Registration has opened for the 2009 Sanitarium Weet-Bix Kids TRY-athlon, with promotional events held recently in Australia and New Zealand to raise awareness for the series, which aims to “get children off the couch and get active.”

In 2009, the TRY-athlon will be celebrating its 11th year in Australia and 17th year in New Zealand. More than 15,000 children, aged between seven and 15, are expected to participate in the events in Australia, with a similar number expected for those conducted in New Zealand.

TRY-athlon events will be run in a variety of locations in major cities and regional locations from February to April.

TRY-athlon Sydney ambassador and former Australian cricketer Stuart McGill said the Kids TRY-athlon is a great way for children to start getting active.

“The Kids TRY-athlon is a fantastic event,” he says. “It allows children to be introduced to physical activity without the pressure of competition. It’s also the perfect opportunity for them to have fun with their friends while also exercising.”

—Sharyn Brady

More @ www.weetbix.com.au or http://tryathlon.weetbix.co.nz.
Like Jesus, our children are children of promise.

Promise Child

It is always a time of celebration and excitement when we announce the birth of a baby. Heaven felt the same way the night Jesus was born. It could not be quiet, sending an angel to make the announcement to the shepherds, “For there is born today in the city of David a Saviour, who is Christ the Lord” (Luke 2:11*). A multitude of angels then praised God saying, “Glory to God in the highest, and on earth peace, goodwill toward men” (Luke 2:14).

The birth of baby Jesus fulfilled the promise of God through the prophets, who had proclaimed, “Behold the virgin shall be with child, and bear a Son, and they shall call His name Immanuel,” which is translated, ‘God with us’” (Matthew 1:23) and from Bethlehem was to come a ruler to shepherd Israel and save His people from their sins (see Matthew 1:21; 2:6).

Thus God entered this world in the body of a baby. He could have arrived as an adult prophet, appearing in the deserts of Judea, but He chose to grow up in a human family. He had to learn, like everyone else, how to walk and talk, read and write, be a brother and a son, and also be a responsible member of His family. His parents and His family helped Him grow to become “strong in spirit,” “filled with wisdom” and “the grace of God was upon Him” (Luke 2:40).

As we celebrate the births of our babies—our sons and daughters, brothers and sisters, nephews and nieces, grandsons and granddaughters—do we realise that they are blessings and gifts from God (see Psalm 127:3)? They are so important to God that He assigns each one of them an angel to watch over them (see Matthew 18:10). He celebrates their birth and ensures they have a personal relationship with Jesus, teaching them how to read the Bible and pray.

We should not only minister to our church children but ensure that finance and resources are prioritised for unchurched children. Jesus was very inclusive. His ministry was for all ages, religions and cultures. He made it clear He did not want any little ones to miss out on salvation (see Matthew 18:14). He warns us not to prevent any of them from being saved through Him (see Matthew 18:6).

This requires that children are led by competent and godly teachers and ministers. It also requires they be surrounded by many people who love them and are keen to invest their time in them.

However, the church must partner with parents. Just as God gave Jesus to Mary and Joseph, He gives parents the responsibility to raise children. They have the biggest influence on their children’s lives. They need to take the spiritual nurture of their children seriously. Early faith development is integrated with physical, social and mental development. If neglect or abuse happens in any area, the consequences reach long into adulthood. Quality social, mental and spiritual experiences are essential.

Heaven celebrates when a child is born. There is an even bigger celebration when that child asks Jesus to be his or her Saviour, and decides to follow Him for the rest of their lives. What a privilege it is to be part of developing their God-given potential.

God was proud of His Son, Jesus. He loved Him and supported Him. As we reflect on His birth and the promise of His life, may we reflect on the needs and potential of all children. May we be proud of them and continue to support them.

*Bible quotations are from the New King James Version.

Julie Weslake
Director of Children’s Ministries
South Pacific Division
Avondale’s graduation adds surprise

COORANBONG, NEW SOUTH WALES

ew awards, a surprise, a posthumous gift and a baptism added to the appeal of graduation at Avondale College, December 5 to 7.

Senior lecturers Drs Cedric Greive and Daniel Reynaud shared the inaugural “Learning and Teaching Award of Excellence,” presented during the graduation service. Both receive $A2000 for innovative and sustained learning practice, acknowledged and endorsed by their colleagues and students.

An element of the service surprised the coordinator, Dr John Cox, retiring after 47 years of service to the Adventist Church, five-and-a-quarter as college president. Dr Barry Oliver, council chair and South Pacific Division president, rose not to give his remarks but to present John with a book of appreciation as per the television program, This Is Your Life.

Presentations and awards also featured during the consecration services. Graduation class co-president Stephen Platt announced the students’ gift to the college during the service on the Lake Macquarie campus. The gift is a brass plaque bearing the name of Charles Pointon, the 98 year old who helped pioneer student mission club COSMOS. Mr Pointon died on November 9 from injuries sustained in a road accident but will continue to live in the memory of staff members and students—the plaque will lie in the garden of what is now the Pointon Place cafe (“Avondale icon killed in road accident,” News, December 6).

Senior lecturer Dr Malcolm Anderson challenged graduands on the Sydney campus to set the best example for others, while providing top-quality care for those they encounter in their career. “Through [your] example . . . you will inspire others to the same public service, and that is the best way to address the shortage of nurses in our healthcare system.”

The Faculty of Nursing and Health presented academic awards during the service. Carissa Amos won the top “Award of Excellence” and the “Mental Health Excellence Award.” The other winners included: Jacqueline Barrett-Whiting (“Medical Nursing Award,” “Community Service Award”); Olivia Chapman (“Clinical Excellence Award”); Derrick Lawrence (“Surgical Nursing Award”); and Jannalyn Warta (“Academic Excellence Award,” “Robert Gill/Ian Thew Memorial Award”).

Dr John Hammond, national director of education for Adventist Schools Australia, presented the graduation service address. He encouraged graduands to think of the planet as a cake—“we can slice it differently, but we cannot bake a new one. . . . Earth is our only home and we are rapidly strangling it, oblivious to the fact that God provided a realistic solution 3000 years ago.” The solution to which Dr Hammond referred is the biblical Year of the Jubilee, and its references to social and environmental responsibility. “We need to remind ourselves we are part of the body of Christ,” he said.

Some 301 graduands—the most since 1985—were eligible to march during the service. The college provided an audio-visual feed from the Chan Shun Auditorium to an overflow venue to cater for the increase in family and friends attending.

—Brenton Stacey

Brookdale Adventist School students (WA) joined three other local schools on the inaugural Armadale Advent Pageant through the Armadale City Precinct on November 28. Children dressed in various nativity costumes walked along the shopping centre, looking for “Any room?” Eventually, the weary travellers were sent “out the back” to the park amphitheatre, where the rest of the Christmas story was told and each school led in the Christmas carols. Brookdale students also brought along a wheelbarrow, loaded with food items for donation to people in need in the local area. —Tanya Hort

Students at Carmel Adventist College, WA, have raised more than $A7500 this year to assist those less fortunate. The major fundraiser was for Indian children through World Vision. Students also supported the Leukaemia Foundation, the Heart Foundation and Operation Christmas Child, sending 53 Christmas giftboxes to children in Thailand. In addition, six students spent their midyear holidays in Mongolia, assisting with community projects, as well as actively supporting public outreach programs. Students raised $A1200 for ADRA to help with the flood relief in Myanmar. Carmel also operates a Bushrangers Cadets after-school program. This year, cadets have been involved in rubbish and clean up collections in a waterway and roadsides, as well as improving a bush track. Currently, students are collecting tinned and non-perishable goods to make more than 400 food boxes, to be given to those in need at Christmas time. —Gavin Williams

BELIEVE IN CHRIST > LIVE THE LIFE @ WWW.EDGEONWEB.ORG
Weet-Bix celebrates 80 years

BERKELEY VALE, NEW SOUTH WALES

On October 28, Sanitarium Weet-Bix celebrated its 80th birthday, marking a significant milestone for Australia’s favourite breakfast cereal. Sanitarium Weet-Bix is sold in more than 22 countries around the world, and, as an indicator of the brand’s popularity, if you laid the number of Weet-Bix eaten by Australians each year end-to-end, they would stretch 2.8 times around the equator.

Sanitarium Health Food Company was registered as an Australian company on April 27, 1898. Edward Halsey moved to Cooranbong once the new factory was built in 1899 and, in July, he began producing and selling Granose biscuits (the unsweetened forerunner to Sanitarium Weet-Bix).

During the 1920s, however, Sanitarium faced a challenge to Granose from a new sweetened flake biscuit called Weet-Bix, produced by a Sydney company called Grain Products.

Arthur Shannon (“Mr Weet-Bix”) offered to sell Grain Products to Sanitarium, as he had done a year or so earlier. The management of Sanitarium Health Food Company recognised the value of this offer and immediately began negotiations. On October 28, 1928, Sanitarium acquired Grain Products and made Weet-Bix its own.

Sanitarium celebrated 80 years of Weet-Bix in late October.

Little has changed in the way Sanitarium makes Weet-Bix since production first began. Weet-Bix is 97 per cent whole-wheat grain and is a variety of wheat similar to that used to make bread. After harvesting, the wheat is cleaned and roasted. The cooking process “gelatinises” the starch so the grain becomes soft. The wheat is then cooled and dried. After drying, the wheat is milled with rotating rollers into flakes, about two centimetres by one centimetre. The milled flakes are then moved to a “moulding” machine, where the flakes are compressed into biscuits before being toasted.

Sanitarium factories around Australia and New Zealand produce millions of Weet-Bix biscuits every week. A single production line at Sanitarium’s Berkeley Vale factory produces approximately 1.2 million biscuits each day.—Sharyn Brady

Avondale Schools teacher awarded

COORANBONG, NEW SOUTH WALES

On October 31 during the Avondale Schools celebrations of “World teacher’s day,” primary teacher Celia Moncrieff was awarded a National Excellence in Teaching Awards (NEiTA) and Australian Scholarships Group “Inspirational Teachers Award.” Ms Moncrieff was one of 60 teachers around Australia awarded for creating an outstanding teaching environment that inspires students and families.

The award was presented to Ms Moncrieff at a special school assembly by Pastor John Lang, president of the North New South Wales Conference, and Ralph Luchow, director of Adventist Education for the conference.

Ms Moncrieff has been teaching for 26 years and is motivated by a desire to help students overcome inadequacies and reach their full potential. She says, “I’m energised by helping my students develop an enthusiasm for learning.”—Susan Rogers

 HAVE A SAFE AND BLESSED HOLIDAY SEASON

◆ The Paralympian of the Year recently visited Prescott Southern Primary, SA. Matt Cowdrey, eight-time medal winner at the Beijing Paralympic Games (who was also recently named Young South Australian of the Year) was guest speaker at weekly assembly. Also speaking was Louis Rowan, a Commonwealth Games runner. They spoke to the students about “having a go” and not letting obstacles stop them from reaching their goals. As ambassadors for the Weet-Bix Kids TRY-athlon, they invited the students to participate in next year’s TRY-athlon. One of the student’s comments that “we learnt that we could do sport even if disabled . . . give it a try and don’t give up.”—Mitsy Bullas

◆ An author from the Brisbane Croatian church, Qld, has recently released a book of poetry. Jelena Sipec launched the book, translated “On the wings of love,” on September 13. She drew her inspiration from her love of life and Jesus. On the evening of Ms Sipec’s book launch, she invited members of the Croatian community. Approximately 100 non-Adventists were at the launch, after which a wide variety of food was served. The Croatian folklore group, which sang and performed traditional Croatian song and dance, enhanced the program with their musical talents.—Lydia Jakovac

◆ St Andrew’s Adventist church hosted its first combined prayer meeting for all churches in Bundaberg, Qld, on November 17. This event is organised by the city’s minister’s association, and takes place once a month in different churches through the city.
ACFI executes Deed of Company Arrangement

SYDNEY, NEW SOUTH WALES

The creditors of ACFI Investments Limited (ACFI) voted in favour of a Deed of Company Arrangement (DOCA) at the second meeting of creditors in Sydney and via teleconference on December 2.

More than 250 creditors were represented at the meeting, which was held in Sydney but also included phone link-ups in a number of centres around Australia. The meeting is a follow-up from the first one, held on November 6, where a creditors committee of eight people was appointed to work with administrators PPB (“ACFI placed in voluntary administration,” News, November 29).

The DOCA was recommended by the creditors committee after more than 40 hours of meetings. David Hagen, chairman of the creditors committee, made a presentation to the creditors meeting, along with the committee’s recommendation to creditors.

PPB’s Stephen Parbery and Brett Lord will continue in their roles as administrators, and estimate the return to creditors will be between 72 cents and 87 cents in the dollar, with a potential future return of up to 105 cents to the dollar.

PPB administrators also note the repayment collection timeframe is quite lengthy, with it estimated to conclude in 2013.

According to Rodney Brady, chief financial officer of the South Pacific Division (SPD), under the DOCA, the Seventh-day Adventist Church Ltd (SDA Ltd) will pay the Administrator of ACFI about $A10.8 million.

This is comprised of full repayment of loans totalling $A6.8 million for church-related projects and a $A4 million “liquidity facility” to the deed fund to enable an early payment to creditors.

As a result of the repayment by SDA Ltd and under the terms of the DOCA, creditors who deposited funds after July 31, 2008, will be repaid their deposits in full prior to Christmas 2008. Other creditors will also be paid about 20 cents in the dollar before that time.

Under the DOCA, Avondale College Foundation and Avondale Nurseries Ltd will be contributing all their net assets to ACFI. —Melody Tan/PPB/AMN staff

You can watch an interview with Mr Brady about the second creditors’ meeting at <http://spd.adventistconnect.org>.


Suboko celebrates water supply

SUBOKO, PAPUA NEW GUINEA

The Suboko community in Paripao Ward, East Central Guadalcanal, took delivery of their new water supply on November 19. The Adventist Development and Relief Agency (ADRA) and European Union (EU) micro project partnered to fund the project at a total cost of $US206,314. Officials from both organisations and government representatives travelled to Suboko on Wednesday to hand over the project.

EU micro project representative Alaric Rore said EU has helped communities in rural areas past. “We have seen further needs for water supply and health centres in other areas as well,” he said. “Now that the water supply project is completed, the next part is to look after it so it can last 10 to 20 years.”

Suboko representative Elain Butu thanked EU and ADRA for assisting the community. She said, “Now that we have the water supply in front of our homes, walking for distances to fetch water is now a thing of the past. Women and children of this community will no longer need to bathe in the river during the flood season. We thank you for providing the money we need to complete this project.”—Assumpta Piva/ Solomon Star
Conferences on the calendar for college

COORANBONG, NEW SOUTH WALES

Avondale College will host three academic conferences this summer with subject matter as diverse as new perspectives on Christianity, Adventist–Muslim relationships, and creation and science.

Two of the conferences—“New Perspectives on Christianity” and “Understanding Islam from a Christian perspective”—are initiatives of Avondale College’s vice-president, Dr Vivienne Watts, and advancement director Lorin Bradford.

“Our church has a history of bringing its members together to find a new way forward,” says Dr Watts, who is coordinating the “New Perspectives” conference. “These conferences will encourage us to think about the current needs of our church and to ask, ‘Can research help meet these needs?’”

“It’s not only important for us to position ourselves as thought leaders but also to help Adventists grow in their faith,” says Mr Bradford, the coordinator of the “Understanding Islam” conference. “Many other groups use our facilities for conferences, so we thought it was important to support our church members by organising high-quality conferences for them.”

The “Understanding Islam” conference, to be held from January 18 to 22, is open to Adventists only and numbers are limited. Mr Bradford says, “Our presenters are all Adventists but they’ve either grown up or worked in Islamic culture.”

The “New Perspectives” conference will be held from January 15 to 18, and is hoped to appeal to church members searching for the relevance of, and developing robust arguments for, Christianity in contemporary society. The “New perspectives” conference aims to be a safe place in which to present and discuss ideas. “Many of the ideas will be introduced for the first time and may not be perfectly conceptualised,” says Dr Watts. “Some may not be compatible with existing belief systems or doctrinal positions. So we’re asking all those who attend to be considerate, keep an open mind, and ask questions respectfully and in a supportive manner.”

The third conference will be held from February 9 to 12 and is organised by the General Conference’s Geoscience Research Institute.—Brenton Stacey

Steps to Christ
shared at Flinders

MELBOURNE, VICTORIA

This year, 74-year-old Radrila Gajic has handed out more than 12,000 copies of Steps to Christ at Flinders Street train station in Melbourne.

For four days per week, Mrs Gajic, a member of the Sedon Adventist church, loads 210 books, stamped with the name and phone number of her church, into her basket trolley and walks to the Lilydale train station to travel to the city. The books are purchased with her pension and donations from church members.

Mrs Gajic says people have sometimes mistaken her for someone begging and she has to convince them she’s there to give, not receive, telling people, “This is Steps to Christ—free. It’s a very good book for you.” And people take them—around 840 copies per week.

Stanko Plater, a church member, orders and delivers the books to Mrs Gajic. Her brother, Zde Jtvovic, helped hand out the books until he became ill.—Dave Edgren

◆ The Seventh-day Adventist Church has issued an appeal to end violence in the Democratic Republic (DR) of Congo, where an estimated 250,000 people have been displaced since fighting erupted between Congolese government and Tutsi forces in August. In urging both parties to cease military activities, the statement advocated peaceful methods of resolving hostilities, such as dialogue and negotiations. More than 500,000 Adventists live in the church’s three administrative regions in DR Congo.—ANN

◆ Germany’s churches have criticised a businessman for selling thousands of Jesus chocolates. Frank Oynhausen set up his “Sweet Lord” chocolate Jesus-making business saying he wanted to restore some traditional religious values to Christmas in Germany. “I started thinking about how I could reintroduce traditional religious values into this commercial world,” says Mr Oynhausen. Together with a friend, a local chocolatier, Mr Oynhausen developed the concept of “Sweet Lord.” He said thousands of people have put in orders for the figures, wrapped in gold foil. But the German Protestant Church criticised the idea as “tasteless” and the Roman Catholic Church was not amused. “It is terrible that Jesus is being wrapped up in gold foil and sold along with chocolate bunnies, edible penguins and lollipops,” said Aegidius Engel, a spokesman for the archbishopric of nearby Paderborn.

—Reuters

◆ The Vatican has warned that our obsession with modern technology, such as the internet and mobile phones, is not leaving people enough time for spiritual pursuits. Father Federico Lombardi, the pope’s spokesman, said that without a spiritual life, people risked losing their souls. “In the age of the cell phone and the internet, it is probably more difficult than before to protect silence and to nourish the interior dimension of life,” he said. The Vatican has long counselled against the excesses of modern life. Last month, pope Benedict XVI said that the current global financial crisis was proof that the pursuit of money and success is pointless, and that wealth means nothing.—Telegraph.co.uk

◆ The Seventh-day Adventist Church has issued an appeal to end violence in the Democratic Republic (DR) of Congo, where an estimated 250,000 people have been displaced since fighting erupted between Congolese government and Tutsi forces in August. In urging both parties to cease military activities, the statement advocated peaceful methods of resolving hostilities, such as dialogue and negotiations. More than 500,000 Adventists live in the church’s three administrative regions in DR Congo.—ANN

◆ Germany’s churches have criticised a businessman for selling thousands of Jesus chocolates. Frank Oynhausen set up his “Sweet Lord” chocolate Jesus-making business saying he wanted to restore some traditional religious values to Christmas in Germany. “I started thinking about how I could reintroduce traditional religious values into this commercial world,” says Mr Oynhausen. Together with a friend, a local chocolatier, Mr Oynhausen developed the concept of “Sweet Lord.” He said thousands of people have put in orders for the figures, wrapped in gold foil. But the German Protestant Church criticised the idea as “tasteless” and the Roman Catholic Church was not amused. “It is terrible that Jesus is being wrapped up in gold foil and sold along with chocolate bunnies, edible penguins and lollipops,” said Aegidius Engel, a spokesman for the archbishopric of nearby Paderborn.

—Reuters

◆ The Vatican has warned that our obsession with modern technology, such as the internet and mobile phones, is not leaving people enough time for spiritual pursuits. Father Federico Lombardi, the pope’s spokesman, said that without a spiritual life, people risked losing their souls. “In the age of the cell phone and the internet, it is probably more difficult than before to protect silence and to nourish the interior dimension of life,” he said. The Vatican has long counselled against the excesses of modern life. Last month, pope Benedict XVI said that the current global financial crisis was proof that the pursuit of money and success is pointless, and that wealth means nothing.—Telegraph.co.uk

IS YOUR CHURCH DOING SOMETHING EXCITING, INNOVATIVE OR INSPIRING? EMAIL RECORD@SIGNSPUBLISHING.COM.AU
Gateway church pastor loses cancer battle

COORANBONG, NEW SOUTH WALES

On August 21, Pastor Lindsay Sleight passed away after a battle with cancer. In his final two years, Pastor Sleight led the Gateway church in Cooranbong, New South Wales.

Pastor Sleight was born to Bill and Vera Sleight on August 3, 1957, in Rockhampton. He moved often throughout Australia with his ministerial family as he grew up. After finishing school, he worked at Sydney Blinds and Screens, then went to Avondale College to prepare for ministry.

He married Gayle, his “soulmate,” in Toowoomba on April 8, 1985. His pastoral ministry began in the Greater Sydney Conference at Hoxton Park church, and later took him to churches in a number of conferences around Australia—Epping (NSW), North Richmond (NSW), Cairns (Qld), Mossman (Qld), Camden Haven (NSW), Wauchope (NSW) and Murwillumbah (NSW). During these years, his sons, Jesse, Aron and Reuben, were born.

In 2002, Pastor Sleight was called to be president of the South New Zealand Conference, where he served for five years. While there, the family took full advantage of New Zealand’s alpine countryside and snowboarding became a favourite father-son activity.

Pastor Sleight was diagnosed with cancer on October 26, 2006, and he and his family returned to Australia, accepting the position at Gateway church. Although suffering due to his illness for the final years of his life, he devoted himself to his family, church and friends. Church members remember Pastor Sleight as being someone who went out of his way to make people feel welcome and special.

Daniel Herrera, a youth pastor in the South New Zealand Conference, said in a tribute to Pastor Sleight, “Having Lindsay as a president was like having a coach, a team mate, and a cheer squad all in one.”

Pastor Mel Lemke, a lifelong friend, says, “He poured himself into his family, church and friends, and enjoyed their overwhelming love, generosity and support. Lindsay knew he was deeply valued and loved, and cherished the community he was part of. Lindsay’s ministry was a caring one. He was known for empowering young people, and his leadership and spiritual guidance have been appreciated by colleagues and church members.”

—RECORD staff/Mel Lemke/Gayle Sleight

RECORD apologises for the delay in reporting this story.

Church VP talks about “Year of Evangelism”

SILVER SPRING, MARYLAND, USA

Beginning in 2009, the General Conference is launching a year and a half emphasis on outreach across the globe. Called the “Year of Evangelism,” church leaders hope the redoubled focus will ultimately lead to an increase in church membership.

Pastor Mark Finley, vice-president for evangelism and witness for the GC, comments “Evangelism is always the focus of the worldwide church but there are times when we give it special emphasis. We see this as unique in a number of ways.” These include promotion and materials being developed for it, along with material on the Book of Daniel. Pastor Finley adds, “There’ll be sermons prepared called ‘Revelation of Hope.’ . . . We believe that there will be thousands and thousands of evangelistic meetings. [From] 2005 to 2010, we’ve scheduled 400,000 evangelistic events, and it’s amazing to see what God is doing with them.”

—Megan Brauner/ANN

More @ http://news.adventist.org

School children’s sermon in giving

LANDSDALE, WESTERN AUSTRALIA

Students in lower grades at Landsdale Gardens Christian School raised around $A400 to spend on groceries to be put in hampers for poor families in the community in November. The visit to the local IGA store was organised by a teacher from the school and each group of students was given a list of what to purchase. The list included aisle numbers for the items, along with a coloured photo of it and the price.

Ken Weslake, associate director of Adventist Education for the South Pacific Division, was visiting schools in Perth around that time and went on the shopping trip with the students.

He says, “A group of around 16 littlies can make a big impression in a small store and this group was no exception. It didn’t take long for the groceries to be found and bought. I loaded the goodies into the teacher’s car and while I was doing this, the sermon began. Not about behavioural standards inside shops—these kids were angels—but about why we do things like this. One little girl had given all her birthday money, which totalled $A20.”

He adds, “I found the whole experience a lovely vignette of what an Adventist school’s special character is all about—living out what Jesus would do and what He wants us to do. As we approach Christmas, I wonder how we can make a difference in the lives of the not-so-fortunate in our community.”

—RECORD staff/Ken Weslake

More @ http://adventistchurch.blogspot.com

Ken Weslake (right) with students from Landsdale Gardens Christian School following their shopping adventure.
At the International Congress on Vegetarian Nutrition (ICVN), held in March this year at Loma Linda University (California, USA), a number of experts reported research that has examined vegetarian diets and health outcomes, comparing them to non-vegetarian diets.

Non-vegetarian diets involve the regular consumption of meat and dairy products. However, there are a variety of vegetarian diets, according to new definitions used by the Adventist Health Study 2 (AHS-2), being conducted by Dr Gary Fraser from Loma Linda University. Vegetarian variations include vegan, lacto-ovo vegetarian, semi-vegetarian and pesco-vegetarian. A vegan diet is defined as one containing animal products less than once per month. Lacto-ovo vegetarians can consume meat and/or fish less than once per month, although they consume animal products like dairy and eggs more than once per month. Semi-vegetarians consume meat from once per month up to once per week, with fish consumed less than once per week. Pesco-vegetarians, as the name implies, consume fish more than once per month, although will often consume other meat less than once per month.

In previous studies on vegetarian populations, it has been difficult to ascertain the level of truthfulness in dietary reporting. The new study aims to partly overcome such issues by also including various urine and blood tests, such as 1-urinary-1-methyl histadine—an objective biomarker of meat intake. The pioneering definitions of dietary status will also assist in grouping the information gleaned from the study.

AHS-2 is funded by America’s National Institutes of Health and is the largest study of its kind in the world. More than 97,000 Adventists across North America are being surveyed for it.

Vegetarianism and health

The American Journal of Clinical Nutrition reported in 2003 that if Adventist vegetarians increase their meat intake to weekly consumption during a 17-year period, a decrease in life expectancy of 3.6 years is the result. Adding meat to the diet—even at a modest level—was found to increase the risk of stroke, diabetes and heart disease.

Vegetarians in general have significantly less coronary heart disease. If people start and continue with a vegetarian diet from a young age, data shows premature death from heart disease is seriously decreased. People who eat wholemeal and wholegrain foods also have a reduced risk, as do those who regularly consume nuts.

The risk of high blood pressure is also reduced when plant content is increased in diets. Among other findings, the AHS-2 study reported that African-American people—who typically have higher blood pressure than Caucasians—had a 40 per cent lower risk of high blood pressure as lacto-ovo vegetarians and a 55 per cent reduction in risk if they were vegan.

A reduction in blood pressure has also been reported by the European Prospective Investigation into Cancer and Nutrition—Oxford (EPIC–Oxford) to correlate with vegetarian status. The EPIC–Oxford study has also found that vegetarians—and particularly vegans—tend to have lower Body Mass Indexes (BMIs) than non-vegetarians. According to the study, vegans have BMIs at least two units lower than omnivores. In American Adventists, this difference can be up to five BMI points!

Initial findings of the AHS-2 study have shown that compared to non-vegetarians, lacto-ovo vegetarians enjoy a 45 per cent reduction in risk of type 2 diabetes, while vegans have a 40 per cent reduction in risk. Semi-vegetarians and pesco-vegetarians are 15–28 per cent less likely to develop this disease when compared to non-vegetarians.

Evidence for the reduction in cancer among vegetarians is somewhat less clear. While previous studies on Adventist vegetarians have shown the risk of certain cancers to be lower, the latest findings from EPIC–Oxford surprisingly suggest a potential increase in the risk of cancer. However, Dr Fraser believes the EPIC–Oxford data regarding meat is a strange outlier. Vegetarians in the United Kingdom may have different diets to Adventist vegetarians. For example, they eat at least 40 per cent more cheese than British omnivores, while American Adventist veg-
Vegetarians consume less dairy than their non-vegetarian counterparts. The World Cancer Research Fund (WCRF) 2007 report is also “incomplete” when it comes to making a ruling on vegetarianism, according to Dr Fraser. While few causative factors have been identified, the WCRF have deemed there to be convincing evidence that meat and alcohol, along with a high BMI, can raise the risk of cancer.

Is there a “best” diet for health?

Based on research to date, using the simpler (older) definition of vegetarianism to mean “avoiding meat,” Dr Fraser concludes that “many well-informed, health-conscious people should avoid or minimise meat consumption because this will result in less coronary heart disease, less colon cancer, lower blood pressure, less obesity, a possible reduction in cancers and a possible increase in life expectancy.”

The optimum vegetarian diet is yet to be defined, but Dr Fraser suggested it is “probably a low-dairy, high quality vegetarian diet which avoids calorie-dense processed foods and has an open mind about the occasional fish.” Future research will clarify whether in the context of a really healthy diet we need fish.

Dr Julio Acosta-Navarro, senior clinical cardiologist from the Heart Institute in Sao Paulo, Brazil, spoke at the ICVN about findings from a range of studies of people in Latin America who followed traditional vegetarian or plant-based diets. These people exhibited better health outcomes, similar to results from AHS-2.

There appears to be an overlap between vegetarian dietary approaches and other diets that rely heavily on plants, such as the Mediterranean diet.

Vegetarian or vegan?

In some circles, questions still exist about whether a vegan diet offers additional health benefits or hazards. Dr Winston Craig, a registered dietitian and professor at Andrews University in Michigan (USA), addressed this topic at the ICVN. He believes “vegan studies are too few and too small” to make final conclusions but compared to other vegetarians, vegans tend to be thinner, have lower total cholesterol levels and have modestly lower blood pressure. But they are unlikely to have large advantages in disease patterns.

Dr Craig highlighted the two main issues of importance in achieving a balanced vegan diet—knowledge and accessibility. Equipped with the right nutritional knowledge and access to nutritious foods, there is no reason why vegan diets should have limitations. But people who choose a vegan diet need to be informed about what they need to consume for optimal nutrient intake.

The EPIC–Oxford study of British vegetarians found that vegans have lower B12 intakes, and plasma levels below the 200 pg/ml limit of concern. Studies in Australia have shown that even lacto-ovo vegetarians can have low B12 levels if they’re not achieving an adequate dietary intake. This can easily be rectified by consulting an Accredited Practising Dietitian in Australia (or Registered Dietitian in New Zealand) with experience in vegetarian diets. Dr Craig says vegans also need to ensure an adequate intake of foods containing omega-3 fatty acids.

Dairy foods—part of a vegetarian diet?

The issue of dairy foods as part of a vegetarian diet was raised at the ICVN, with a heated debate between Professor Connie Weaver, chair of the Department of Food and Nutrition at Purdue University, Indiana (USA), and Dr Amy Lanou, senior nutrition scientist and assistant professor of health and wellness for the University of North Carolina–Asheville.

Professor Weaver provided a number of arguments for the use of dairy. Dairy products provide a “package” of nutrients, including potassium and vitamin D, as well as calcium. Three cups of milk per day provides 28 per cent of the recommended daily amount for potassium, which is important for brain and nerve function. Calcium is also an important dietary element provided by dairy products, and it’s estimated that both men and women in the United States fall short of having an adequate calcium intake, whether or not they’re vegetarian. Calcium helps build stronger bones and, according to Professor Weaver, consuming milk during growth years results in bigger, denser, stronger bones than taking calcium supplements.

The risk of insulin resistance is lowered by milk, as is the risk of diastolic blood pressure when complemented by a diet high in fruit and vegetables. In a 2004 study, the risk of stroke was reduced by 36 per cent if at least two cups of milk per day were consumed. Levels of cow hormones in dairy milk have also been shown to be negligible in studies and, in Professor Weaver’s opinion, the link between prostate cancer and high calcium intake from dairy due to the interference with vitamin D production is “irrelevant,” as vitamin D production in the prostate is not dependent on blood calcium levels.

However, Dr Lanou argues there are now more than 12 studies that link dairy consumption with prostate cancer, including the Physicians Health Study from Harvard University that showed consuming at least 2.5 serves a day of dairy increased prostate cancer risk by 34 per cent. Two possible mechanisms have been proposed to explain the increased risk of prostate cancer linked with dairy consumption. The first is suppressing the production of vitamin D, a nutrient that protects the prostate from cancer and the second, raising the level of human insulin-like growth factor-1, which may promote cancer cell growth in adults.

Dairy consumption is also linked in three studies to ovarian cancer and type 1 diabetes in a variety of studies. It has been associated with acne, recurrent ear infections and allergies, with lactose intolerance reported in a high proportion of people.

There is also a possibility of an indirect contribution to disease and exposure to contaminants in milk, according to Dr Lanou. She says milk doesn’t protect against osteoporosis and all the nutrients in milk are readily available in other whole or fortified foods. “Plant foods and supplements are better sources of calcium,” Dr Lanou stated.

Whether you choose to consume dairy products or not, bones are well served by getting a balance of foods, increasing fruit and vegetable intake, limiting animal protein and salt, exercising regularly, not smoking and getting adequate sunshine, among other factors. R

This is the second in a three-part series looking at aspects of vegetarianism. For more information, visit <www.vegetariannutrition.org> or <www.sueradd.com>.

Sue Radd is a nutritionist, author and speaker, based in Sydney, New South Wales.
Hope, joy, peace

BY DIANA TANNER

HOPE:
“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life” (John 3:16, ESV).

In the hopelessness of this world, we can find hope in Jesus. The most anticipated and celebrated birth on earth gave rise to a life that breathed hope to a world lost in sin. The promise from Eden echoed through the corridors of history until it found rest in the unique form of Jesus who, although a man, was also Immanuel—“God with us” (see Matthew 1:23).

The Baby, born to inconsequential parents over 2000 years ago, matured to fulfil His mission. His sinless life paid the penalty for our sin by experiencing the full consequence of those sins through death on a cruel Roman cross. And because of His death, we have hope—hope for freedom from the slavery of sin; hope for an end to suffering, distress, disease, exploitation, abuse and sadness; hope for a future in heaven with the One who died for us.

JOY:
“May God, the source of hope, fill you with all joy and peace by means of your faith in him, so that your hope will continue to grow by the power of the Holy Spirit” (Romans 15:13, GNB).

Joy is the fruit of hope—swelling in the heart until, unable to be contained, it bursts forth in a song of gladness and rejoicing for what Jesus has done for us.

Joy gives expression to thankfulness. It is the unrehearsed gratitude that rises from the realisation of the magnitude of God’s love for sinful man.

PACE:
“I give you peace, the kind of peace that only I can give. It isn’t like the peace that this world can give. So don’t be worried or afraid” (John 14:27, CEV).

Peace is testimony to the certainty of the hope we have in Jesus. When doubt, worry and fear threaten to overwhelm us, the peace of Jesus becomes our defence and the dark path before us is illuminated with heavenly light. With the peace of Jesus in our hearts, the sufferings and insecurities of life are tempered by the hope of a secure and everlasting future.

If you have not yet found hope in Jesus, been immersed in the expression of joy or experienced true peace, today is the time to make a start.

Listen to the story of how the great God of the universe loved you so much that He became a little baby, grew to manhood, suffered an undeserved death for your sin, rose victoriously and is now preparing a place for you in heaven. Feel the thrill in your heart as the true meaning of what Jesus did for you awakens the song of joy in your soul. Feel the burden of your soul lift as true peace settles on your heart.

Accept Jesus today, and hope, joy, peace and more will be yours. This is Jesus’ gift to you this Christmas.

Diana Tanner writes from North Perth, Western Australia.
My first white Christmas

BY JUNE TOPPERWIEN

What are they all looking at?”

“I don’t know,” replied my friend. “Let’s go and have a look . . . . Oh, that’s what it is!”

This was my first Christmas in Germany—and it was very cold and white. I had not long shifted from Australia to take up a post at Marienhohe, the Adventist high school and theological seminary in Darmstadt, near Frankfurt. This was the first of four white Christmases I experienced while living at the college.

What’s so magical about a white Christmas? Bing Crosby certainly made it popular. But it’s cold and damp, you fall over easily if you’re not watching your step, and you have to wear lots of extra clothes to keep warm.

But it does have its pluses—warm crackling wood fires, ideal for toasting marshmallows and roasting chestnuts, tempting hot food, hot chocolate and other warming drinks. Then there’s skiing, snowboarding, sledging, skating on the frozen lakes and walking through the forest while soft, white snowflakes gently caress our hot cheeks as we walk quickly to keep warm.

Of course, what would Christmas be without singing carols, giving presents, and generally enjoying the company of family and friends?

But I digress—what were they looking at? It was dusk in the city of Munich and we were walking, taking in the sights. The Christmas lights were giving a soft, warm glow to the surroundings. There were so many things to flood the senses: richly decorated trees, and the markets selling trinkets, food and toys. But right in the middle of the city square was a huge Christmas tree and, on the topmost branch, a small bird was singing his heart out.

The crowd was transfixed as they listened to the beautiful melody. Here was one of God’s little creatures doing what he was created to do, sharing his humble offering of a beautiful song.

As I listened to that little bird, my heart was touched as I realised it is often the little things that really matter—the touch of a kind hand on the fevered brow of some suffering person, a cup of cold water, an encouraging word or just consideration of others’ feelings. These are the things that remind us God truly is love.
Missing our chance

DANIEL REYNAUD, NSW

“Green-wash?” (Letters, November 22) notes that the majority of scientists backing the theory of global warming are evolutionists. What a shame that we have let that happen.

As Christians, we have allowed the secular world to champion causes we should have led, even before they were popular. But now the New Age movement stands up for vegetarianism and alternative medicine, governments and secular academics decry alcohol abuse, and evolutionists say we should protect the handiwork of God while Adventists increasingly turn away from these issues.

Maybe Jesus was right after all when He said to the chosen people, “I tell you the truth, the tax collectors and prostitutes are entering the kingdom of God ahead of you” (Matthew 21:31, NIV).

Radical finances

ROGER CHRISTIAN, NSW

It seems the biblical principles of money management (“Making financial sense,” Feature, November 15) are a more radical mark for Christians to press toward than is generally acknowledged. In Luke 14:33, Jesus said, “So therefore, none of you can be my disciple who does not give up all his own possessions” (NASB). We also need to remember that Jesus’ command, “Do not worry” (Matthew 6:25, NKJV) is given within the context of the earlier command to “not lay up for yourselves treasures on earth” (Matthew 6:19, NKJV).

Thus those who have served God rather than their possessions and have given sacrificially to those in need (see Luke 12:33) may well be tempted to be anxious about their own needs. However, the promise is that God will supply their needs.

God’s salvation of the world at the cross revealed in Christ a sacrificial concern for justice, not only in the manner of His death but in the way He lived. He threw in His lot with the poor, oppressed and afflicted. Therefore, to take up our cross and follow Christ means not so much a passive waiting but rather, living sacrificially today.

On holiday

D M CEFF, QLD

We take much that we require with us when we go on holidays. Should we not also take God with us? Should He not be our first priority? We need to maintain our consistency in prayer, Bible study and a close relationship with Him always, not to neglect or put Him aside when we are away from our everyday surroundings. He never forgets or leaves us, so we should never go “on holidays” without Him.

Often we are weary and excited with all our plans and travel. We need rest—a break from our regular work—but never from His presence. We can be in awkward situations perhaps, with different environments, surrounded by different people, but we can adjust. Perhaps holidays can be a time to spend more time with God—rather than time to forget Him.

Defining “sin”

BILL GATES, NSW

There are at least three definitions of sin in our church today (“Understanding sin,” Letters, November 29):

1. We are born sinners. Salvation was finished at the cross?

2. Sin is the transgression of the law. We need to be saved from both the penalty of sin and the power of sin. Therefore, salvation is wrapped up in justification and sanctification. But the sanctification is empowered by God to the willing and repentant sinner. Because justification is a finished act, we can have assurance. Jesus has paid the price for the penalty of sin. But we are still to obtain the victory over the power of sin, and this is where the seven blessings of Revelation 2 and 3 apply to the victorious sinner. This is the area where the conditional nature of salvation is met (see Exodus 20:6).

Definitions 1 and 2 have no conditions. It is cheap grace. Definition 3 is the correct definition. We need to beware of committing the sin of presumption by ignoring the conditional nature of salvation (see Exodus 20:6). Paul was aware of this danger of presuming on the mercy of God and about the possibility of being a castaway (see 1 Corinthians 9:25-27). And Jesus also said, “Strive to enter into the strait gate” (see Luke 13:24-28). Why would He say that if our salvation was completed at the cross?

In “your seat”

MICHELLE WATSON, QLD

This is a plea to all church members who sit in the same pew each Sabbath. If a visitor sits in “your seat,” please don’t ask them to move. I’ve heard too many stories of this happening, sometimes more than once on the same Sabbath. It’s turning people away from church and this is heartbreaking.

So if someone sits in “your seat,” please don’t tell them. Just welcome them graciously, sit somewhere else and rejoice they are in church.

Note: Views in Letters do not necessarily represent those of the editors or the denomination. Letters should be less than 250 words, and writers must include their name, address and phone number. All letters are edited to meet space and literary requirements, but the author’s original meaning will not be changed. Not all letters received are published. See masthead (page 2) for contact details.
Positions vacant

▲ Positions—Karalundi Aboriginal Education Community Inc (Meekatharra, WA). Male and female dorm supervisors—4 positions (1 immediately); manual arts teacher—woodwork (0.5 FTE); general maintenance (0.5 FTE); motor mechanic teacher (0.5 FTE); general maintenance (0.5 FTE); secondary teachers—boy’s and girls (2 positions); sport and recreation officer, able to qualify as pool manager (available now); and primary teachers. Karalundi is an independent, SDA-affiliated boarding facility, catering for Indigenous students from K to 12. It is situated 55 kilometres north of Meekatharra in central WA.

▲ Receptionist/Administrative Assistant—Adventist Media Network (Wahroonga, NSW) is seeking a full-time receptionist and administrative assistant based at the Wahroonga office. This is an important position and requires a person with current skills and experience in similar positions. The successful applicant will ideally have aptitude in: Microsoft Office applications, telephone systems, dealing with inquiries from the public, filing documents and taking minutes during meetings. The successful applicant will hold suitable qualifications or have equivalent experience as a receptionist.

▲ Hope Channel Director—Adventist Media Network (Wahroonga, NSW). This full-time position is an important part of the church structure and the applicant will work throughout the South Pacific Division (including the Pacific islands), developing programs and managing Hope Channel TV and Radio. The position also involves a two-year project as manager of the new Search DVD series (undertaken concurrently with the management of Hope Channel). The successful applicant will ideally be details oriented, well organised and able to meet deadlines; able to provide creative and strategic concept development; have technical skills to facilitate the development of Hope TV and Radio infrastructure; be skilled at relationship building (between a range of church entities and AMN personnel); have a passion for evangelism and sharing Jesus; have communication and leadership skills; and be able to share the vision of Hope Channel. Applications close January 9, 2009.

▲ Production Manager and Senior Producer/Director—Adventist Media Network (Wahroonga, NSW) is seeking a full-time production manager and a senior producer/director for its Video Production department. Experience in managing a production team in an environment with tight deadlines is highly desirable. The successful applicant will ideally have skills and experience in consulting with customers; management of all aspects of production; hands-on experience in video production, including camera, edit, multi-camera, studio lighting, sound, studio floor management, DVD authoring; Final Cut Studio, and associated hardware and software; video technical skills and fault finding, equipment specification, routine maintenance; and administration of a production department, including budgeting. Applications close January 9, 2009.

▲ Accounting student (part-time)—Sanitarium Health Food Company (Berkeley Vale, NSW). Would you like to earn an income while completing your accounting degree and, at the same time, further your professional development in a practical way? Opportunities exist for part-time employment for enthusiastic accounting students in 2009. Responsibilities will involve assisting with the financial and management accounting functions of the business. The role will provide exposure to leading business software (SAP), standard costing at a practical level, and industry specific dynamics (Fast Moving Consumer Goods Industry). Analytical skills and attention to detail are required attributes. Solid spreadsheet (EXCEL) experience would be advantageous. Forward applications in writing (including CV) to Corporate Human Resources, Sanitarium Health Food Company, Locked Bag 7, Central Coast Mail Centre, NSW 2252, fax (02) 4349 6099, or email chumanresources@sanitarium.com.au. Applications close December 31, 2008.

Volunteers!


Email: <volunteers@adventist.org.au>
For more positions, check the web on <www.adventistvolunteers.org>.
+61 2 9847 3275

Loue—Morye. Matthew William Love, son of Greg and Ann Love (Newcastle, NSW), and Katrina Fleur Morye, daughter of Peter and Carolyn Morye (Sunshine), were married on 9.11.08 in the grounds of Milton on the Lake (Pelican).

Baines—Mulholland. Aran Mulholland, son of Ken and Estelle Mulholland (Melbourne, Vic), and Maureen Susan D’Arcy, daughter on Vincent (deceased) and Felicity D’Arcy (Melbourne, Vic) were married on 14.9.08 in Lalylah church.

Owes—Webb. Andrew Owes, son of Ken Owes (deceased) and Cindy Owes (Nanawading, Vic), and Renee Webb, daughter of Peter Webb (Canberra, ACT) and Gayle Heckenberg (Tas), were married on 26.10.08 at “Immerse” Receptions, Dixon’s Creek, Vic.

Saul—Baker. Nicolas John Saul, son of Philip and Gail Saul (Kempsey, NSW), and Amanda Lee Baker, daughter of Christopher and Diane Baker (Brevard, North Carolina, US), were married 6.10.08 in the Mortoep Hospital Chapel. They met at Avondale College and maintained their relationship long distance until Mandy returned to Australia.

Leigh Rice

Obituaries

Marjory Delahay, born 16.1.1914 in Concord and at camp-meetings. She had a sincere faith in the second coming of Jesus. The family laid May to rest at Ascension Hill, Northern Suburbs Cemetery, Sydney, where she awaits the Master’s call.

Frank Tassone

Lewis, Nancy May (nee Rogan), born 30.4.1939, died 13.11.08. On 24.1.1966, she married Colin Dudley Lewis. She is survived by her husband, Colin; her two sons, Matthew William and Andrew; her daughter, Lorraine; her three grandchildren; David, Mervin and Melanie; and her niece, Margaret McEwan.

For further information, contact Kalvin Dever on (02) 9847 2222 or email <kalvin@adventistmedia.org.au>. Applications in writing should be forwarded to Kalvin Dever, Operations Manager, Adventist Media Network, PO Box 1115 Wahroonga NSW 2076.

December 20, 2008 13

noticeboard
Noticeboard

60s PLUS RETREAT
Adventist Alpine Village—Jindabyne
20–23rd February 2009
We invite you to come up to the mountain to worship our Maker at a special 60s Plus Retreat. Bring a spouse or a friend, either way plan now to be there. Guest speaker—John Hammond.

Contact the AAV on 02 6456 2738 for more info

Carra; and her grandchildren, Amy and Damien (all of Sydney). The service was conducted by her son, Christian Thomas (head elder at Fairfield church). Bruce Shield

Lynch, Dorothy Marion (nee Morgan), born 7.2.1918 in Melbourne, Vic; died 19.7.08 in Knox Hospital. On 22.2.1941 at Euroa, she married Frank, who predeceased her in 1980. She is survived by her two children and their families, Peter, his wife, Joan, and daughter, Nicole; and Shirley, her husband, Alan, daughters, Victoria and Robyn, and great-grandchildren, Patrick, Michael, Aceilena and Hannah. Dorothy enjoyed craftwork, and played the piano and organ. She played for Euroa church while she lived there and played piano for some of the worships at Coronella Home until a few weeks before her death. Dorothy loved the Lord and the Advent message. Both Dorothy and Frank are asleep together and we look forward to meeting them again when Jesus comes. Rod Anderson

Maddy, Colin Joseph, born 16.3.1941 in NSW; died 29.10.08 in the Brisbane Mater Hospital after a long battle with cancer. He is survived by his wife, Jennifer; his daughter, Kim; his son, Scott; and his grandson, Mitchell. He was well respected and loved by all who knew him. Gold Coast Central Adventist church will miss him. Colin loved his family, who are comforted by the certainty of the resurrection of Christ and His soon coming. Peter Stojanovic, EB Price, Barry Crowdtree, Slavek Malek

McDougall, Frederick Thomas Ernest, born 22.8.1924; died 9.9.08 at Casino, NSW. On 27.5.1947, he married Irene, and both were baptised on 157.00. He is survived by his wife, Jennifer (Casino). Not in paid employment since a heart attack in his 40s, Fred devoted his life to the support and care of his wife. He lived his final years while battling cancer with assurance of the blessed hope.

Paul Geelan

Niz, Lillian Joan (nee Dingley), born 4.12.1928 at Rockhampton, Qld; died 15.10.08 at Cherrymoore from a prolonged illness. On 22.3.1951, she married Stanley Herbert. They were both baptised by Pastor Bert Grosse. She is survived by her husband; her three daughters and their families, Diane and Glen Mickan, Gail and Robert Franks, and Jewel and Ian Bauer. Joan was a loving and lovable Christian who touched many lives. She loved Jesus and shared Him with others by the way she lived her life—she exhibited the fruits of the Spirit. Her family and friends who miss her greatly have faith in the blessed hope.

John Rabbas

Payne, Jack, born 3.3.1922 at North Freemantle, WA; died 29.8.08 in Perth. On 14.10.1959, he married Thelma Reynolds. He was baptised on 11.10.1959. He is survived by his wife (Perth); his children and their spouses, Christine and Colin McCardy (Mildura, Vic), Jenny and Fred Plane (Perth, WA), and Loretta Payne (Perth); and his grandchildren, Stuart, Katelin, Lloyd and Holly. Jack was a world traveler, a soldier, an analytical chemist, a life-long learner, and a much-loved husband and father. His adventurous spirit, his conversations and his faith will have a continuing impact in the years to come. Andrew Slegg, Barbara Reynolds

Sleigh, Pastor Lindsay William, born 3.8.1957 at Rockhampton, Qld; died 21.8.08 at Newcastle, NSW. On 8.4.1985, he married Gayle. He is survived by his wife (Cooranbong); his sons, Jesse, Aron and Reuben (Cooranbong); his parents, Bill and Vera Sleigh (Sydney); his brother, Stephen (Cooranbong); and his sisters, Desiree Bera (Sydney), Margaret West (Nelson Bay) and Cynthia Sleigh-Meyles (Newcastle). Lindsay pastored Gateway church in his final two years, where he passed himself into his family, church and friends, and enjoyed their overwhelming love, generosity and support. Lindsay knew he was deeply valued and loved, and cherished the community he was part of. Lindsay’s was a rich, blessed and loved ministry. See lifesketch (News, page 7).

Mel Lenke

van der Byl, Gladys Annette (nee Doherty), born 5.12.1927 at Umata, Transkei, South Africa; died 20.9.08 at Caloundra, Qld. She is survived by her husband, Victor (Caloundra); and their six children and spouses, Marlene Taliep (widowed, Cape Town, South Africa); her 25 grandchildren; and her brother, Wouter (Cooranbong); his parents, Bill and Helen, a soldier, an analytical chemist, a life-long learner, and a much-loved husband and father. His adventurous spirit, his conversations and his faith will have a continuing impact in the years to come. Andrew Slegg, Barbara Reynolds

Sleigh, Pastor Lindsay William, born 3.8.1957 at Rockhampton, Qld; died 21.8.08 at Newcastle, NSW. On 8.4.1985, he married Gayle. He is survived by his wife (Cooranbong); his sons, Jesse, Aron and Reuben (Cooranbong); his parents, Bill and Vera Sleigh (Sydney); his brother, Stephen (Cooranbong); and his sisters, Desiree Bera (Sydney), Margaret West (Nelson Bay) and Cynthia Sleigh-Meyles (Newcastle). Lindsay pastored Gateway church in his final two years, where he passed himself into his family, church and friends, and enjoyed their overwhelming love, generosity and support. Lindsay knew he was deeply valued and loved, and cherished the community he was part of. Lindsay’s was a rich, blessed and loved ministry. See lifesketch (News, page 7).

Mel Lenke

Receives the Hope Channel and 3ABN.
Complete satellite kit $265 + freight; prime signal areas in Australia only. Full instructions for DIY installation. Installers available. Rural Electronics (02) 6361 3636; or <ruralcene@bigpond.net.au>.

Data projectors, screens, DVDs, VCRs, PA systems etc. Lower prices for SDA churches, schools etc. Australia only. Rural Electronics (02) 6361 3636; or <greenfieldsenterprises@bigpond.com>.

Quality Christian products. Books, DVDs, study guides, story CDs and music from Amazing Facts, 3ABN and other sources. See <info@thestoryfactory.com.au>.


Adventist Funerals—an Adventist business serving our church community. Sydney/ Wollongong/ Central Coast/Newcastle. Prepaid and payment plans available. Phone 1300 791 182; fax (02) 4648 0166 or email <adventfunerals@aol.com>.

Electrician (4U)—for all your electrical needs, contact Bruce Petrie on 0418 333 175. Servicing Melbourne Eastern, South Eastern, Outer Eastern and Yarra Valley areas.

Medical practitioners needed for the Logan Adventist Health Association Health Centre. Full-time and part-time practitioners needed. Contact 0428 846 455.

Be paid to travel. Opportunities for ALL AGES to live and work globally. Make a difference by joining the International Children’s Care “Just Go” challenge today. Call 1300 881 846. Visit <www.justgo.net.au>.

Retirement village living. Rare opportunity! Units available in beautiful Kirkley Gardens Retirement Village, Lethgoh, NSW. Two-bedroom units, gas-ducted heating, all whitegoods supplied. Garage included. Sold on a 99-year lease. Only $430 per week maintenance. Make a free change today, all this for only $3249,000.

December 20, 2008
December 20, 2008

Phone Janelle on 0408 259 278 to secure your piece of paradise.

Tour program—Allround Travel. September 2009 group tour, Greece and Turkey: Athens/Patmos/Historic sights of Turkey/ expert tour leadership/Singapore Airlines. Oberammergau—Passion play July 2010: combined with 10 night tour Germany, Austria, Italy. Early bookings required to secure Passion play tickets. General Conference, June 2010, Atlanta. For further details, contact Anita (07) 5530 3555, email <alltrav@bigpond.net.au>.

Lakeside church 40th anniversary. Members, former members, former pastors and friends of Lakeside church (formerly Brightwaters) are invited to celebrate with us. Please mark July 11, 2009 in your diary. More details later. Inquiries Pastor Clive Nash (02) 4977 2858 or email <clivenash@adventist.org.au>.

Looking for ex-missionaries at Kendu Adventist Hospital. If you were born, worked at or even visited KAH in Kenya during the past 83 years, please tell Joy Butler in preparation for the 85th celebrations in 2010. If you belong to this category, why not plan to attend? Write for more details <butler@ecd.adventist.org.au>.

Endless Praise seeks musicians/singers/bus driver to be part of the 2009 team. If you are gifted with musical talents, are considering full-time music ministry work and are between the ages of 18-30, contact Sandra on (02) 9783 7000 or email <ep@epraise.com.au>. Applications and auditions are being taken now.


The netAdventist website upgrade to V3 will begin between December 28 and January 5. Some tweaking will be needed before your site goes live on February 4. For more information, visit <http://web.adventistconnect.org>.

Finally

The future is full of doubt, indeed, but fuller still of hope.—John Lubbock