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Ten New Beginnings

Fresh starts in the Bible ¹²

Church leaders back on their bikes for Aussie faith-sharing adventure ⁷

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CONNECT WITH GOD

10 DAYS OF PRAYER

CONNECT - AUC

CYCLE OF EVANGELISM 2022-2025

FEBRUARY
18TH-27TH

Join us for Ten Days of Prayer in 2023!

Has God's voice been calling you to connect with Him in prayer? The Bible is full of promises for you: "If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land" (2 Chronicles 7:14). "And you will seek Me and find Me, when you search for Me with all your heart" (Jeremiah 29:13). "And everyone who calls on the name of the Lord will be saved" (Joel 2:32).

Prayer is one of the most intimate ways we can connect to God. In prayer we share our feelings, our thoughts, our deepest concerns, and fears, and what we are most grateful for in life. When we spend time in prayer, we hear from God and make space for the Spirit to guide our steps and transform our hearts. Scripture teaches that God is only just a prayer away, and what a privilege it is for us to be so close to God.

PRAYER FOCUS: Connect with Christ

Jesus invites us to come and connect with him (Matthew 11:28,29) as a key ingredient to bearing fruit (John 15:5). He also taught that His word abiding in us would lead us to pray and receive answers (John 15:7).

Pray that each person in your group will have a deepening hunger for Christ and for a revival of prayer in your church.

PRAYER FOCUS: Connect with one another

Jesus prayed for our unity and love as the basis of effective witness "that the world may believe that You sent Me." (John 17:20-23,26). Pray that your group and local church may experience such a bond of love and unity that others may see the goodness of God.

PRAYER FOCUS: Connect with your community

Jesus was given all authority and commissioned us to go and make disciples (Matthew 28:18,19). Pray that Christ's life and power will connect you with your community and that each member will, with fresh vigour, lead others into His marvellous light (1 Peter 2:9,10).

Pastor Nicu Dumbrava

Australian Union Conference (AUC) - Personal Ministry Director

<https://disciple.org.au/resources/10daysofprayer/>



EDITOR'S NOTE:

125 years young

Jarrod Stackelroth
Editor

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The articles that gain the most traction have been the ones that reflect on personal experiences.

Artificial intelligence can now write an article based on a style and topic of your choosing that is almost undetectable. The ramifications for this kind of technology are huge. We've seen much more of our faith go digital and virtual in the past few years and AI will surely have an impact on the Church and on communication. It was tempting to try to figure out the technology to test it out in the aid of this editorial (as an experiment of course) but I'll stick with the old-fashioned way for now!

This is just the latest in a long line of changes we've seen and will continue to see in our lifetimes. The world I was born into is a very different world to the one we now inhabit.

You can probably relate. The internet has just turned 40 (January 1, 1983).

However, I didn't have internet at home until high school and even then it was limited, slow and dial-up. It was also provided by Dad's work so wasn't available 24/7; only when he brought his laptop home. Internet has changed the world, just like AI and virtual reality will continue to change it.

Adventist Record has not been immune to these changes.

When I started at *Adventist Record*, the magazine was a black-and-white, weekly periodical. Since then we've seen *Record* introduce colour, go online, change to a fortnightly publication, relocate to Adventist Media and become a multiple platform ministry.

Reading habits have changed, technology has changed, but people's need for connection, communication and community has not. Coming into the workplace, I heard about the death of print. Books, magazines and newspapers were reportedly on their way out; the writing was on the wall. Ironically, in a way that was perhaps not anticipated 15 years ago, it was commercial television that has almost died and had to reinvent itself. Not to say that there aren't challenges. As I mentioned, reading habits have changed and even church communications will have to change with the times.

But as we celebrate *Record's* 125th birthday this year, it's worth celebrating the contribution *Record* continues to make to the Church in the South Pacific Division and around the world.

Mission has always been at the centre of *Record*. If you look through old magazines it quickly becomes clear exactly how integral mission is to the Church in the South Pacific, as told through the stories in *Record*.

This hasn't changed.

Over time, I've learned that *Record* is just a vehicle to serve people. One of the most important lessons I've learned as editor is that people need connection and community.

Disagreement doesn't have to be the end of the conversation. It takes maturity and sympathy but we are all made in God's image and have been called to love one another.

I may not always get it right but I've tried to respond to negative correspondence thoughtfully and graciously. I've seen the truth in the Proverb "A soft answer turns away wrath." Thankfully not too many people ring or write incensed about something. However, when they do, I've found that being compassionate and willing to listen—while not necessarily agreeing—can often bring conciliation.

Our human experience is, in many ways, universal. People respond when they can relate. The articles that gain the most traction have been the ones that reflect on personal experiences. The mission news and stories we share inspire others to make an impact in their own communities. As a Church in the South Pacific Division we can be proud of our investment in keeping our very diverse, multi-ethnic church family together and informed.

This year we're celebrating our Church in the Pacific and the impact and input *Record* has had.

This year we're celebrating our history and the legacy of those we follow in mission. We'll find ways to reflect and enjoy that heritage this year. And to thank the Church, and you the readers and contributors, for your support. Without you, this ministry would not be possible.



INSIGHT:

Blessing in disguise

Malachi Yani
Papua New Guinea Union Mission
president

Preparations were well underway as we approached the 2020 “PNG For Christ” evangelistic program. Hundreds of delegates from PNG and the South Pacific Division were ready for the event. Billboards promoted the program in major towns. The country had experienced a seismic wave with entire congregations from other denominations converting to Adventism, new house groups forming, new churches being built and innovative soul-winning activities taking place. The atmosphere was close to blissful. People around the country felt that this event would be the fulfilment of Jesus’ words: “And this gospel of the kingdom will be preached in the whole world as a testimony to all nations, and then the end will come” (Matthew 24:14 NIV).

I was the president of the Western Highlands Mission at the time. I wanted to share the good tidings with members of the Executive Committee, so I drove to the Papua New Guinea Union Mission headquarters in Lae. While sharing the news with Pastor Matthew Kamo, we received notice that COVID-19 was declared a global pandemic and all borders across PNG were closed. I was stunned. It felt like the weight of the mighty ocean had crushed me like a minnow fish at the bottom of the deepest sea. The discouragement, loss of passion for mission, the labour without seeing its fruit and so forth really pushed me down. Yet I could hear a voice saying, “You must prophesy again about many peoples, nations, languages and kings” (Revelation 10:11 NIV).

As it turned out, COVID-19 boosted the mission of the Church in PNG. All the COVID restrictions led to people meeting in house churches and small Bible study groups. Six thousand small groups started. We were reminded of the words of Habakkuk: “Look at the nations and watch—and be utterly amazed. For I am going to do something in your days that you would not believe, even if you were told” (Habakkuk 1:5 NIV). We thank God for COVID-19 as it turned out to be a blessing in disguise (Romans 8:28). And we are looking forward to “PNG for Christ” going ahead in 2024 and praise God that General Conference president Pastor Ted Wilson is coming for it.

new *sharing* resource

Caring for you is a new little booklet designed as an introduction to the Adventist Church. It shares how Adventists are serving the community in areas such as health, family, education and more. Customised with your church’s contact details.

Ideal for welcome packs and for sharing at church community programs and stalls.

DETAILS AND ORDERS
communications_spd@adventist.org.au



There is a limited number of scholarships available for 2023.

Women called to pastoral ministry invited to apply for AUC scholarship

📍 Ringwood, Victoria | Kimberley McMurray

Applications are open for the 2023 Australian Union Conference (AUC) Women in Pastoral Ministry Scholarship Fund (WiPM).

The AUC established the WiPM Scholarship to provide financial assistance to female ministry and theology students enrolled at Avondale University and Mamarapha College.

There is a limited number of scholarships available for up to four years of full-time equivalent study for the Bachelor of Ministry and Theology Degree (BMinTh) and the Advanced Diploma of Indigenous Pastoral Ministry (AdvDip-IPM) and up to two years of full-time study for the Master of Ministry (MMin) students.

"Last year we awarded five scholarships and were blessed to hear the stories of all the women who had applied. God is indeed calling women into pastoral ministry and it's a privilege that we can support them in their studies through the AUC scholarship," said AUC associate ministerial secretary and director of Sabbath school and stewardship Pastor Lyndelle Peterson.

The WiPM Scholarship has affirmed and encouraged women from around Australia to undertake theological training, allowing them to be equipped for

pastoral ministry in the local church.

As Hadassah Leibke, a first-year Bachelor of Theology/Ministry student, explained, "Receiving the Women in Pastoral Ministry Scholarship was the perfect answer from God to say I was in the right place at the right time. It has given me the chance to discover how God wants me to serve Him and given me a glimpse of His true calling for me."

"As an inaugural recipient of the AUC women's scholarship it has been an affirmation of my call to ministry and recognition of how God gifts all for His work," said Natasha Sua, Bachelor of Theology/Ministry graduate.

"It has relieved the stress of financial worries and helped in focusing my efforts on study and ministry. The mentor attached with the scholarship has really added value, advice and supportive prayer.

"I love that my mentor was able to feed into the specific needs of a woman in ministry. It has been such a blessing and it will also be for the next recipients," she added.

For more information about the WiPM Scholarship and to apply, please visit aucministerial.org/wipmscholarship/. Applications close on January 31.



At the commissioning service for Pastor Loleth Worwor. (Credit: Vanuatu Mission Facebook page)

Commissioning service affirms woman of faith

📍 Port Vila, Vanuatu | Tracey Bridcutt

Vanuatu Mission held a commissioning service for Loleth Worwor on Sabbath, December 3 at the Epauto Adventist Multipurpose Centre.

Pastor Worwor is the discipleship ministries team leader for women's ministries, family and children at the Trans Pacific Union Mission (TPUM) office. She has also served on the South Pacific Division Women in Ministry Advisory Committee.

Committee leaders Dr Darius Jankiewicz and Dr Edyta Jankiewicz described Pastor Worwor as a strong, courageous woman of faith.

"She has served the Church long and

faithfully, and we are happy to know that her work is being affirmed by the Mission," they said.

TPUM president Pastor Maveni Kaufononga also expressed his happiness at seeing Pastor Worwor commissioned.

"I am just overjoyed to see God's Spirit using women in our Church and am blessed to be part of the group that affirms God's call on women," Pastor Kaufononga said.

Immediately after her commissioning, Pastor Worwor performed her first baptismal service, with six being baptised.

Pastor Worwor is married with three children: a son and two daughters.



Current nurses' residence.

Property sale to fund affordable housing for Sydney Adventist Hospital nursing students

📍 **Wahroonga, NSW** | Tracey Bridcutt

Funds from the sale of nine Sydney properties will go towards an affordable housing development for student nurses and doctors at Sydney Adventist Hospital.

Eight houses and one block of land in the same Normanhurst street were auctioned on December 1, raising \$A13.3 million. The properties were owned by the South Pacific Division (SPD) and originally housed church workers, but in recent years were on the private rental market.

SPD Property Trust manager Lorin Bradford said he is happy with the outcome of the auction as it will help the San to attract future nurses and doctors.

"The current nurses' residence is very unappealing and way past its use-by date—a replacement is desperately needed," he said.

"The new accommodation will provide more housing on the same site as the hospital. The provision of cost-effective housing has never been more critical, particularly in today's climate where nurses and doctors are in such high demand."

The development will consist of 186 apartments for Avondale University nursing students and Australian National University student doctors, as well as 60 apartments for key health workers.

Sydney Adventist Hospital CEO Brett Goods said, "We are all very conscious of the high cost of housing in Sydney. It is one of the challenges to recruitment and retention of health workers. The provision of cost-effective health worker accommodation will be an enormous asset to Sydney Adventist Hospital and our people."



At the graduation ceremony, Mamarapha College celebrated the achievements of nearly 30 students.

Mamarapha College celebrates graduates

📍 **Karragullen, WA** | Maritza Brunt

Mamarapha College held its graduation on November 19, celebrating the achievements of nearly 30 students. Held at Livingston Adventist Church (WA), the afternoon service saw 13 students receive a certificate, diploma or advanced diploma, and 15 students receive progression awards.

The ceremony included a welcome to country by national Aboriginal and Torres Strait Islander Ministries (ATSIM) director Pastor Darren Garlett, a keynote address from Australian Union Conference (AUC) president Pastor Terry Johnson and a student charge led by Livingston pastor Andrew Skeggs.

"Our students come from diverse backgrounds and remote communities with constant challenges, and for some, even just getting to the college is an ordeal," said Mamarapha principal Pastor David Garrard. "So it's really encouraging to see those students graduating."

The Mamarapha graduation was the final event in a two-week graduation study block, themed "More than Conquerors". Each day during the study

block the students would spend time learning about God's grace during the morning worships. At the end of the first week, on Friday night, the students retraced Christ's final hours, spending time in prayer and repentance. A special service on Saturday night (November 12) featured an Agape Feast to begin the final week of the study block.

The graduands are excited about their next steps. Those who graduate with diplomas usually become senior leaders within their churches, taking on significant roles and responsibilities. Those graduating with advanced diplomas in ministry are very often employed by local conferences—one student has been picked up by the North NSW Conference, while another will soon join the Greater Sydney Conference.

"[Student] numbers are still down due to the COVID-19 pandemic, but we have still had a really good year," said Pastor Garrard. "Our staff put enormous effort into helping the students in their spiritual and academic journey, but it's all worth it."



The "I Will Go" cyclists riding into St Louis at the end of their epic journey in the United States.

Church leaders back on their bikes for Aussie faith-sharing adventure

📍 Cooranbong, NSW | Tracey Bridcutt

After the success of the I Will Go Ride in the United States in 2022, the cyclists are about to set off on a new adventure, this time in Australia.

Fourteen cyclists, including seven of the eight cyclists from the US trip, will embark on an Aussie version of the I Will Go Ride. This time the cyclists will be in two groups, with one team setting off from Melbourne tomorrow (January 29), the other from Brisbane on Tuesday (January 31). Both rides will wind up in Cooranbong, where most of the cyclists will be involved in the Australian Union Conference's (AUC) Empower meetings at Avondale University.

Following a similar approach to the US ride, the cyclists—mostly church leaders and pastors—will be stopping in Australian towns along the way, chatting and praying with people, sharing their faith and distributing Christian literature, including copies of *The Great Controversy* and *Signs of the Times* magazine.

Having had such a great experience on the US ride, AUC general secretary Pastor Michael Worker is excited for what the Aussie ride will bring and the faith-sharing encounters they will have. He is leading the group riding from Melbourne to Cooranbong, a distance of some 1200km.

"We hope that many will be led to know Jesus through this ride," Pastor Worker said, "and that this will inspire others to think of creative ways to share their faith."

For Marcus Pereira, pastor of the Fox Valley Adventist Community Church in Sydney, this will be his first long-distance ride, so he's anticipating "pain and plenty of it!"

"I am actually looking forward to the sense of community that doing something like this brings and meeting people along the way where we can listen to their story and offer a sense of hope," he said.

The inspiration for both the US and Australian rides comes from pioneer literature evangelists Phillip Reekie and his nephew Frederick, who rode bicycles thousands of kilometres through remote parts of Australia in the early 1890s to share literature.

Follow the ride on Instagram: @iwillgoride

making headlines

Rugs for Humanity

An ADRA Canada supporter has found a novel way of raising funds for the relief organisation. Sue Hummel hand-ties rugs made from donated t-shirts and sells them in her local community. In 2022 she earned \$A60000, donating all of the earnings to ADRA.—AR



Free Car Checks

Automotive mechanical students at Southern Adventist University (US) gave free car inspection checks and took donations for the Samaritan Center. "Our goal is twofold. One of them is to give back something to the community. Secondly, we want to give [students] an experience of seeing a lot of cars in a very short time," said auto shop instructor Dale Walters.—wdef

Joining the call

The Adventist Church in Ghana has joined other religious groups calling for a ban on small scale mining, designating a Sabbath to remember the world belongs to God and we are stewards of it. The press statement said, "As we mark the Creation Sabbath today, the Adventist Church in Ghana wishes to remind Ghanaians and Christians especially of our patriotic duty and Christian obligation to pass on this earth and its resources to the next generation in a manner that supports their livelihood and sustenance of life."—GRAPHIC

Cutting bowel cancer risk

Eating a plant-based diet rich in vegetables, wholegrains, nuts and legumes can reduce the risk of bowel cancer in men by 22 per cent (more than a fifth), according to research. The researchers found no such link for women, suggesting the connection between diet and bowel cancer is clearer for men.

—The Guardian



Honoured to serve

Pastor Tui Tuliatu has been appointed president of the American Samoa Mission by the Trans Pacific Union Mission Executive Committee. Pastor Tuliatu has served the Seventh-day Adventist Church for 17 years as a church planting departmental director, ministry coordinator and church pastor, and most recently as acting president for the Mission. "It's an honour to serve the Lord in this capacity and I am humble indeed," Pastor Tuliatu said. "It is my wish, hope and plan to see individual members of American Samoa Mission involved in the great commission of winning souls for the kingdom of God." Pastor Tuliatu is married to Emma and they have four children. —Tracey Bridcutt



Giving thanks

A thanksgiving service and dinner on November 19 acknowledged the outstanding contribution of doctors, nurses and allied health staff at Sydney Adventist Hospital. The dinner, organised by the San's Spiritual Care Services team, began with praise and worship and a welcome address by senior chaplain Pastor Steve Stephenson. Thirty-one Certificates of Appreciation were awarded primarily to nursing unit managers and departmental leaders who have traversed many difficulties over the past two years with staff shortages, supply uncertainties and the challenge of COVID-19 patients and isolation requirements. A message was shared by Dr Beth Grant, who was the guest speaker for the San's 2022 Spiritual Care Week of Prayer. —Sid Griffith/Record Staff



Dedicated servant

Vanuatu Mission (VM) pastor Tony Robert passed away suddenly on December 11—only one month before his 53rd birthday. Pastor Robert had served as a church pastor in Efate since 2021. The funeral service was held on December 11 at Epauto Adventist Multipurpose Centre. VM president Pastor Charlie Jimmy spoke at the funeral, describing Pastor Robert as a beloved husband and father, a committed and dedicated servant of the Lord, loved and appreciated for his humbleness and simplicity. —Cecile Trief



Find your tribe

The Australian Union Conference has launched a new website to connect Adventist young adults attending university. According to Barna Group, 72 per cent of young people who attend church in Australia drop out of church life as they transition into university/young adulthood. The new platform, sdauniconnect.com.au, gives parents, friends and students the opportunity to inform where they're studying and help them link up with other young Adventists in the area. —Record staff



Iconic carols return

After a two-year hiatus, the popular San Carols returned in 2022. The iconic event has been held annually for more than 70 years and is the upper north shore's largest community carols event.

On Sunday, December 11, thousands from the local area gathered with friends and family on the Village Green, the Sydney Adventist Hospital's large front lawn area.

"We are delighted to be holding San Carols again after having to cancel the event due to COVID," said CEO Brett Goods. "It's a much-loved community gathering amongst the Adventist Church community as well as the entire upper north shore of Sydney. It's great to see so many families and friends here tonight for this wonderful occasion."

The event kicked off with a variety of family activities followed by the very popular children's concert featuring the Bluey and Bingo Live Christmas Experience. The main carols program was co-hosted by Australian actors and performers Ian Stenlake and Penny McNamee. Mr Stenlake has performed at San Carols several times in the past.

"To me it's one of the best carols in the country to be part of," he said. "It's got so much heart. The overall feeling that you get when you're there amongst that group of people is fantastic. It has a huge family aspect to it, and there is something for everyone in it."—**Maddi Glover**

have news to share?

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



The hope of the Messiah

Hillview Adventist Church's (Morisset, NSW) traditional Christmas service brought a special reflection for church members and the community on Sabbath, December 24. Themed "God is a Promise Keeper", the program was scripted by church member Bev Christian and, with the help of costumed actors, portrayed the troubled conditions of Bible times, which led up to the coming of the promised Messiah. In the second act, the play brought the perspective of troubles faced in current times, emphasising the hope of the second coming of Jesus. "God did not abandon His people who were waiting with longing for the coming of the Messiah. Neither has He abandoned us who are looking for His return," said church leader Mary Fedorow.—**Mary Fedorow/Record staff**



Students engaged in mission

Fisika Adventist Students Association, in the Morobe Province of Papua New Guinea, recently launched its ministry in Wengune Mission headquarters in Finshaffen District. The theme for the launch was "In His Steps I Will Go". Fisika Adventist students are partnering with all local ministers and pastors to reach students in every school in the Fisika Region/Northern Front. They aim to be mission-focused and culturally relevant. The association's 2023-2027 strategic plan is the blueprint that guides their dreams of becoming a thriving and Jesus-centred Adventist students' movement.—**Doulos Ken/Record staff**



Avondale graduates thankful for “incredible support”

In her previous pastoral roles, particularly on the Central Coast of New South Wales, Pastor Bethany Chapman met a lot of people who needed more mental health support than she felt equipped to offer. “Wait lists can be long, so I wanted basic skills to help people in crisis before they get to see a licensed therapist.” She chose to upskill at Avondale University because their courses are accredited by the Psychotherapy and Counselling Federation of Australia. Pastor Chapman completed most of the course during the COVID-19 lockdown while educating her daughters and continuing to work in ministry. “The lecturers and the library staff were incredibly helpful and compassionate. They wanted me to succeed.”

After about 10 years in Aboriginal and Torres Strait Islanders Ministries and a call to serve as principal of Mamarapha College, Adventist Church leaders encouraged Pastor David Garrard to upskill. So, he enrolled in the Master of Business Administration and has found each unit of study directly applicable to his role. Growing up in a low socioeconomic

area and beginning higher education as a mature-age student in non-degree awards, “I never thought I’d be capable of completing a postgraduate degree.”

Pastors Chapman and Garrard joined 239 other students who graduated from 32 courses in three ceremonies held on December 11.

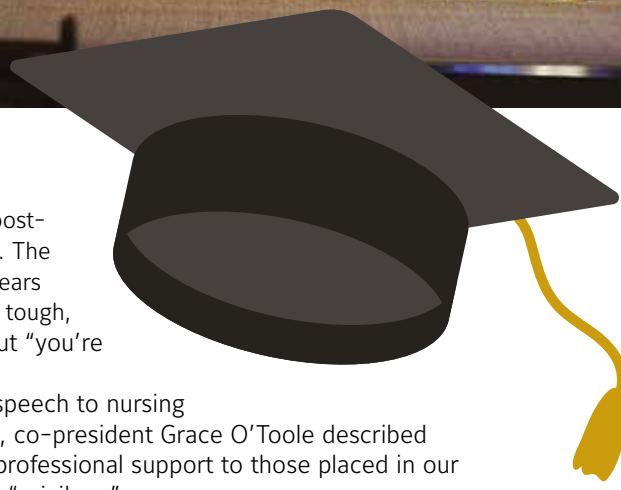
About a third of the class members are nurses and a quarter teachers. A national survey of students ranks these courses as number one in Australia—across all categories in nursing and in learner engagement in teaching.

Students identified as high or consistent achievers received academic prizes during the ceremonies. Teaching graduates Jay Borrott and Caitlin Smith are Lake Macquarie campus recipients of the prestigious Avondale Prize For Excellence. Ms Smith is one of five students—Elyse Atkins, Jade Harkins, Mekuri Su’a and Ellie van Oostveen—who received multiple prizes.

Nursing graduate Janae Galindo is the Sydney campus recipient of the Avondale Prize For Excellence. For the first



good courses and



time, she and her First Nation classmates—including Indigenous Support and Education officer Shirley Fatnowna—could choose to wear stoles featuring colours from the Aboriginal or Torres Strait Islander flags as part of their academic regalia. The acknowledgement is significant, said Ms Fatnowna, because at least three of the students are first in their family to graduate with a university degree. Ms Fatnowna, as a Master of Nursing student, is the first in her family to graduate with a university postgraduate degree.

Also graduating this year were four higher degree by research students: Deborah Hurn, Dr Geraldine Przybylko and Melanie Renfrew received Doctor of Philosophy degrees. A fourth student, Roger Cohen, graduated in absentia with the traditional ringing of the College Hall bell. Ms Hurn identified and delineated the geographic regions of the Israelite migration from Egypt to Canaan using hydrology. Dr Przybylko studied the effectiveness of a digital multicomponent interdisciplinary intervention on mental health and wellbeing. Ms Renfrew measured the influence of human support on an online lifestyle-based mental health promotion intervention.

In his speech during sessions one and two of the graduation ceremony, co-president Jay Borrott reminded his classmates they were graduating with knowledge of study

pre- and post-COVID-19. The past few years have been tough, he said, but “you’re tougher”.

In her speech to nursing graduates, co-president Grace O’Toole described offering “professional support to those placed in our care” as a “privilege”.

The graduation class theme, “He Guides, He Provides”, summarises a verse from the book of Isaiah: “The Lord will guide you always; He will satisfy your needs in a sun-scorched land and will strengthen your frame” (58:11).

In his message to class members, vice-chancellor and president Professor Kevin Petrie wrote that they leave Avondale “with the confidence of knowing a God who can be trusted to guide and to provide”. They will be a “transformative power in the world”.

Brenton Stacey

Public relations and philanthropy officer, Avondale University.

The 10

new beginnings fresh starts in the Bible

With the hope of a new year, what better time than now to reflect on those in the Bible who experienced a new beginning or a fresh start in their lives?

Noah after the flood

What might be the most monumental "new beginning" in the Bible, life must have looked VERY different for Noah and his family once they departed the ark after the great flood. Read what happened in Genesis 6-9.

Rahab

After protecting the Israelite spies, Rahab and her family were spared when the walls of Jericho fell and they were adopted into the Israelite camp. Read more in Joshua 6.

Jacob flees Esau's wrath

A man of multiple "fresh starts"—after Jacob deceived his way into receiving his brother's birthright, he fled to the household of their uncle Laban. Life was different for him there, as he worked hard for 20 years to gain wives and a flock of his own, eventually packing up his household and moving back to his home. Read Genesis 27-31 for the full story.

Moses becomes a prince of Egypt

Throughout his life Moses had several "fresh starts": from fugitive newborn to prince of Egypt, then fugitive from Egypt to a worker/husband in Laban's house, then to a leader of the Israelites in their escape from Egypt. Read Moses' journey in Exodus.

The Lord blesses Job

We are familiar with the trials of Job and how he lost everything, but God blessed Job in the second half of his life even more than in the beginning. Check out the happy ending in Job 42:7-17.

When Ruth meets Boaz

Widowed and poor, things really turned around when Ruth encountered Boaz, the wealthy relative of her late husband. Read the story in Ruth 2-4.

Joseph goes from imprisoned slave to ruler of Egypt

After Joseph interpreted Pharaoh's dream about the coming famine, he is promoted to second in charge of Egypt. Pretty good considering he had just been an imprisoned slave! Find the story in Genesis 41.

Saul encounters Jesus Christ

After Saul encounters Jesus on the road to Damascus he undergoes a radical transformation from persecutor of Christians to baptised preacher of the Christian faith. Check out Acts 9 for Saul's encounter.

Jesus heals the man born blind

Many people who encountered Jesus had their lives changed, lifelong conditions healed and fresh new starts. One blind beggar demonstrates his changed life after he encounters Jesus, is healed and then stands up to the Jewish leaders, admonishing them that they did not believe in Jesus as the Messiah. You'll find the story in John 9.

The Samaritan Woman encounters Jesus

While drawing water from the well, a Samaritan woman is approached by Jesus, who leaves such an impression on her that she runs back to her village proclaiming she has just met the Messiah. Because of this woman's faith "many Samaritans from the village believed in Jesus". You'll find the story in John 4:1-42.

in Grandpa's shoes

Although she would have easily been in her 90s, you wouldn't call her frail. She was steady and light on her bare feet, with a sparkle in her eyes reflecting an active and clear mind. She eagerly grabbed my hand and looked into my face. Her eyes misted over as she chatted to me. The Pidgin was too fast and too new for me to pick up the whole conversation, but I couldn't miss the message.

She too had known, loved and respected my grandparents. Suddenly I was transported back to Nana's knee, where stories of headhunters, crocodiles, spears and bush huts blended with morals of an all-powerful, ever-present, all-knowing, living Saviour. Where there was no internet to contact family, no phones, cars, medical insurance or short service times. When dedicated people were dropped by boat to a village with a bag of belongings each, some wood to build a shelter and a heart full of God's love. These people were simply spiritual giants in the cause of the King.

Oh how my heart wants to burst with pride as we visit Seventh-day Adventist villages and see miniature graves that mark the end of missionary children's lives, or those of adults cut down in the prime of their life while in service to their Lord. The cost was huge, but they gave and gave and gave. These were the battles that Satan temporarily won; how many millions did he lose? How many miracles saw lives spared, storms quietened and nature responding in an unexpected way? We won't know this side of the kingdom—but I have a feeling the number will astound us.

I write because I want you to remember those days gone by; because your brothers and sisters in the Pacific do. If you're reading this in Australia or New Zealand, I need you to be aware that there is so much more beyond your comfortable pews. The church is busy. Its people are busy. Maybe not in your congregation (although I pray it is), but out there where the rubber hits the dirt road. Lives are being snatched from the fire every day. The ripple effect from those early pioneers is still moving and if you are a relative of one who gave—please know that every tear, drop of blood and sweat was worth it.

Both my husband and I are walking in the footsteps of missionary grandparents. Both

grandfathers were presidents for our Church in the Solomon Islands, and both families have been involved in mission work for many years besides; in Papua New Guinea and beyond. What an honour. The spirit of missionary work has not died with these dear people.

All around the world there are those involved in mission service. New friends who we lean on and in turn encourage on a weekly basis. They have left their homes, friends and families to go to an area they feel called to, and I thank "The Mission Institute" for introducing me to some of these precious families. But mission service need not be overseas. To be a missionary is simply to "be called". It means sacrifice, dependence on God and a willingness to shout out the truth in a place that often shouts back obscenities. Sometimes I think being a missionary in the Pacific Islands seems easier. They seem to respond to a generous heart and a message of love. A visit in the hospital sees lives turn around. A helping hand in the time of financial hardship sees whole families sitting in church the next Sabbath. A mission program struggles to find seats for thousands who will attend. Baptisms are weekly and emotional with many coming forward with each call for new candidates. Church membership is more than 533,000 and rapidly growing. The churches are vibrant and worship inspiring.

Does this sound like your church? If not, you are officially called to be a missionary. Called to get out of your boat and walk on water. Called to testify, visit, pray, speak up, befriend, reach out, reach up and revisit the spirit of our pioneering forefathers. Give like they gave. Pray like they prayed and watch as God does what He did . . . and is still doing.

"I was shown that God would accomplish a great work through the truth if devoted, self-sacrificing [people] would give themselves unreservedly to the work of presenting it to those in darkness. . . . In working in harmony with Christ and the holy angels we shall experience a joy that cannot be realised aside from this work" (3T 202, 383).

Carol Boehm

Mission Service and Support manager, South Pacific Division. If you have a burden to serve—contact her!

1898: THE YEAR OF OUR beginnings



covers of vol 1 no 1 and vol 1 no 4 pictured

Throughout our issues this year, in celebration of our 125 years, we are going to look back at the decades of *Adventist Record* in all its various forms and highlight some interesting or important things we can discover within.

We'll provide images from the archives, excerpts of interesting or key stories and any other perspectives that might interest our readers. Throughout the year, we'll move through the decades and reflect, reminisce and enjoy a stroll down memory lane.

The beginning

The "Australasian Union Gleaner" was subsumed into the *Union Conference Record* in January 1898. The Gleaner had been a typewritten report sent to literature evangelists ("cavassers") reporting on successes and sales of literature. The January-February launch issue reported on the Church's work and news of appointments from the union session held in late October. It promised that canvassing work would feature in the *Record*, along with "valuable matter" about the "work in this field".

"Of the mission of this paper, and the cooperation desired from our workers in the field, we will speak more fully in the next number."

There was no comment in the next issue, but the following year the union session clarified the *Record's* mission: "to serve as a medium of communication to every Seventh Day Adventist [sic] in Australasia. . . . By this means our people will be kept in close touch with all phases of our work, and will become better acquainted with each other." They encouraged every family to subscribe "at once".

Early issues:

Excerpt from Vol 1, No 4:

This issue is designated for May 28 to June 5 and is focused around Week of Prayer readings. The editorial team say, "These readings have been prepared with great care. The situation in Australasia has been carefully studied, and an earnest endeavour has been made to place before our people just the information, admonitions, and encouragement needed at this time." The editorial team encourage members to make

arrangements to meet as often as they can to have the readings shared and prayed over. There are instructions for the public readings of the prepared material.

One interesting section, shared here, gives us an insight into the mission of the Seventh-day Adventist Church around the world, its growth and the challenges faced:

We are glad that our God commands us to enlarge our borders, and we rejoice that to some extent this is being done. Just how much has been done, and what remains to be done, is a matter of great importance, and should be clearly understood by all who are connected with the message.

In this reading we can make only a brief reference to the fields in which we have established missions, but this will convey some idea of our movements, and of the stupendous work still before us.

SOUTH AMERICA.

In South America we have begun work in Argentina, Brazil, British Guiana, Chile, and Colombia. In these five divisions, containing a population of about 20 million people, we have 23 workers, and several hundred Sabbath-keepers.

CENTRAL AMERICA.

This field includes Mexico and the Bay Islands, and has a population of about 15 million. Here we have 11 workers, and about 150 members.

WEST INDIES.

In the different islands of the West Indies, representing about a million people, there are six workers, and some 400 Sabbath-keepers.

PACIFIC OCEAN.

The Mission Board has established missions in several groups of the Pacific Islands. Scattered among the population of some 300,000 people, we have 20 workers, and about 200 members.

CHINA.

This country with its enormous population of 400,000,000 souls, has but one of our workers, and he is about 80 years of age.

JAPAN.

Forty million, and four of our labourers.

INDIA.

Among the 287,000,000 people of India, we have 11 workers.

FINLAND.

Two million people, and five workers.

MATABELELAND.

The population of this district in Central Africa is, as far as we are aware, unknown. We have had seven workers located there, but a few weeks ago we received the sad intelligence that the Superintendent, Brother Byron Tripp, and Dr Carmichael, the physician of the mission, had both fallen in death, victims of the fever.

GREAT BRITAIN.

Population 38,000,000. Number of workers, 22. Membership, 450.

RUSSIA.

This extensive country, with its vast population of

203,000,000, has nine workers, and 470 members.

GERMANY.

The German field includes Germany, Austria, Romania, Bulgaria, Serbia, and the Netherlands, representing 100,000,000. Here there are 26 workers, and 1100 Sabbath-keepers.

QUEENSLAND AND WEST AUSTRALIA.

These two colonies of Australia have a population of 650,000. They have nine workers, and about 100 members.

The total population of the countries which have at least one representative from the Foreign Mission Board, is twelve hundred million, or four-fifths of the population of the world. In these there are about 160 workers, and not less than 3000 Sabbath-keepers.

These workers and Sabbath-keepers are certainly very few compared with the millions of people among whom they are scattered. Their light seems dim in the dense darkness surrounding them. These dear friends need our earnest prayers and loyal support. Brethren, are we sure that our missions and missionaries have that large, warm place in our hearts that they should have? Are we praying for them and supporting them as God would have us? And are we daily praying to the Lord of the harvest to send forth more labourers, and to provide more means?

It is clear our forebears cared about the Church around the world and the mission of spreading the everlasting gospel. Is this a challenge we are continuing? In the spirit of our editorial forebears, I'll leave that with you, dear reader.





the church and "jump-starting"

my faith

I don't remember when I first saw it but Disney's animated version of *The Hunchback of Notre Dame* intrigued me. Not because of the rope-swinging hunchback or the story of his confrontation with evil but because of the role the church of Notre Dame itself played. Esmerelda flees an unjust arrest by retreating inside the cathedral and claiming sanctuary. The corrupt judge is powerless and can't arrest her while she is in the church. It was a special place where God was worshipped, and that made it safe for anyone. It was a place you could go and be protected. That certainly wasn't my experience with church when I was a kid. Mum would dress me in fancy, uncomfortable clothes and wedge my feet into tiny, shiny shoes. When we arrived, there weren't many kids my age to play with. Once the service started, time seemed to slow down so that the 40-minute service felt like three hours, and I struggled to understand the preacher. Afterward, Mum would stand in the churchyard, chit-chatting with other women while my brother and I ran amok. The one redeeming feature of going to church was that Grandma was there, and if I behaved, she would give me 20 cents—money for candy! That probably gives you an idea of how long ago it was.

Ultimately, I just didn't "get" church and as soon as I left home, I stopped attending and did other things with my weekends.

The church is not the building

It turns out I made a classic mistake: I thought the church was a structure. If you ask most people to draw a church, they will sketch a big building with a cross on top.

But in the first century AD, they didn't have nice sanctuaries to meet in. In fact, the Greek word used in the New

Testament for church is *ekklesia*, which really means “a congregation of people”. Acts 2:46 describes the newly formed Christian church thus:

“They worshipped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity” (NLT*). It shows that the early church was a community of people that met in many different places to eat and worship together. They were truly united in purpose. What unites the church is a common faith in God, not a building. Many church buildings were shut down during the recent pandemic, but that didn’t mean the church shut down. People kept meeting online, on social media or through their phones. The church carried on without a building. So, if the purpose of a church isn’t just to meet once a week in a building to sing hymns, what is the church actually for?

Hands and feet of God

My wife wanted to start going back to church. We had just moved to Brisbane, Queensland, Australia, and she missed the community. I hadn’t really been since I left home so I was reluctant. One rainy day, she and I were out for a drive exploring the city and she decided she wanted to stop at the store. This is usually an extended stop, and somehow I managed to leave my car’s headlights on while we were inside. By the time we got back to the car, the battery had gone dead. I sat there with a sinking feeling in my stomach, hoping that if I turned the engine over just one more time, the car would start. But it didn’t, and we went from a sad *rrrrrr* sound to just a useless clicking.

I looked at the rain splashing down and wondered what to do. We had just moved to Brisbane and didn’t know anyone. Before we even thought to call roadside assistance, someone tapped on the car window. I rolled it down, and a smiling man asked if I needed a jump-start. With relief, I accepted his offer and hopped out.

Before you could say “jumper cables” we had the car started. With a friendly wave, my benefactor nodded and headed off. I was grateful for his help and didn’t think any more of it. Fast-forward a few weeks and I eventually caved to my wife’s request to go to church. We picked the one closest to our home and attended on Saturday morning. Many things happened that day that shaped my feelings about church, but the main thing that happened was that I saw someone there whom I already knew! It sounds incredible, but it was the same gentleman who had stopped and given us a jump-start! I realised that he wasn’t just being friendly when he stopped to help us—he was being the hands and feet of Jesus. The body of Christ was active in my life and I hadn’t even realised it.

Unsurprisingly, we began going to that church regularly and that friendly jump-starter became a close friend.

God appointed Jesus to be the “head over everything for the church” (Ephesians 1:22). And what about the believers? He says to them: “Now you are the body of Christ, and each one of you is a part of it” (1 Corinthians 12:27). Joining a Christian church means becoming part of a community that is led by Christ. And that’s not just a pretty metaphor. The church exists to show the actions of Jesus to others in a real way, whether that’s through a food bank, social activities, Bible studies or a

public worship service. The church is called to take an active part in the mission of God in the world.

Some things are better together

You may not have a set of jumper cables, but the Bible says that everyone brings something distinctive to a church that makes the whole greater than the sum of its parts. Ephesians 4 goes on to say we have been given gifts “to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ” (verses 12,13). So, the purpose of the church is not only to do good for others but also to support and lift one another.

As I’m sure you already know, some things are just better with other people involved. I learned this when I was young. Dad is a football fan and he loves watching games over the weekend. However, I didn’t understand the attraction, and the games left me cold. Sure, the players were skilled and it was interesting to watch, but I felt a certain detachment. That was until Dad took me to my first live game. Walking onto the grounds and finding our seats in the stands, I could feel the atmosphere building. Once play had started, the roar of the crowd would rise and fall as though we were all speaking with one voice. I felt connected to the people around me in a way I hadn’t experienced before. There was something unseen happening at the game that drew us together, united in one common cause.

It was a surprise to me that church could be exactly the same way because when a community comes together, united by their faith in God, that same sense of connection is there. I started looking at church with new eyes.

In one of CS Lewis’s more popular books, *The Screwtape Letters*, one of the devil’s tempters speaks to his nephew about the church and tells him that humans often look at church in the same way that I used to when I was a kid, seeing only people, hymns and a building. But he explained that the tempters see the church as “spread out through all time and space and rooted in eternity, terrible as an army with banners” (chapter 2).

Because the church was founded by God, it is a force for good in the world—a place of sanctuary. Is it perfect? Not at all, but it is led by One who is, and so for me, it is a safe place where I unite with others in one faith, one Spirit and one baptism. I sense that God dwells in our midst. I’m taking this opportunity to invite you to church—not the building, but the community, a place where you can meet with “glad and sincere hearts” (Acts 2:46).

Justin Bone

Ministerial secretary, Victorian Conference. He is passionate about helping people understand the Bible better.

This article appeared in the December issue of *Signs of the Times* Australia/New Zealand. To read more articles like this, to subscribe or to help share hope with others through donations, visit <signsofthetimes.org.au>.



GOD: LOVE AND MATHEMATICS

The patient was not in bed. There were flowers and greeting cards on the window ledge, the coffee—certainly cold—seemed like it had been there for a while and a few papers and magazines were strewn on the bed. As I approached I saw the patient sitting on a chair in the corner beside the wardrobe. She looked frail, weak, skinny but had a welcoming and joyful smile on her face that remained as I introduced myself and asked her permission to sit down for a conversation. She was more than welcoming as she asked me to sit down. She started off saying, “I wasn’t a religious person all my life. I didn’t believe in God until I was hospitalised here six days ago.”

I was fascinated to hear this lady speak with enthusiasm and a joyful ecstasy. She was full of life and her face had a radiant gleam as she continued. “I didn’t believe in God, but the past three days of my stay here have proved me wrong. I am forced to believe that indeed there is a God . . . (a few moments of silence as she paused) when I see the love and care I receive from these people who look after me I am forced to think about God. I was helpless when I came in. The compassionate care they provide . . . (more silence) certainly there is something divine here.”

Spellbound I sat in silence for a while. Before long she asked me, “Steve, how is this possible? How is it that they love and care for me? Is everyone trained to be like they are? This is not humanly possible . . .” She was shaking her head as she spoke softly, slowly, clearly with emotion on her face. As I continued to listen, I noticed tears welling in her eyes. She was trying to speak but words were not coming out. With much struggle she let go of her tears and said, “I don’t remember the last time I was loved and cared for. I think it’s

God . . . (silence as she continued in tears). I think God is a combination of love and mathematics.”

Walking out of that room, I didn’t want to continue my visitations for the day. I went to my office and sat down, contemplating the words she spoke: “I think God is a combination of love and mathematics.” If that’s what she had experienced at the Sydney Adventist Hospital (the San), then it must be true!! I wondered how she came to that conclusion.

“God is love” is a commonly used phrase. Songs sung, sermons preached, conversations unfold on this theme. But how often do we hear one say, “Yes, I experienced the love of God”? “See what great love the Father has lavished on us, that we should be called children of God!” (1 John 3:1,2).

But mathematics was beyond my mind’s comprehension. I sat in my office with eyes closed replaying those words the lady had spoken . . . “What happens at the San is a combination of love and mathematics.” It was an eye-opener for me to reflect on what happens at the San.

As I often do, when I find no answers in life’s quest, I search the Scriptures. Therefore, I took the Scriptures and asked the Holy Spirit to show me the mathematical formula that this lady had experienced in her sick bed. Lo and behold, the good Lord revealed an arithmetic formula in the Scriptures which I believe is being practised at the San.

“For this very reason, make every effort to ADD to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love” (2 Peter 1:5-7). Scripture is asking us to embrace and practise addition. Faith is progressive! The degree of faith varies from one individual to another.

To the faith that is in us, we need to bring in the formula of addition. Goodness, knowledge, self-control, perseverance, godliness, brotherly kindness and love. Isn't this what the lady sitting in the corner of the room was talking about? Isn't this the arithmetic formula that's working so beautifully at the San?

A multicultural group of people working different shifts, an interdisciplinary body that works together, busy schedules, various demands by most patients, but, irrespective of all of this, the common ground for all individuals involved in the hospital is the patient. Christianity in action—caring for the body, mind and spirit of the patient.

The other day as I walked through the wards, I met a nurse in tears and she told me that she tried her best to help the patient but the patient was very angry, irritated and unhappy with her. The patient spoke harsh words, but the nurse was willing to shed her tears outside the room and determined to go back into the room to continue caring for the needs of the patient. She had a spirit of goodness and knowledge. She knew she was not the reason the patient was behaving rudely. It was the agony the patient was going through. Bidding me goodbye, the nurse said, "This patient has gone through a lot in life, I need to be by her side."

Christian author Bill Crowder writes, "It is the Spirit that matures us into the image of Christ so that we can give glory to the Lord Jesus Christ" (Galatians 3:1-3). We are called to be submissive to His control in our lives. That is our responsibility. But the Holy Spirit is the One who produces the image and likeness of Christ in us. Remember that the work Christ accomplished for us, His Spirit now completes in us as we "cooperate" with Him!

"Therefore, rid yourselves of all malice and deceit, hypocrisy, envy and slander of every kind" (1 Peter 2:1). In other words, SUBTRACT yourself of all malice and deceit, hypocrisy, envy and slander of every kind.

Theologian Wayne Grudem feels the "therefore" refers to the command to "love one another" in 1 Peter 1:22. This verse explains in more detail what is involved in loving one another "earnestly": one must put away (give up, get rid of, subtract). How? As we are enabled to do so by the Holy Spirit (Romans 8:13). He gives us the desire and power to cast off these attitudes and actions, but we must still carry out the "casting off" for that is our responsibility. We cast them off because we now have the desire and power to do so. Genuine love requires subtracting one's life of all malice, deceit, hypocrisy, envy and slander of every kind.

All of the habits and attitudes in this vice list represent violations of the fundamental command "love your neighbour as yourself" (Matthew 5:43; 19:19; 22:39; Mark 12:31,33; Luke 10:27; Romans 13:8-10; Galatians 5:14) and are not to be retained by a disciple of Jesus. We are to imitate Jesus' example, which was love for others regardless of their response.

That's exactly what happens at the San. We might have differences of opinion or ideas within the workforce but are never to hold something within that could harm the other. Thus, the harmonious work environment, the selfless commitment to patient care, the philosophy of putting the patient first brings about the subtraction into each of our lives.

The way we treat one another has a direct impact on our relationship with God. You can treat people unkindly and

gossip about them and harbour bitterness, you can have a sharp tongue and a critical spirit, and you can look down your nose at people who are not like you. As long as you do that, you will never grow spiritually. Those relational sins will choke off the Word of God in your life. That explains why you see growth spiritually and wholly. For the eradication of self and the emancipation of self is an everyday affair in the life of the San family.

"Grace and Peace be MULTIPLIED unto you through the knowledge of God and of Jesus our Lord" (2 Peter 1:2). It is multiplication at work. When the first two steps of the formula—addition and subtraction—are at work, multiplication takes place. Wasn't it the grace of God and the peace of God the lady sitting on that chair in the corner of the room was experiencing?

I believe this arithmetical formula is the Divine design for every institution that exists for the cause of the Cross. For every person living at the most momentous hours of earth's history, at a time when the uncertainties of life are like never before, when it's unprecedented in all forms, and they're wondering where the world is heading to. Economic crisis, moral crisis, social crisis, political crisis. Isn't it the Grace of God and the Peace of God we long for and that can carry us through? In fact, the Grace of God and the Peace of God seem to be the greatest gift one can give to a patient in hospital.

"Study to show yourself approved unto God, a workman that needs not to be ashamed, rightly dividing the word of truth" (2 Timothy 2:15). The last step in this arithmetical formula is "DIVISION". The life that San staff live out in the wards daily is the division of the gospel. One does not have to sit down and preach from Genesis to Revelation to touch lives. The care that our staff exhibit is a reflection of Christ and His gospel.

Pastor Michael P Green wrote of an illustration of God's part and man's part. Some years ago, a study was done by an agricultural school in Iowa. It reported that production of a hundred bushels of corn from one acre of land required 4,000,000 lbs of water, 6800 lbs of oxygen, 5200 lbs of carbon, 160 lbs of nitrogen, 125 lbs of potassium, 75 lbs of yellow sulphur, and other elements too numerous to list. In addition to these ingredients rain and sunshine are required at the right times. Although many hours of the farmer's labour are also needed, it was estimated that only five per cent of the produce of a farm can be attributed to the efforts of man. So it is in the spiritual realms: God causes the growth (1 Corinthians 3:6,7).

The gospel of the soon-coming King is lived out at the San. The confession of the lady in the corner of the room was the recognition of the gospel truth lived out in the lives of staff members. Yes, dear woman, you are right: "God is a combination of love and mathematics." For He is the greatest mathematician the world has ever known, and He holds the San/us/ every institution of our Church in the palm of His hand.

This arithmetical formula can be the secret trump card of success for every institution, every church and every family.

Stenoy (Steve) Stephenson

Manager, Spiritual Care Services
Adventist HealthCare, Sydney, NSW.



Veggie hash browns with avocado on toast

👤 Serves 8 🕒 Prep 10 🍳 Cook 15

Using a variety of veggies to help you reach five serves a day, these veggie hash browns by Karen Stafford are packed with a range of nutrients, plus it's a great recipe to get the kids involved.

Ingredients

1 cup self-raising flour
 3 eggs, lightly whisked
 ½ cup milk
 ¾ cup grated cheese
 ¼ onion, finely diced
 1 tbsp parsley, finely chopped
 Salt and pepper, to taste
 Extra virgin olive oil, for frying
 Wholegrain toast, to serve
 Sliced avocado, to serve
 2 cups of vegetables of your choice, such as:
 ½ cup red capsicum, de-seeded and diced
 ½ cup corn kernels, parboiled
 ½ cup carrot, grated
 ½ cup baby spinach, shredded
 Or any other combination of coloured vegetables

Nutritional Information (per serving)

ENERGY	CALORIES	PROTEIN	FAT	SATURATES	CARBOHYDRATE
898kJ	214	6g	10g	1g	26g
SUGARS	FIBRE	CALCIUM	SODIUM	IRON	POTASSIUM
14g	3.2g	54mg	120mg	2mg	320mg

Method

1. To make the fritter base, combine the flour, eggs, milk, cheese, onion, parsley and salt and pepper in a large bowl.
2. Add 2 cups of different coloured vegetables to the base mixture and stir to combine.
3. Heat olive oil in a large non-stick fry pan. Add ¼ cup of fritter mixture to the pan at a time, allowing room for the fritters to spread.
4. Cook for 2-3 minutes on a medium heat. Flip and cook for a further 2-3 minutes or until fritters are lightly browned and cooked through.
5. Serve with wholegrain toast and sliced avocado.

Tips

Use up leftover veggies so they don't go to waste. Fritters can be prepared ahead of time and enjoyed all week. They can also be frozen.

Combining the fritters with wholegrain toast and avocado gives you a well-balanced brekkie with protein, good quality carbohydrates and healthy fats for a nutritious kickstart to the day.



Recipe of the Week

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HELLO KIDS!



MORE SECRETS OF THE KINGDOM

Now when Jesus saw the crowds, He went up on a mountainside and sat down. His disciples came to Him, and He began to teach them. The things Jesus said that day were very surprising and are now known over the whole world as the Sermon on the Mount.

BREAK THE CODE
USE THE KEY TO SOLVE THE CHALLENGE

“



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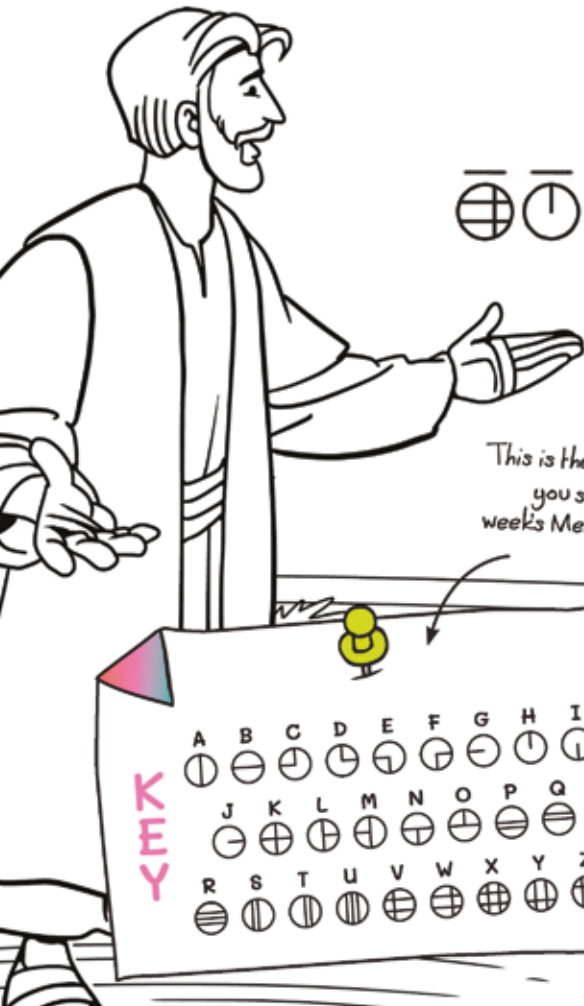


”



(Psalm 133:1).

This is the key to help you solve this week's Memory Verse.



Obituaries

ARNOLD, Thomas Claude, born 2.6.1933 in Leongatha, Vic; died 8.11.22 in Austin Hospital, Heidelberg. In 1959 he married Patricia, who predeceased him in 2010. He was also predeceased by his son, James in 1984. Tom is survived by his children, Janet and Graeme Berry (Melbourne), Leanne Nicolaci (Melbourne), Patricia and Dale Eastwood (Sydney, NSW), Thomas and Cherilee (Ballarat, Vic), Angela and Les Mazur (Melbourne) and Andrew and Melinda (Melbourne). Tom was passionate about spreading the knowledge of Jesus' return. He spent some years of his life working as a literature evangelist and continued his love of door knocking well into his later years.

Brian Lawty

ATKINS, Geoffrey Paul, born 27.11.1933 in Rabaul, PNG; died 6.6.22 in Ararat, Vic. He was married to Pearl, who predeceased him in 2010. He was also prede-

ceased by his son, Wayne in 1995. Geoff is survived by his daughters, Kay Pitches (Moyston) and Janet Hocking (Ararat); 11 grandchildren; and 15 great-grandchildren. Geoff was evacuated back to Australia from Mussau in 1942. He had fond memories of growing up in Mussau. His father, Pastor Arthur Atkins passed away while trying to evacuate. He loved his God and his family and now awaits the resurrection.

Annie Silva, Daniel McLeish



KING, Merle, born 3.4.1930 in Pymble, NSW; died 19.9.22 in Colac, Vic. She was predeceased by her husband, Ray in 2004 and her son, Alan in 1954. Merle is survived by her children, Raelene and Barry, Lenise and Graham, and Terry and Bev; eight grandchildren; and 11 great-grandchildren. Merle loved God and her family. Together with her husband Ray, she contributed actively to the Church for many years. She extended her love and

support to many as she demonstrated hospitality in practical ways. Her faith in Jesus sustained her even in recent years as she was unable to participate in church life. Merle remained faithful to Jesus and now is sleeping in anticipation of Jesus' return.

Darren Croft



LAWSON/LEVITCH, Constance (née Maeovsky), born 12.1.1928 in Pogranichnaya, Manchuria; died 23.12.21 in Sydney, NSW. In 1949 she married Eric (Izzia), who predeceased her in 1995. Connie is survived by her children, Irena Brock and Genna Levitch and their spouses, Tim and Anne; six grandchildren; and eight great-grandchildren. She was a founding member and pillar of the Sydney Russian church, which she served passionately with her beautiful singing, teaching and hospitality. Kettia (Connie) became a second mother and spiritual mentor to many migrants over the

years and maintained these friendships together with those of her home-church group. God's love was shown through her to many, whether they were family, church or the wider community.

Igor Shemat

RATY, Tapani, born 26.12.1931 in Polvijärvi, Finland; died 29.10.22 in Finncare, Thornlands, Qld. On 19.3.1954 he married Silja, who predeceased him in 2018. Tapani is survived by his son, Lauri; and daughters, Piriö, Marja and Anneli. Tapani was a quiet, hard-working man who enjoyed nature and the garden. He loved the Lord deeply, was a man of prayer and is now awaiting the resurrection morning.

Scott Wareham



TINK, Leone Dorothy, born 1.8.1942 in Manjimup, WA; died 15.8.22 in Manjimup. She was predeceased by her husband, Neville in 2021. Leone is survived by her children, Brian and Debbie (both of

This month
in Signs ...



signs

of the times



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Manjimup). Leone was an inaugural student at the Manjimup Adventist school and continued to support Adventist education with her own family. Devotion to children went beyond her own and included many years in children's Sabbath school leadership, Happy Holiday Hours and reading support at the Manjimup school. She lived looking forward to the promises found in John 14:1-3.

Ross Craig

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Consulting editor
Glenn Townend

Editor
Jarrod Stackelroth

Assistant editors
Juliana Muriz
Danelle Stothers

Copyeditor
Tracey Bridcutt

Graphic designer
Talia Valderrama

Noticeboard
Julie Laws

Letters
editor@record.net.au

News & photos
news@record.net.au

Noticeboard
ads@record.net.au

Subscriptions
subscriptions@record.net.au
+ 61 (0)3 5965 6300
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Website
record.adventistchurch.com

Mailing address
Adventist Media
Locked Bag 1115
Wahroonga NSW 2076
Australia
+ 61 (0)2 9847 2222

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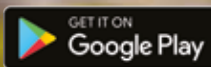
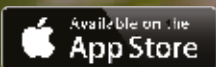
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