. Looking outside, he saw that a fire had erupted at the school. Soon after, he arrived on-site where a large number of people, including students and teachers, had already gathered and were frantically trying to put out the flames using buckets filled with water from local wells.

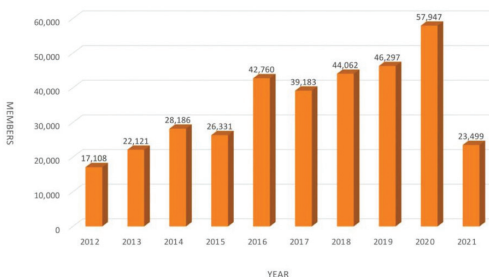
The fire was eventually extinguished but not before it had destroyed a number of offices and classrooms, including

computer and science laboratories. Printers, computers, tables, chairs, textbooks and other equipment were lost, however the school library was saved.

Kauma Adventist High School is the main Seventh-day Adventist educational institution in Kiribati. The co-educational high school offers education from junior level to form seven, drawing its students from across the Kiribati group of islands. It currently has an enrolment of almost 500 students and a teaching staff of 34.

Trans Pacific Union Mission education director Mele Vaihola has asked church members to keep the principal, teachers and students in their prayers.

2012 - 2021



SPD baptisms and professions of faith from 2012 to 2021.

Latest membership data shows drop in church growth rate

📍 **Wahroonga, NSW** | Tracey Bridcutt

Latest membership data for the Seventh-day Adventist Church shows that the Church's growth rate fell significantly between 2020 and 2021. The pandemic is believed to be one of the contributing factors. Another, reportedly, is election season in Papua New Guinea.

In 2020, there were 57,947 baptisms and professions of faith in the South Pacific Division (SPD), but this fell by more than half to 23,499 in 2021, according to the SPD Executive Committee Secretary's Report.

"As of 2021, the kingdom growth rate was 0.77 per cent compared to 7.85 per cent in 2020—that's a significant drop," said SPD senior accountant Praveen Saggurthi.

In some places the church found it difficult to adapt to ministering to people because of COVID-19 restrictions.

In the 2012-2021 period, SPD membership grew from 401,000 to 612,590.

Currently, there is one Adventist for every 70 persons. By far the largest number of members come from the Papua New Guinea Union Mission (64%), followed by the Trans Pacific Union Mission (22%), Australian Union Conference (10%) and New Zealand Pacific Union Conference (4%).

Looking to the future, the SPD is projecting a membership of 924,000 in 2031. However, member retention continues to be an issue. The net loss rate is 28 per cent—for every 10 people who join the Church, three leave.

"Three is three too many," said Division secretary Pastor Mike Sikuri.

Another significant challenge is keeping up with the rapid growth of the Church in Papua New Guinea, where there's only one pastor for approximately every 500 members. This compares with one pastor for every 150 members in Australia.



The ribbon-cutting ceremony.

ADRA Morisset Op Shop becomes one of the largest in Australia

📍 **Morisset, NSW** | Ashley Stanton

The ADRA Morisset Op Shop celebrated its expansion and renovation with an official re-opening celebration on Sunday, November 6. The op shop is now the sole occupant of a warehouse with over 2000m² of floorspace, making it one of Australia's largest op shops.

The celebration, attended by State Member for Lake Macquarie Greg Piper and Councillor Madeline Bishop, included the official cutting of the ribbon, appetisers, activities for children and the opportunity to enjoy the new space.

The ADRA Morisset Op Shop first opened its doors to the public in August 2020. Since then, it has become a flagship of bargains, support and generosity within the community.

"The op shop is completely staffed by volunteers who have put an incredible amount of work into expanding it over the last months," said op shop manager Paul Rankin. "We currently have just

over 150 active volunteers involved."

In the first two years of operation, the op shop generated nearly \$A1.1 million in revenue. After paying for overheads, including rent and utilities, the funds were channelled back into local community projects, including: 12 scholarships for Morisset High School students to attend Avondale University and the University of Newcastle; a \$A40,000 contribution to the Northern Rivers flood relief; and support for the homeless in the Lake Macquarie region, including care packages and shower, toilet and laundry facilities.

"The ADRA Op Shop in Morisset has been such a blessing for the local community," said Gordon Coutts, national retail manager for ADRA Australia. "Op shops are uniquely positioned to help provide quality, affordable goods to customers while also supporting local community projects through the proceeds."



Division CFO Francois Keet presenting at the DEC meetings.

New funding model to maximise mission

📍 **Wahroonga, NSW** | Tracey Bridcutt

Changes to the South Pacific Division's strategic funding model are designed to maximise mission impact, according to CFO Francois Keet.

Presenting the SPD CFO's Report to the Division Executive Committee meetings, Mr Keet said the Division changed its strategic funding model at the start of the 2020-2025 quinquennium to "address flaws that appeared in our previous model".

"We found there was not too much creativity [under the old model]," he said. "Further, the focus was on the delivery of smaller projects only really impacting a small number of people in small geographical areas. Ministry was compartmentalised into financial periods. From the incubation of a project, it could have taken two years before funding was made available."

The new funding model addresses these issues, with 50 per cent of funds "now directly in the hands of the unions as that is where the action is, not at SPD level", explained Mr Keet in his presentation.

"They (the unions) ensure projects are then agreed by all their conferences and missions, from a bottom-up perspective. Our aim now is to target larger projects impacting the whole of the union resulting in fewer but much larger projects with the potential for much larger outcomes."

Mr Keet said innovation has been prioritised with the appointment of roles specifically targeting innovation and allocating 10 per cent of funding to these roles. Another key priority is frontline workers who will lead in areas like church planting and establishing centres of influence.

"We plan to start a Centre for Discipleship and Evangelism at Avondale next year that will prepare frontline workers to support this shift in focus," Mr Keet said.

"[We are] looking at projects on a quinquennial basis with approval points right through the year rather than once a year and limited to financial budgets, which makes funding available right from the start when everybody is still excited about the project and has the drive.

"It's just a start, but we hope to see great outcomes as we change the funding model for our projects."

Mr Keet shared that tithe levels had been sustained during the pandemic, however mission offerings continued to decline.

"[Giving to mission] is the indicator of, are we really committed to mission," he said. "And it has gone down to levels [where] we recognise we have got to change our focus and turn things around."

making headlines

Bicycle repairs

Santa Barbara Adventist Church (US), in collaboration with the local county, have installed a bicycle repair station for the community. Local church member Tesryl Stoute was inspired to install the station after watching a YouTube video of a man with a flat tyre. "The church sees a lot of cyclists on the Obern Trail, and we thought it would be nice to contribute to the community in a way that could help people like the man in the video," he said. —**SB Independent**



Art-ventist

One of the featured presentations at 2022 GAIN Europe was from Artventist, an online community for Adventist artists and creatives. Aiming to cultivate creative expressions of Adventist faith and the arts, the platform is open to membership for anyone looking to connect, share and network with a global creative community. —**AR**

Treating hypertension

The Adventist University of the Philippines took home the silver medal for a presentation made at the International Society of Hypertension in Japan, which stood out as the only research study to showcase lifestyle intervention in treating various hypertension cases. The study focused on lifestyle intervention's impact on a person's body weight, body mass index (BMI) and blood pressure. —**SSD**

Put on a happy face

A new study has shown that by posing our facial muscles in a smile we can feel happier. Collecting data from 3878 participants across 19 countries, the study found a noticeable increase in happiness from people who mimicked smiling photographs or pulled their mouth toward their ears. —**UniSA**



Faith lessons from Noah

After being postponed twice due to COVID-19 restrictions, South New Zealand Conference Adventurer Fair Day finally happened on November 6. Around 160 Adventurers and staff from across the South Island gathered at Pascoe Park in Christchurch for a day of fun activities, uniform inspections, marching and growing spiritually. The day was themed "God's Promise" and each activity had a theme that followed the story of Noah. "The Adventurers had a fun-filled day learning new skills, making friends and learning that God always keeps His promise as He did for Noah," said SNZ Adventurer director Edwina Davis. —South News



Fired up for mission

More than 100 chaplains from across Australia gathered at Kingscliff Adventist Church (NSW) for the Australian Union Conference (AUC) Chaplains' Convention from October 16 to 20—the first since COVID-19. Amongst the attendees were two special guests from the Trans Pacific Union Mission (TPUM)—ministerial secretary Pastor Linray Tutuo and education director Mele Vaihola—who were keen to gain insights into chaplaincy services provided within the Australian context. The event included prayer and worship programs, inspiring presentations and workshops. Chaplains had the opportunity to connect, share and be encouraged. Joshua Carnie, a chaplain for the Greater Sydney Conference (GSC), said, "I have never been to a convention where I have left so fired up and equipped for mission in my context." —Kymberley McMurray



Big celebration

Bendigo Karen Seventh-day Adventist Church in Victoria celebrated 13 baptisms and four professions of faith on October 29. The special occasion was witnessed by family members, friends and church members. Also attending the event was Australian Union Conference secretary Pastor Michael Worker, who presented an inspiring message during the main service and performed the baptisms—**IntraVic**



Visiting PNG

South Pacific Division president Pastor Glenn Townend recently visited the Jiwaka province in Papua New Guinea. Accompanied by PNG Union Mission president Pastor Malachi Yani, Western Highlands Mission president Pastor Luke Nathan and his team, they visited a church that was built as a result of a small group, addressed the church family and checked out a centre of influence in Minj. In the evening, Pastor Townend preached at the Kimininga Seventh-day Adventist Church in Mt Hagen. —**PNGUM Facebook page**



Creativity boost

Aiming to empower and encourage Adventists to be more creative and innovative in their worship and outreach, the South Queensland (SQC) Creative Conference took place at Springwood Seventh-day Adventist Church (Brisbane) on October 21 and 22 for its third year.

Organised by SQC visual communication officer Charmaine Patel, the event was also livestreamed on Facebook and YouTube and featured a series of keynotes and practical presentations by Adventists who use media and creativity in their professional or personal spheres.

Presenting at this year's conference was Patrice Patel, who shared what God is doing through the charitable arm of her performing arts company Gobsmaucked Productions/ Gobsmaucked Ministries in New Zealand.

The line-up of speakers and topics also included Tyler Colquhoun (drama), Tyrone Adamson (songwriter), Darelle Hunt (children's ministry), Annalise Cherry (Bible journaling), Leighton Hedges (stage atmosphere), Music Room (songwriting), Steve Kane (mentorship) and Bethany Pefu (community and the value of small groups).

"Thank you to these individuals who use their gifts to glorify God. We were blessed by the workshops and I pray everyone can take their pearls of wisdom and implement it back into their local churches and communities," said Charmaine Patel. —**Juliana Muniz**



Reaching the young

Logan City Samoan Seventh-day Adventist Church in Queensland celebrated the baptism of eight young people on Sabbath, November 5. The baptisms were a direct result of a baptismal Bible study group hosted by the church pastor Samuelu Afamasaga. According to church member and communications leader Georgina Paletaoga, instead of running their regular outreach initiatives to the community, the focus of the personal ministries department this year was to "target and help our very own young people within our church". —**Juliana Muniz/Georgina Paletaoga**



Stomping out diabetes in Nauru

Aiming to transform lives through healthier lifestyle habits, the 10,000 Toes Campaign is now bringing help to the remote Pacific nation of Nauru, where 71 per cent of the population is obese. The island's 10,000 residents face alarming statistics with an average life expectancy of 39.5 years for men and 48.5 years for women. Receiving initial funding from the World Health Organisation to assist in the launch of their Diabetes Awareness Campaign, 10,000 Toes is already training health ambassadors, conducting community screening and diabetes testing, and running healthy cooking and gardening classes and the Live More Abundantly program. "It's the first step and we have a long journey ahead, which is why we need your help," said Campaign coordinator Pamela Townend. To help visit 10000toes.com. —**Record staff**

Prayers, Sweat and Tears



His breath reeked of alcohol and his face was rough with stubble, as he shuffled along the street.* He stopped next to a small church, and looked up at the stained-glass windows, smooth and colourful in the dim street-light. In a flash, he picked up a rough brick, and threw it through a side window, and a sharp, tinkling sound of glass smashing and falling, broke the silence of the peaceful night. He threw something else, and a spark caught on.

There was a loud crackling as bright flames leaped at the sky. Before long a siren wailed, and water was launched into the blazing inferno, but it was too late. The little church was gone, burnt beyond repair, along with almost everything inside—a blackened, charred hull, stained with the smell of smoke.*

In 2006 the local papers in Windsor, NSW, carried the news of the Adventist church that had been destroyed by an act of vandalism. Thankfully, although the police never found the culprit, the church was covered by insurance. Another blessing was that the church hall was separate to the main building and hadn't been destroyed, so the members were able to continue meeting there.

At first, they simply imagined rebuilding the church in exactly the same design as before. However, it had been designed when Windsor was a small country town, and Windsor was now busy and bustling with growth. It wasn't long before the church members had a different vision.

They imagined a spacious foyer where they could welcome people; a large sanctuary space with a high ceiling and plenty



of pews to fit all the worshippers; they imagined having plenty of rooms for the children's Sabbath school classes. With the door of opportunity now open to them, they re-imagined and the pastor, who happened to enjoy designing, built a mini wooden model with working lights to make their dreams more tangible.

After agreeing on a design, an architect drew up some plans. After three years of paperwork, they started construction. They were blessed to have a builder in the congregation, and the members and pastor also pitched in and did as much of the work as they could, tearing down much of the gutted structure with their own hands. After five long years of waiting, their church was finally ready.

The old church was charming and historical, but the new church is modern, spacious and full of light. Just as they had imagined, it has a large foyer that runs around the sanctuary space, with a screen that shows the sermon. It has plenty of rooms upstairs for the children's Sabbath school classes, and a large sanctuary space inside that has a gentle slope and can fit over 120 worshippers.

It is also graced with artistic beauty, as the pastor happened to do glass-blowing as a hobby.

There are hanging lights at the front of the church made from blown glass in varying colours. They can be lowered to change the bulbs. He also made a pulpit, using a piece of wood salvaged from the burnt church, and a five-panel stained glass window at the back of the sanctuary, depicting Jesus with a lion and a lamb, highlighting Christ as Priest, Sacrifice and

King. There are many other features that make the church a welcoming, light and beautiful space.

Since the night the church went up in flames, and the tearful morning when it was a smouldering shell, years had passed. Through the prayers, sweat and tears of the church, God was able to work everything together to give them the opportunity to raise up something better than they had at first imagined.

Today the new church stands as a testament to how God can work all things together to bring something profound out of tragedy. And isn't God just like that? He is waiting at the doorway of our tragedy and loss—in the midst of our cold ashes, to lead us into something new—something more than what we could ask or imagine.

What is the worst loss in your life? Have you lost your job; your health; your savings, or worst of all, a loved one? Perhaps you've lost an opportunity that you can never get back, perhaps a moment when you should have done or said something different. What seems the worst loss of your life, could be your greatest opportunity, if you continue trusting Him, take the opportunities He gives you and work with them, and trust your life into His hands, for Him to work everything together for good.

Out of what seemed like cold, barren ashes, something new and beautiful grew. That is a picture of what God wants to do with your loss and tragedy.

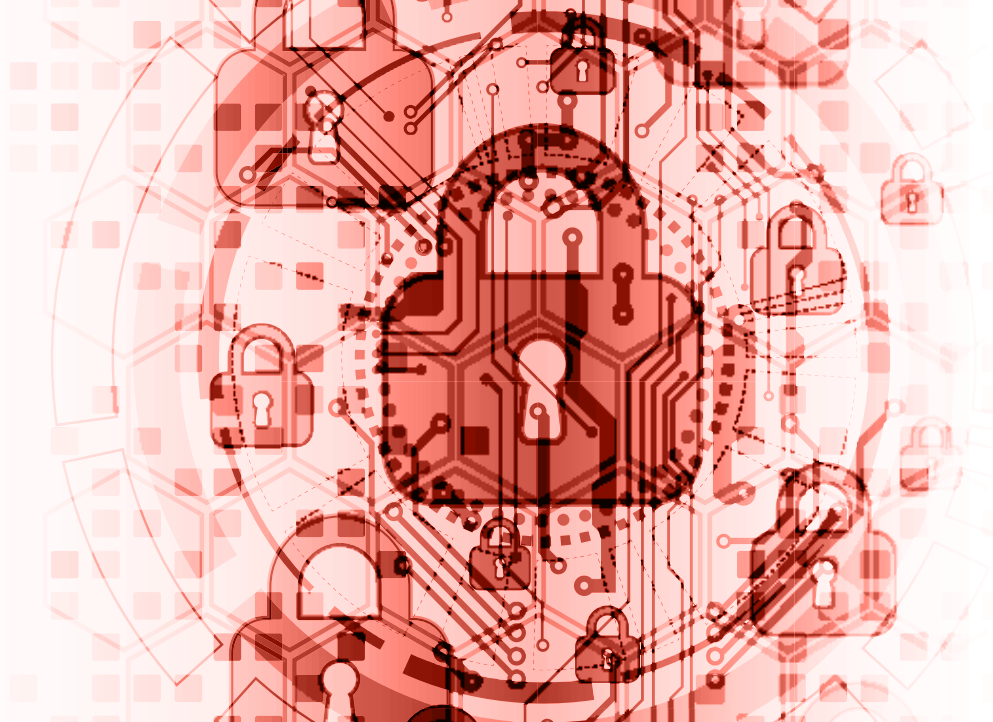
*as the culprit was never found, artistic licence has been taken at the beginning of this piece.



Leesa Briones

writes from Port Macquarie, NSW.

Staying Safe Online



Recent cyberattacks affecting prominent Australian businesses have highlighted the importance of continuing to improve the measures we use to keep church members' data safe. The security of your information is our top priority and we want to update you on what we're doing to ensure your details are protected.

We have developed a new cyber security team at the South Pacific Division which is focused on ensuring the security of our systems and safety of our data. We know how distressing it is to have confidential information leaked as many of us have personally been impacted by the recent high-profile data hacks, and this further motivates us to ensure we are doing everything we can to keep your data protected.

On a technical level our systems, including eGiving, membership and tithes and offerings, are constantly monitored by our team for any suspicious behaviour. We are checking and testing the robustness of our security every day and use industry leading partners and standards to secure our systems and apply updates to our systems promptly. We have rolled out multi-factor authentication and block access from high-risk countries and ensure our test systems only contain random test data.

Our systems are only as secure as the authorised people who manage and use them. In recent breaches we have learned that lost passwords were a key factor, so we tirelessly encourage our staff and users to practise good password guidelines like using a complex password and to use a different password on each site as well as enabling multi-factor authentication.

We are working tirelessly on ensuring we have good governance in place to look at all our risk areas and put in place policies and controls to minimise these risks. Key learnings from the recent high-profile breaches have provided additional focus on what data we need to store and for how long to ensure we only keep information that is relevant and necessary to provide these services to our valued members.

In short, we strive to ensure our technology and the controls we have in place are keeping your personal information safe. With the increase in cyberattacks across the community, we all need to work together to be vigilant and remain alert and ensure our devices are up to date.

Here are some tips on how to stay safe online:

-  Change your passwords regularly, for all your online accounts. **TIP:** Use a password manager.
-  Use strong passwords and don't use the same password across multiple websites or apps.
-  Be wary of unexpected communications or messages.
-  A message, email or phone call may appear to be from a company you use and trust—don't click on links, open attachments or provide information if you have any doubts at all. It's a good idea to double check, by contacting them directly by phone.
-  Ensure you're protecting your devices by keeping them updated with the latest software. Make sure you have automatic updates turned on.
-  Be careful about what personal information you share online—birthdays and pets' names can give clues about your passwords and photos might identify your location or those of your loved ones. This information can be used by scammers to try to convince you to click on or open a link.

Thanks for helping us keep your information safe.

Matthew Mulligan

Manager of Cyber Security and Governance
at Adventist Technology, South Pacific

Bean salad

This go-to dish is simple and tasty, a great addition to any spread, usually can be thrown together quickly, before church with the ingredients in the cupboard.

Nut loaf

Now this one might be polarising. It is found at every potluck but may not be favoured by many. Certain to be healthy, may not be tasty, this dish ranges from cardboard to please can I have some more.

Mystery patties

A versatile and tasty morsel, these round rissoles can be oat, rice, gluten or casserole mince based (or a combination). Occasionally they're bland and fall flat but most often a winner. And, like the nut loaf, it's always hard to tell what they're made of and how they'll taste. You've just got to dive in.

Seven-layered dip

A great dip is perfect on a potluck table. Carrot sticks, cucumber, celery, corn chips all lift with the right dip. This dip is the king of dips, usually with a Mexican theme (refried beans, guac, salsa, corn, sour cream, cheese, spring onion).

Aunty Ethel's lasagne

You know the one. The perfect mix of cheese, sauce and pasta, not filled with undercooked or pesky vegetables. Lasagne is a go-to at any potluck and sometimes there are more than one, but there is always a superior one.

Taro

A staple throughout the Pacific, you could replace taro with green bananas, cassava, kumara or breadfruit but you need a starch that goes with everything, cooked in coconut cream. A must-have dish. Count yourself doubly blessed if you also get taro leaves and coconut cream (palusami) to go with it.

Potato salad

This staple dish is also simple. If you're lucky enough to be lunching with Cook Islanders, you may be treated to a pink variety which has added beetroot. It's not only more fun but tastes great! Eggs optional. A variation is curried potatoes.

Vegetarian

chow-mein (stir fry)

Noodles, vegetables, tofu. Simple yet tasty and can bring spice and flavour to any lunch. Many varieties and combinations but always good.

Something overly cheesy

Not squarely in the health message but always there to tempt the unwary. Might be a potato bake or some other concoction, but you know you'll pay for this dish later.

Club sandwiches:

cheese and gherkin, egg and lettuce, a number of combinations can work well but the key thing is to have at least three layers, then you know you've made it.

What is your go-to dish? Did it make the list?
What did we miss? Tell us at editor@record.net.au.

OUR HEARTS ARE NOT THE ENEMY

Have you ever wondered how the heart became the embodiment of our feelings and emotions? Why when we experience rejection or loss we talk about our hearts breaking as if they're a fragile piece of pottery or a freshly severed wound? Or why when we think of our future we consider the direction our hearts are nudging us to go?

It might make a little more sense if we replaced the heart with the mind or brain, but the heart is an organ that's main role is to pump blood through the body. Yet cultures around the world have revered it as the emotional seat of the soul: a symbol of love, romance, sadness, fear and courage.

We don't always have a positive association when we think of the heart from a biblical lens. The verse that often gets cherry-picked when someone is experiencing negative emotions is Jeremiah 17:9, which says the heart is "deceitful above all, irreversibly sick, who can even understand it?"

But this verse gets confusing when we read others like, "Trust in the Lord with all your heart" (Proverbs 3:5), and if you "believe in your heart that God raised [Jesus] from the dead, you will be saved" (Romans 10:9). How can the thing that helps us connect to Jesus and be saved also be the most deceitful thing? What does it mean if the thing we've invited Jesus into is also the thing we can't trust?

When we think of our hearts, we tend to think of the place our feelings and emotions reside. For a long time, psychologists believed our feelings were purely mental expressions generated by the brain. But recent HeartMath studies show our emotions change the signals the brain sends

to the heart and the heart responds in various ways.¹ This explains our physical responses to emotional and mental reactions and why certain emotions stress the body and drain our energy. It also explains why some people experience tightness or pain in their chest or stomach when a relationship ends or a loved one dies.

Early in the musical parody *Book of the Mormon* there is a song that goes like this:

"When you start to get confused because of thoughts in your head, don't feel those feelings! Hold them in instead. Turn it off, like a switch just go click! It's a cool little Mormon trick! . . . When you're feeling certain feelings that just don't seem right! Treat those pesky little feelings like a reading light! Turn it off!"

The song receives a lot of laughter from the audience because people can resonate. If you've been in the Church a while, you might have shared difficult feelings with someone and had them remind you of the condition of your heart, to just stop thinking about something or to quote Scripture until those negative feelings go away. Counsellor Jeff Schulte has observed that often in the church, "We demonise the very humanness of having feelings and see it as an obstacle to spiritual maturity. We believe to be spiritually mature we have to somehow not let our feelings get to us."

Unlike modern psychologists, the Ancient Israelites

"What makes us emotionally unhealthy individuals is not the presence of negative emotions but what we do with them."

mentioned the heart as an organ because they had no concept of the brain. They imagined all human intellectual activity took place in the heart. It was where you thought and made decisions; experienced emotions like pain, fear, distress, rejection and joy; and made choices motivated by desires.² Essentially, they saw the heart as the centre of human existence, as posed in the well-known proverb, "Guard your heart because from it flows your whole life" (Proverbs 4:23).

In the Bible, the heart represents more than our feelings and emotions. The word "heart" can be translated several ways and is mentioned over 800 times. When the Bible speaks of our heart, it's considering three things:

- our mind: our thoughts, beliefs, understanding, memory, judgement, discernment and conscience
- our affections: our longings, desires, feelings, imaginations and emotions
- our will: the choices, actions and decisions we make

When God warns us about our deceitful hearts, He's telling us not to blindly follow our affections. We know our heart's desires can dupe us and send us down the wrong path and that, at times, we have an appetite to do unrea-

sonable or wrong things. That's why we need to balance our desires by bringing our minds and will into harmony, check ourselves and acknowledge that our hearts aren't unfailing compasses. We are a people in progress who still need God's guidance.

What makes us emotionally unhealthy individuals is not the presence of negative emotions but what we do with them. Our instinct is to shun, avoid or pretend they're not there, and when we're told our hearts are deceitful, that can seem like the wisest thing to do. In his book *Permission to Feel*, psychologist Marc Brackett says when we deny ourselves to feel "we lose the ability to even identify what we're feeling . . . we go a little numb inside. When that happens, we're unable to understand why we're experiencing an emotion or what's happening in our lives that's causing it." Such is the result for the characters in *The Book of the Mormon* musical.

When we suppress or ignore our feelings, a long list of unwanted outcomes will likely unfold. Externally in things like anger or blaming and internally in health problems. In extreme cases, repressed emotions and desires can lead to psychological or physiological breakdowns if kept unchecked or formed into a habit.³ We need to learn to know our feelings, pay attention to them and make friends with them. When we do so, we will prevent them from having undue influence over our actions.

Across translations, "heart" is one of the most used words in the Bible, which shows us the level of care and concern God has for them. Yet as evidenced in science, psychology and Scripture, the human heart is incredibly complex and far more than just deceitful. We would be fools to live from our affections alone, but we would also be fools to ignore everything else that our hearts are trying to tell us. When we bring our affections, mind and will together and align them with God's truth, our hearts can be an asset to ourselves and others.

Musician Mike Donehey said, "Emotions are not our enemies. They are like doorposts inviting us to come in and look and see what's behind those emotions . . . gifts that we can explore and be curious about, not enemies we need to defeat or defend."⁴

So next time you're tempted to disregard your heart or turn the light off on your feelings, maybe don't. Leave the light on. Call upon your mind and will, and God's too. Explore. Dig up what's inside and see what it's all trying to tell you.

1. <www.heartmath.org/resources/infographic/mysteries-of-the-heart/>.
2. <[youtube.com/watch?v=aS4iM6KpPYo](https://www.youtube.com/watch?v=aS4iM6KpPYo)>.
3. Brackett, M. (2019). *Permission to Feel: unlocking the power of emotions to help our kids, ourselves, and our society thrive*. New York, Celadon Books.
4. <podcasts.apple.com/us/podcast/emotions-are-not-the-enemy/id1543807168?i=1000509652505>.

Zanita Fletcher
assistant editor, *Signs of the Times*.



Adventist Schools Seek Partnership

The first Adventist school in Australia commenced in two houses on St Kilda Road, Melbourne in 1892. *The Bible Echo and Signs of the Times*, July 1, 1892 records the fervour of the times:

“This move ranks among the most important steps we have hitherto taken in this country. Nothing that has yet been done for the cause in Australasia is designed to impact the efficiency and tone of our work as this school should do. Its influence will be far-reaching in many respects.”

Our Church fathers would be amazed at the far-reaching impact Adventist education has had in advancing the mission of the Seventh-day Adventist Church across Australia. In 2022 there are close to 17,000 young people on 48 school campuses. They are nurtured by 1244 teachers and more than 100 chaplains and counsellors. Parents have reported that they love the caring, safe, values-filled school communities Adventist education offers.

The focus on mission continues to be strong in Adventist schools. When Avondale School commenced in 1897 the *Bible Echo and Signs of the Times* noted:

“The great aim of the school is to lead the student to God. All that will be taught and the methods of teaching will be to reveal God to the students, and thus make them acquainted with the character and dealing of God.”

Today our stated purpose is the same—to reveal Jesus within the context of an authentic Adventist worldview.

At the end of August 2022, more than 100 church and school leaders came together to prayerfully consider how best Adventist churches and schools could form stronger partnerships to reveal Jesus and nurture the many students and families in our schools who value what we offer. The following declaration was unanimously voted at the consultation and is a statement that ushers in a new chapter of partnerships between churches and schools:

“Consultation 2 affirms the role of Adventist education as an integral ministry of the Seventh-day Adventist Church. Further, we acknowledge that the focus of Adventist education must remain clearly set on Adventist identity, mission and quality student outcomes.”

Of the 17 recommendations endorsed at the consultation,



two spoke to the importance of partnership between churches and schools:

1. That strategic focus be given by the Church Limited Boards and School Boards of Directors to create vibrant partnerships between schools and their campus-based and/or local churches.
2. Encourage conference executive committees to develop strategies that ensure churches and schools work closely together to nourish the continuing faith journey of students and their families.

For those who have an Adventist school nearby, what are the opportunities to grow in partnership? Let me share a number of real-life scenarios for prayerful consideration.

Lyn is a lady who has recently faced a challenging divorce. She has a six-year-old daughter and has moved to a location where an Adventist school is nearby. Lyn is impressed by the school and enrolls her daughter. Her daughter loves the school and her teacher and comes home each day singing Christian songs and thoughts. Soon her daughter, Kristy, is asking if she can join her friends at Sabbath school. Lyn agrees to take Kristy to Sabbath school and hopes to find kindness and support in the Christian community.

How can the church family encourage,

nurture and support seekers such as Lyn and Kristy?

Tony and Samantha have two active boys attending an Adventist school. The boys hear their school friends talking about camping adventures and fun with their dads. Tony and Samantha learn about the local Pathfinder club and are keen for their boys to experience the great outdoors and form meaningful friendships outside of school. How can the Pathfinder club nurture Tony and Samantha and their boys?

Ingrid's daughter, Isabelle, is attending an Adventist school and is appreciative of the vegetarian menu offered in the canteen. Ingrid wants to know more about a healthy plant-based diet and offers to volunteer in the canteen. How can the school and local Adventist church support and encourage Ingrid and Isabelle on their journey to live a balanced, healthy lifestyle?

Ellie has joined the teaching team at an Adventist school. She is not an Adventist but loves the caring, supportive approach of the staff and is drawn to know more about the beliefs and lifestyle of her Adventist colleagues. Ellie seeks out the school chaplain and loves learning more about the

Adventist church. Her chaplain studies with her and she joins her peers at the local Adventist church. What can the church community do to nurture and support Ellie in becoming a baptised member of the church? (It is noted that over 100 teachers have come to the Adventist Church through this approach in the last decade).

Pino and Mary are Adventists with a young family. They are finding it hard to make ends meet financially. Many of the church families who send their children to the local Adventist school speak highly of the nurture, care and strong academic program. Pino and Mary would love their three children to be able to attend the local Adventist school, but finance is an obstacle. How could your local church partner with the school to ensure that Pino and Mary's children are able to enjoy the benefits of an Adventist education?

Kylie and Ian have their two boys enrolled in an Adventist school and sent the following note to the principal:

"I'm not sure if you are able to help me, or perhaps point me in the right direction. Since starting at your school I have become increasingly interested and committed to religious instruction and we have decided to support this by joining a church service each week. Neither K or I are religious and have no idea where to start. Are you able to support in any way? Do we need to call ahead, and where do we go from here? Is there a local church you could recommend? Sorry to sound so ignorant, this is all very new to us. Thanks in advance for your help."

How would your church go about welcoming and supporting Kylie, Ian and their boys into your community and nurture their interest in seeking to learn more about Christ?

It is important that we consider ways to address each of these scenarios if we are going to progress stronger church/school partnerships. Each week hundreds of parents sit in school chapels and call it their "church". Adventist education is revealing Jesus to these parents and their children. They love our schools, and we want to see them love our God and our Church as well.

It is fair to say that many schools and churches have tended to drift apart as the reliance on church support has decreased. Adventist Education is seeking to strengthen our partnership with our local churches to ensure there is a seamless transition from our Adventist school community to our Adventist church community. The opportunities are endless—prayer groups, mothers' groups, Bible study groups, walking groups, craft groups to name but a few.

The mission of our Adventist schools has not drifted, rather it has shifted. Let's start working together, planting the seeds of discipleship, and praying for the Holy Spirit to guide our churches and schools as they work together in the modern-day mission field, our schools.

Dr Daryl Murdoch

National Schools director, Adventist Schools Australia.

HELLO KIDS!

KIDS' SPEAK



GOD'S CHOICE

Mary was chosen for something very special. She was to give birth to Jesus. She was so surprised by this news, she went to visit her cousin Elizabeth who was also pregnant. As soon as Elizabeth heard Mary's greeting, her baby leaped for joy. Mary felt reassured by this and began praising God for such a wonderful gift.

FIND THE MESSAGE

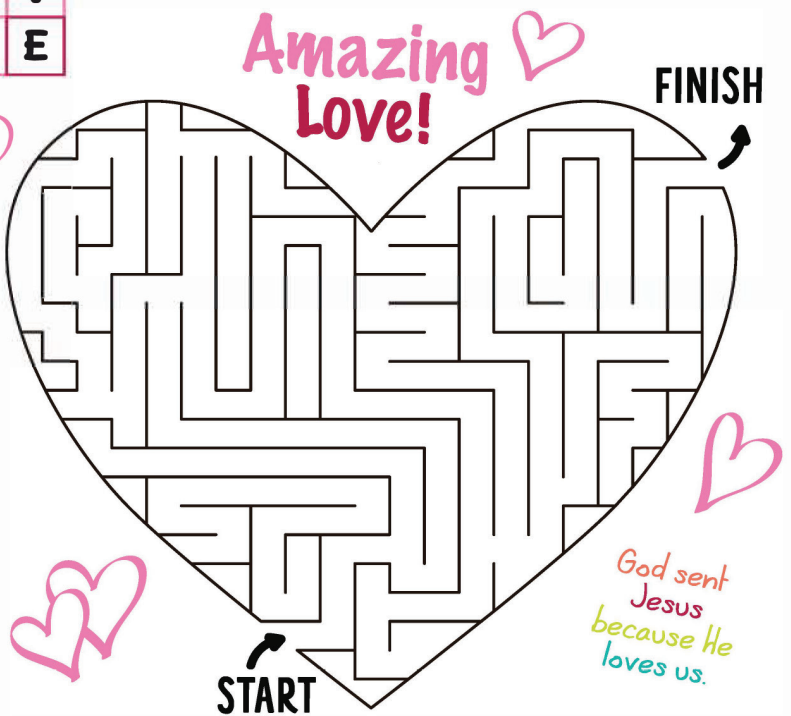
Cross out the letter 'J' and find out what Mary said.

B	J	E	H	J	O	L	D	J	I	J	J
A	M	J	T	H	J	E	S	E	J	R	V
J	A	N	T	J	O	J	F	T	H	J	E
L	O	J	R	D	J	L	E	J			
T	J	I	J	T	B	E	T	O			
M	E	J	A	C	C	O	R	D			
I	J	N	G	T	J	O	J	Y			
O	U	J	R	W	O	J	R	D			

MEMORY VERSE

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light" (1 Peter 2:9).

And Mary said, "



And the angel departed from her. (Luke 1:38, ESV)



Lentil and mushroom flan

Serves 6
 Prep 10
 Cook 55

A versatile recipe that goes just as well with an indulgent dinner as it does in a lunchbox. High in fibre, iron and a good source of protein, the fluffy filling seasoned with the bold savoury flavours of mushroom and thyme is nutritious, filling and delicious.

Ingredients

- ½ cup white plain flour
- ½ cup soy flour
- ¾ cup low-fat cottage cheese
- 2 tbsp olive oil
- 1 cup So Good Lite soy milk
- 1 medium red onion, finely sliced
- 2 cloves garlic, cut into thin slivers
- 8 sprigs of fresh thyme
- 150g button mushrooms, sliced
- 1 cup cooked brown lentils
- 2 eggs, lightly beaten

Tip

To bake blind, top pastry with baking paper and place half a cup of dry beans or ceramic beads on baking paper and bake.

Nutritional Information (per serving)

ENERGY	CALORIES	PROTEIN	FAT	SATURATES	CARBOHYDRATE
1190kJ	283	18g	10g	6g	25g
SUGARS	FIBRE	CALCIUM	SODIUM	IRON	POTASSIUM
6g	7.4g	182mg	199mg	5mg	747mg

Method

1. Place the flours, cottage cheese and 2 tbsp of oil in a food processor and pulse to combine. Add 1 tbsp of So Good Lite and pulse until the pastry forms a ball. Wrap in plastic wrap and rest in the fridge while preparing the filling. Preheat the oven to moderately hot 200°C.
2. Heat a little oil in a frypan, and cook the onion and garlic over medium heat until golden. Add the thyme, mushrooms and lentils and cook over high heat for 5 minutes, or until softened.
3. Whisk together the eggs and remaining So Good Lite. On a lightly floured board roll out the pastry into a 30cm round. Press into a 22cm flan tin and bake blind for 10 minutes.
4. Spoon the mushroom mixture into the shell. Place the flan on a baking tray, pour in the egg mixture and bake for 35 minutes, or until set.

Missing your favourite Sanitarium Savoury lentils?
 Learn how to make it at home: www.bit.ly/love-legumes



Recipe of the Week

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Conversations

Spiritual filter needed?

I feel compelled to write concerning the article appearing in the November 5 issue: "A church for our children". It is so blatantly subversive. I'm amazed that such material could ever find its way into *Adventist Record* let alone the honour of front page prominence.

It bothers me too to think that some church members will feed on the content of the article and be reinforced in the deceptions they've already fallen to and love.

Surely someone with spiritual vision should be engaged to filter what is presented for publication in order to keep the *Record* straight. The appearance of the said article is surely telling us that the end is indeed near.

Edward Voss, Tas

Life-changing difference

Re: "ADRA Morisset Op Shop becomes one of the largest in Australia" (Facebook, November 10, page 5).

The money that has gone into the local community has been so

appreciated. The funding to support wellbeing and scholarships at Morisset High School is so appreciated. It is literally life changing for these students and their families. As a teacher, I can't express my gratitude highly enough.

Lisa Nicole Pratt, NSW

The relational component

Thank you for your beautifully written and thought-provoking piece "Do you suffer from generational Adventism?" (Facebook, October 29) and for sharing your spiritual journey with us.

I'm sure your words will resonate with many young people in the Church. I hope the article will prompt them to reflect on the relational component of their faith and find comfort and confidence in how to enrich their journey ahead. I can't help but think that "unfortunately" this article will age well. Thanks again and I trust that your faith remains more relational.

Travis Bickle, via Facebook

Healing congregations

Responding to the quote from "Do you suffer from generational Adventism?" (October 15) posted on Facebook (October 29): "Church wasn't created to share facts and knowledge about God (though that is important!). Church was made to be a community where we can be honest, vulnerable and open about our experiences with God."

Except in some congregations, some Adventists are open and vulnerable about sharing their experiences with God to others [yet] it results not in healing, support and nurture but in exclusion, ridicule, hurt and rejection.

We also need to heal congregations, to become more supporting, nurturing and accepting of where people are, letting and accepting the Holy Spirit transform their hearts, minds and emotions, while helping us to learn to know, live and walk in the ways of Jesus.

David Johnson, via Facebook

Obituaries

FERRIS-HILLS, Valmae Dorothea (nee Dyason), born 22.8.1938; died 23.9.22. On 7.12.1958 she married Erwin Ferris, who predeceased her. On 20.3.16 she married Des Hills. Val is survived by her children, Wayne, Darryn, Raelene, Velinda and families; and step-children, Neroli and Allan and their families. She worked as a missionary at the PNG timber mill, a San receptionist, ADRA Fiji director's assistant, a Crosslands (NSW) booking officer and caretaker, and for 20 years as a Mary Kay senior director.

Bob Saunders, Lyell Heise

KILLIN, Joyce (nee Lewis), born 22.1.1933 in Newcastle, NSW; died 12.9.22 in Victoria Point, Qld. On 14.5.1964 she married James (Jim). Joy was predeceased by her siblings, Lionel, Phyl, Joan, Ken, Bob and Leslie Lewis. She is survived by her husband (Victoria Point); son, Andrew and Grace (Camp Hill), daughter, Heather and Vernon Rudwick (Carindale); grandchildren, Thomas, James, Alexander, Ainsley and Megan; brothers, Dr Alan Lewis (Newcastle, NSW), Dr John Lewis (Sydney) and Dr Terry Lewis (Melbourne, Vic); and numerous nieces and nephews. As a San-trained registered nurse, Joy's early career saw her work in

hospitals across Australia and for a short time in Singapore. She loved nothing more than supporting her grandchildren in their academic, creative and other endeavours.

John Hammond

Advertisement

SINGLE ADVENTIST MINISTRIES NATIONAL CONVENTION

December 30, 2022 to January 3, 2023 at Adventist Alpine Village, Jindabyne, NSW. For more information visit <events.adventist.org.au/event/info/7208>. Call Wilma Falcke on 0424097484 (AH or text).



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Next issue
Adventist World, December
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Positions Vacant

PRIMARY TEACHERS—CAIRNS ADVENTIST COLLEGE (TWO POSITIONS AVAILABLE) CAIRNS, QLD

Are you a primary teacher who loves to make a difference? Seventh-day Adventist Schools (Northern Australia) Ltd is seeking a creative, dynamic and expert educator to teach primary at Cairns Adventist College. This is a full-time teaching position, starting Term 1, 2023. Set on 10.5 hectares, Cairns Adventist College is located in Gordianvale and surrounded by canefields. To learn more about the college, please visit <cas.qld.edu.au>. The successful applicant will hold a formal teaching qualification (degree level) and be currently registered with the Queensland College of Teachers to teach in Queensland. Applications can be emailed to Jack Ryan, education director, Seventh-day Adventist Schools (South Queensland Ltd) at <jackryan@adventist.org.au>. Applications should include a letter of application and a current resume with a minimum of three referees including contact details. **Applications close December 9, 2022.**

DIRECTOR OF ADVANCEMENT—AVONDALE UNIVERSITY COORANBONG, NSW

Avondale University is seeking to appoint a director of advancement. This role focuses on providing strategic leadership, practical expertise and operational support to the communications, marketing, student recruitment events, promotion and fundraising functions in the service of the Avondale University community. For details on how to apply, and for more information, please visit <avondale.edu.au/employment>. Applicants must have the right to work in Australia. Avondale is an equal opportunity employer and reserves the right to make a delayed appointment, not to appoint or to appoint by invitation. **Applications close December 7, 2022.**

DIGITAL MARKETING ASSISTANT—ADVENTSIT MEDIA (PART-TIME) WAHROONGA, NSW

Do you want to use your digital marketing skills to share Jesus? Adventist Media is searching for a resourceful, organised and enthusiastic part-time digital marketing assistant. In this role you will create engaging social media content that takes users from awareness to advocacy, conduct market research to identify new and existing product opportunities and develop marketing strategy to measure performance against targets. If this is you, why not contact us by emailing <corpserv@adventistmedia.org.au> for a copy of the full job description. The appointing body reserves the right to fill this position at its discretion and to close applications early. Only those who have a legal right to work in Australia may apply. **Applications close December 16, 2022.**

ADRA AUSTRALIA — LOGAN COMMUNITY CENTRE MANAGER LOGAN CENTRAL, QLD

We are seeking a qualified, enthusiastic and experienced manager for our Logan community centre. As a manager you will be responsible for the oversight of the centre, administration, staffing, property, resources and infrastructure with particular attention to people leadership, strategy, program development and implementation, and building strong church and community relationships. Services offered by the centre include's (but not limited to) the provision of food (food parcels, weekly soup kitchen, etc), clothing, furniture, emergency relief and assistance to those in need, an op shop as well as running nationally recognised accredited and community training courses. The successful applicant must have the legal right to live and work in Australia at the time of application. Further details are available on our website <adra.org.nz/work-for-us/> or by contacting us on <HR@adra.org.au>. ADRA Australia is a child-safe, PSEAH committed and EEO employer. **Applications close January 1, 2023.**

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All I want for
CHRISTMAS
is to grow a family's
FUTURE

See how strawberries
changed a family's future

adra.org.au/christmas



CHOC-BERRY BAKED FRENCH TOAST



Ingredients

- 8 slices wholegrain sourdough
- 4 large eggs
- 1 cup So Good Unsweetened Almond Milk
- 1/4 cup brown sugar
- 1 tsp vanilla essence
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1 cup strawberries or pitted cherries
- 50g dark chocolate, finely chopped




Method

- Preheat oven to 180°C, lightly coat 6 x 1 cup ramekins with cooking oil spray and place on a tray. Cut bread into 2cm cubes.
- In a large bowl, whisk the eggs, So Good Almond Milk, brown sugar, vanilla, cinnamon, and salt, until smooth.
- Add bread cubes, strawberries or cherries, and half the chocolate to the bowl. Stir well to coat bread with the egg mixture. Leave 10 minutes to absorb, then stir again.
- Spoon the bread and fruit into prepared ramekins, pour over any leftover egg mixture, and press bread down gently with a spoon.
- Sprinkle puddings with remaining chocolate. Bake 20 – 25 minutes, until custard is just set around the edges and tops are golden. Cool 10 minutes. Serve warm, or at room temperature.

Thanks to Sanitarium for providing this recipe.
We encourage you to get the family together
and give it a try this holiday season!





“The lecturers will support you through everything. They are willing to get through every tough time with you so you can become a better version of yourself.”

Ryan
Counselling Student

Study counselling at Avondale in 2023 and receive a government fee discount*. Subsidised places are limited!

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