Leading evangelist preaches from jail

Tracey Bridcutt—Maitland, New South Wales

Australian Union Conference evangelist Geoff Youlden wound up in jail while working on a new Adventist DVD series recently.

Pastor Youlden became a “prisoner” for a day while filming the new Beyond series, which is being shot at a number of locations in Australia and across the world, including the old Maitland Jail, north of Sydney, NSW.

The jail, once the home of some of Australia’s most notorious and hardened criminals, closed as a correctional institution in 1998 and is now a tourist attraction but also proved to be an ideal location for filming.

Extras were cast as “inmates”, (some had actually spent time behind bars) and helped script the scene to make it more authentic.

Beyond series producer Jared Madden says “prisoner” Youlden was filmed being led into the jail amid the taunts of the other “inmates”, mimicking a real prison scenario.

“It actually put him (Pastor Youlden) in the situation and the emotion came out on his face,” Mr Madden says.

“What we want to do is put Geoff in the metaphor so he’s explaining it from the situation he’s actually in.”

The DVD, entitled Beyond Heroes—the search for a saviour, reveals the depth of Jesus’ love in becoming a prisoner for humanity and taking our punishment.

It is one of 13 DVDs in the series, which follows on from the popular Search series created 12 years ago, and includes a Discovery Centre correspondence course, a book, a radio series, music album, website and an evangelistic course.

The series is being shot in a style known as ciné’mo ve’rite’—a documentary filmmaking style combining naturalistic techniques with stylised cinematic devices of editing and camerawork, staged set-ups and the use of the camera to provoke subjects.

An award-winning cinematographer and an Emmy Award-winning composer are among the highly talented crew working on the series that also features interviews with British yachtsman Tony Bullimore and the rescued Beaconsfield miners.

“We are creating a style that has never been done before (in the church),” Mr Madden says.

“Ultimately, the aim of the series is to reflect an accurate portrayal of the character of God.”

The Beyond series will be launched early next year.

Roll call for education system

Barry Hill—Wahroonga, New South Wales

South Pacific Division Education Departmental assistant Sonya Muhl has just updated education system statistics for the 2010 General Conference report. The latest statistics show increases from an earlier report. There are now 54,724 students in the system—10,799 in the Australian Union Conference, 2,266 in the New Zealand Pacific Union Conference, 20,004 in the Papua New Guinea Union Mission, 18,706 in the Trans-Pacific Union Mission and 2,949 in the tertiary sector.

The accuracy of the figures is largely due to Ms Muhl’s persistence. It is difficult to obtain data from many schools, particularly when they are isolated and out of phone and fax range like many of the 114 schools in the Solomon Islands. In fact Ms Muhl was chasing the data for over four months.

Where calculations were incorrect she had to check them for consistency, sometimes taking up to three hours to reconcile anomalies. She says in future it will be a matter of getting the formulas and processes right in the first place.
FAITHFUL IN MARRIAGE
Josh Bolst, NSW
Thank you for “The real mile high club” (Feature, May 15). This was a very interesting and well-written article. As an unmarried 19-year-old I found it to be relevant and interesting. I enjoyed the journey the author took me through. Thank you for challenging us to be faithful in marriage—whether we’re there or not yet.

GREATER PROMINENCE
Margaret Major, NSW
Thanks “Robert” for your article “Maybe?” (Feature, May 1). I still love my church but it could be so much better if children and young people were given greater prominence and valued for their contributions. I believe if there was a revival of the midweek prayer meeting with healthy church member attendance it would provide the ideal forum for most of what you wish to take place. Then it would have a flow-on effect into the Sabbath where deep personal and spiritual benefits would be experienced.

FIVE-STAR CHURCH
Clansi Rogers, ACT
I was distressed to read churches compared to hotels in “Imagine a Church” (Editorial, May 15). When did “a place of worship beyond compare” become the “most important” quality measure?

This editorial reinforces the idea—foreign to the New Testament and the first Christians—that the “church” is primarily a building and not the people that gather there.

I understand the desire for our places of meeting to be welcoming and functional, but I am horrified at the author’s suggestion that we should “rate” our churches on a scale of one to five based on decor and signage. On this scale, a “five-star church” could conceivably be one that is neat and tidy, that has a new sign and a sparkling hallway, but is filled with gossip, prejudice, division and devoid of the Spirit of God.

In the words of Jesus: a white-washed tomb.

SOMETHING MUST BE DONE
Maureen Kilner, NZ
I hope “A mother’s pain” (Feature, May 15), is not a real situation but rather a scenario of how it can be in some situations, written to engender a response.

If this is an actual family living in fear of domestic violence—my reaction is, something must be done.

Change must occur, so who is going to start the change? Is the husband going to acknowledge that his behaviour is not acceptable? Is the mother going to acknowledge the risk to herself and harm to her children, and get help? Is the grandmother going to allow another generation to think this is OK by leaving it in God’s hands? We are God’s workers and He needs our hands, voice and actions.

DEDICATED WOMEN
Annette Donoghue, NSW
I am disappointed and saddened to hear that my church has chosen not to include the issue of women’s ordination on the agenda for the upcoming General Conference Session. It seems to me that the approach is an attempt to hold onto a facade of church unity at the price of injustice towards and the disenfranchisement of godly and dedicated women.

Of even greater concern to me, is presentations by well known Adventists speaking not only against the ordination of women ministers, but against women as leaders within the church in general.

I am extremely fearful that, in the absence of anything else, that these messages, by high profile Adventists, will be presumed to be the official church line on the topic, for I do not believe for one minute that it is.

I fear that while ever the church does not address this issue in a way which is constructive for the whole church, that proponents like this will fill the void in representing the church’s position.

“SAN” FUNDING
RESPONSE: David Gibbons
(Communication director, SPD)
Referring to “Lack of up-to-date equipment” (Letters, June 5), the Seventh-day Adventist Church is not, and will not, use any tithe, offerings or its own funds for the development of the Sydney Adventist Hospital which has operated on the “Wahroonga Estate” since 1903. The NSW Government has designated the 66 hectare site to be of state significance. Following extensive study, the NSW Governor signed off on the development proposal. The development itself will provide the $780 million funding the hospital will need over the next 15 to 20 years to expand the number of beds it needs. At the same time, most of the bush land will be preserved, managed and made accessible for the public to enjoy.

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.

Send your letters to editor@record.net.au
Welkam wantoks

Kent Kingston

I have a particular liking for going barefoot. The smell of coconut cream or the sound of bamboo drums causes a wash of nostalgia. Yes, I was a missionary kid. From 1980–83 I lived with my family at Sonoma College in Papua New Guinea. To this day I have a fascination for languages and the music of different nations. I feel drawn to people from outside my Anglo-Australian culture, particularly, of course, those from PNG. I feel proud to address them as wantok (literally “one-talk”, meaning we are from the same tribe).

That’s why I’m excited that this edition of RECORD will have a boosted circulation of 69,000 copies, in an effort to reach as many of my Pacific wantoks as possible. Division president Barry Oliver has stressed, more than once, that RECORD is the official magazine of the entire South Pacific Division. The statistical report in this edition shows, as always, that more than 80 per cent of our church members are in the Pacific Island nations. I can enthusiastically echo Dr Oliver that the pages of RECORD should reflect this reality more accurately.

On page 7, you’ll get a glimpse of the scale of church activity in the Pacific in our report on the massive gatherings of Adventist women in Papua New Guinea. And although “The war zone” on page 14 is from Australia, the spiritual battles it recounts are familiar experiences in the islands.

And the Sapphire Singers from the Solomon Islands put in a good showing at the concert launch of Psalter, the church’s new music label (see page 9). The comment made to me after the event was that the high standard of the Sapphires’ music represented a huge pool of talent ministering to the church and wider community in the islands right now. Bring it on, I say! I want to hear more Sapphires. And I want to see stories from all over our Division in this magazine. Start up the bamboo drums!

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**Communicators call for a new direction**

*Heather Potter—Wahroonga, New South Wales*

Sharing a vision for spreading the gospel through mass media was a highlight of the inaugural Communication Advisory Committee, held in Sydney in May.

A group of 12 senior Adventist communicators, including three laypersons, gathered in Sydney to assist in steering the church’s communication strategy into the future. Each person outlined their hopes and aspirations for what the committee could achieve.

It was billed as an opportunity to hold the South Pacific Division accountable for delivery of its strategic goals. But members of the group described the meeting as “exciting” and “inspirational”, igniting fervour for strengthening the church’s brand identity and finding ways to communicate the gospel more effectively to a wider audience.

AMN board member Joanne Davies says she was excited at the opportunity to be involved in a new era of church communication.

“The only thing limiting our potential is our faith in God to lead us,” Ms Davies says. “I’ve seen firsthand the incredible things God can do when we just trust Him and put Him at the centre of our ministry.

“I’m absolutely thrilled to be a part of it and I know we can use this group to help fulfil our commission of taking the gospel to the world.”

David Gibbons, director of Communication for the South Pacific Division (SPD), says the purpose of the committee is to provide valuable professional expertise.

“This department is only as strong as the team supporting it,” Mr Gibbons says. “By inviting both church employees and well qualified Adventists who work outside of church employment to be part of this committee, I hope to gain access to significant professional expertise and depth of experience.

“This will help to make sure that we’re on the right track and we’re maximising the potential of our mission here.”

The Communication Advisory Committee is expected to meet biannually.

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**Brekkie club flying high**

*Eti Seupule-Feau—Moree, NSW*

Rural Moree church has been boosted lately by the arrival of children for their Sabbath “Brekkie” club.

The club supplies breakfast for community children from 8 to 9.15am with an average attendance of 19 children per week. They usually stay to attend Sabbath school and church.

Moree church has also been encouraged by the attendance of some Avondale College students, who assist at the club and lead out in the worship service every third week. The drive would take more than six hours but the students are being flown in, thanks to the Adventist Aviation Association’s John Kosmeier and Gary Fraser, with the support of the North NSW Conference.

The breakfast club was the idea of church elder Sydney Richards, and his wife, Rongo, who bring four “unchurched” children each week. Their mother reports “my children will often get up in the morning, asking if it is church today.”
13,000 women inspired to witness

Jacqueline Wari/Nancy Langdon—Papua New Guinea

More than 13,000 women from all over Papua New Guinea have been urged to be witnesses for Jesus Christ in their communities.

General Conference Women’s Ministries director Heather Dawn Small issued the challenge during a meeting at the Sir John Guise Stadium in Port Moresby on May 19, attended by about 2000 women from the Port Moresby, Central, Gulf and Western provinces.

In her sermon titled “Touch a heart, Tell the world, Be a witness”, Mrs Dawn Small said: “We must be witnesses to what God is doing in our lives. We must experience God in order to be a witness for him.”

She was accompanied by Erna Johnson, the South Pacific Division’s director for Women’s Ministries, and Judy Ponduk, Women’s Ministries leader in PNG. About 11,000 women from the Highlands and Momase regions gathered in Lae to meet Heather Dawn Small.

Topics discussed included ending violence to women.

Mrs Dawn Small, originally from the Caribbean, visited women in East New Britain and Morobe provinces before travelling to Port Moresby. A highlight for the women was the guest speakers arriving at the venue in a helicopter.

Mrs Dawn Small said Jesus was the best example of a witness when He was here on earth as He came to help people understand His Father.

“He couldn’t just tell them about His Father. He had to touch their lives. He healed, loved, comforted, ate, drank and spent time with people.”

She also said that like Jesus, the women needed to fulfil the physical needs of people before sharing the word of God.

“Before we can evangelise, women must go out and touch the hearts of people six months prior to the evangelistic meeting.”

Led by Mrs Ponduk, the group had to travel from Lae to Rabaul, back to Lae again and finally to Port Moresby to meet with all the women.

Being the first Women’s Ministries leader from the General Conference to come to PNG, the women at the three venues gave her an unforgettable reception. They dressed her up in a meri blouse and hung bilums around her neck and arms. She was led with marching parades and traditional dances which left her awestruck.

Also present for the opening of the program in Lae were PNGUM president Pastor Thomas Davai and Member of Parliament for Markham, Koni Iguan who is an Adventist politician.

Ordination was Berry good

Liliana Munoz—Caboolture, Queensland

Church members, friends and family gathered in Caboolture church, South Queensland Conference, for the ordination of Pastor Lorenzo Berry.

Pastor Berry was brought up in an Adventist home and was active with the Lilydale church youth in Victoria when he made his decision for Christ after attending Net 98.

Earlier that year he had had a conversation with a literature evangelist and vowed he would never become a LE or a pastor. However God’s persistent voice continued to “poke and prod”. He left a promising career in mechanical engineering and moved to Avondale. “Many people commented to me as I was making the transition, and afterwards, as I moved into pastoral ministry, that I would be worse off economically. But God has blessed whether the need was financial, emotional or spiritual.”

Pastor Berry began his ministry in New Zealand, first in Palmerston North, and then in the Tauranga and Maunganui churches. Three years later he moved to Australia to serve as chaplain of Avondale School and pastor in Coonabarabran and Narrabri, NSW, and finally in Caboolture, Qld. His wife Jackie, and daughters Ariel, 7, and Sophie, 6, accompanied him at the ordination service. Pastor Berry and his family currently minister at Glenvale church and Darling Downs Christian School in Toowoomba.
**Seeing is believing**
Phil Vischer, the creator of the VeggieTales concept, is hoping to follow up this success with a new Bible story series. *What’s in the Bible, with Buck Denver* aims to go a little deeper than VeggieTales, even exploring terms such as Septuagint and Apocrypha. – whatsinthebible.com

**Latin blitz**
Adventists across South America have taken to the streets in a continent-wide outreach campaign. The key message was the value of a Sabbath rest to busy and distracted people. Thirty million evangelistic magazines were handed out to everyone from passers-by to presidents. – South American Division

**Free at last**
Laura Silsby, the last of the American volunteers arrested for trying to take 33 children out of earthquake-ravaged Haiti, has been released after 15 weeks in prison. The others were released earlier. The charges of kidnapping were dropped but Ms Silsby was found guilty of "irregular travel" and released for time served. – Baptist Press

**Football faith**
During the FIFA World Cup in South Africa, local churches are partnering with international ministries to conduct street ministry and HIV/AIDS education. The UK’s Stanborough Press is placing 25,000 copies of the EG White book *Steps to Christ* in every hotel room in cities hosting games. – Stanborough Press

**The power of choice**
Public high school students in Australia will soon have the opportunity to compare evolution with creationism. The new national curriculum encourages critical thinking and asks ancient history students to investigate a "controversial issue", with the topic of "Darwin and his critics" being one option. – Sunday Mail (Queensland)

**Resting easy**
Rumours have been circulating that Ezekiel’s tomb in Al-Kifl, Iraq, has been damaged in the recent violence. But Andrew White, the Anglican vicar of Baghdad, has made the three-hour journey to Al-Kifl and found the building in good repair, with local Muslim leaders interested in preserving the site. – Assist News Service

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**Adventist music hits high note**

by Lyndelle Lawrence/Kent Kingston

"WE ARE PEOPLE WHO BELIEVE WE DO our best for God," says Tim Burcham, manager of Psalter, the church's new music label. This philosophy was put into full effect at the official Psalter launch concert on May 22 at Avondale College Church. The program showcased Psalter’s newly signed artists and the range of musical expression was broad: from traditional vocal harmonies to guitar-driven anthems.

From a technical point of view, the production values were among the highest ever seen at an Adventist event. The concert doubled as a live DVD recording and the Adventist Media Network production team pulled together the best personnel in terms of lighting, sound and video.

Leoni Gardner opened and closed the concert, a clear, soaring voice the perfect fit for her Celtic-flavoured, almost ethereal songs. Taking the audience on a spiritual journey, she sang her original melodies, "Hymn of Praise" and "It’s Time".

The contemporary sounds of Ali and Leighton Heise brought the capacity crowd back to earth. The family oriented content of "Joshy’s Song" and “Love Takes Time" was both personal and spiritually challenging. Their performance helped set the tone for the concert—an evening of honest praise and worship and music of high standard.

Townsville girl Anna Weatherup displayed raw and controlled vocals; each delivery sincere and uninhibited. Her gospel/soul interpretation of "Because He Lives" encouraged the audience to sing, too.

The silky tones of Emily Rex’s agile voice and Jarel Kilgour’s acoustic guitar-playing captivated the audience; their music fresh and light. Em shone on her high notes, hitting and sustaining them, as Jarel supported her with his smooth finger work and backing vocals.

Vocal ensembles included the It is Written Quartet, which impressed with a blend of tight, four-part male harmony and strong vocals. The Solomon Islands’ Sapphire Singers interspersed their soulful music with feats of vocal acrobatics. And Avondale College vocal ensemble The Promise performed two a cappella songs, including the southern hemisphere debut of Greg Jasperse’s jazz arrangement of “Amazing Grace”.

Historically, Adventist musicians have found it difficult to connect outside their local circles, simply because producing, promoting and distributing a good quality recording is an expensive and time-consuming enterprise. And many musicians are not wired for the technical and business aspects of their craft, preferring to focus on creative expression.

Psalter’s focus is on Adventist musicians in the South Pacific region, but it is already in communication with artists from further afield. The new record label’s aim is to come alongside its artists and support them in taking their music to a wider audience. Psalter is also in the process of building strategic relationships, such as the partnership with the South Pacific Division’s Institute of Worship and distribution agreements with Adventist Book Centres and other Christian retail outlets.

If the official launch concert is anything to go by, we should expect to see great things from Psalter and its artists.

The Psalter launch concert DVD will be available from Adventist Book Centres by later this year.

Check <www.psaltermusic.com> for updates, downloads and details.
Christian behaviour

We have learned salvation is a gift. Our standing before God is totally independent of our works. This is expressed simply and beautifully by Paul in Ephesians 2:8, 9. This being the case, how does our behaviour relate to the grace of God? In other words, why should we be good if we are accepted by God by grace alone?

According to the Bible, what principles underlie the behaviour of a follower of Jesus?

- Obedience is a response of gratitude. Read Exodus 20:1, 2
  God firstly redeemed the Israelites, and then he asked for a response of thankfulness.

- Obedience is a response of love. Have Christ living in you. Read John 14:15, 21, 23; 1 John 5:2, 3
  For the apostle John, genuine love is expressed in action.

- An obedient life is God’s desire for us. He wants to write His laws in our hearts. Read Romans 8:3, 4

- An obedient life is evidence of God’s work in a person’s life. Read Galatians 5:22, 23

- A life that seeks to follow God's ways is a powerful witness. Read Matthew 5:16. On the other hand, an inconsistent lifestyle brings the Christian faith into disrepute. Read 1 John 2; 3, 4

These are powerful motives to live an obedient life. But one more compelling reason is the love of Jesus expressed through His death on our behalf. We have been bought with a price! Read 1 Peter 1: 18, 19

When that reality dawns upon us, we will want to live a life that pleases Him. Read 2 Corinthians 5:14, 15

Q: I have been told oats are very nutritious but examining labels they seem high in fat.
A: Oats are a wonderful nutritious food, one of the best. The fat in oats contains a “good fat”, and will not harm. Once called a “complex carbohydrate” it is absorbed very slowly, keeping sugar levels at a steady level throughout the day. It is excellent for people with diabetes, with sugar irregularities. In fact, one large American clinic claims to have most patients off insulin once their oat consumption reaches a certain level (and blood sugar levels become steady).

Q: When the kids come home from school, they invariably start yelling out for something to eat. But is this nutritionally a good idea, especially with dinner only a few hours away?
A: A small snack, ideally a piece of fruit, nuts or other high vitamin low carb nutritious morsel is fine. They have been running around much of the day, burning up energy, and their blood glucose levels are low. This will give them a kick until the evening meal takes over. Ideally go for low sugar stuff, not fizzy drinks, cakes or confectionery.

Eileen Charles had been having Bible studies with Pastor Lomani Uilou at Jigalong and had been attending the Seventh-day Adventist Church occasionally. However, she was also attending a Sunday church from time to time. She was a bit unsure about Sabbath—Sunday worship.

One morning Eileen was sitting out the front of her house reading her Bible. She was having difficulty understanding what she was reading—trying to figure out whether Sabbath or Sunday was the day God had set aside for worship and rest.

Just then a white falcon bird hovered above her and screeched. She thought it was interesting but didn’t take a lot of notice. She then saw it was hovering and screeching above a house belonging to an Adventist family. The house was about five down from hers. She thought the bird was calling her to the house so she walked towards it. When she arrived there she realised no-one was home. She chose to go inside and there on the dining table was a Bible. Eileen opened it and read Luke 23:54-56 and 24:1, which talks about preparation for the Sabbath.

For the first time in a long time it all made sense for Eileen. She thanked the Lord for answering her prayer and clearing her confusion about the seventh day, the Sabbath day of rest. On the following Sabbath she looked across from her home to the local Adventist church and there was the white falcon again. It was hovering over the Adventist church and calling out. Eileen said “that white bird led me to the true church”.

Pastor David McKibben is ministerial secretary for the South Australian Conference.
Growing up with my sister and brother we would debate which one of us was Mum’s favourite. “Mum, who’s your favourite child?” we would ask. Her reply was that she didn’t have a favourite—we were all her favourites. But that didn’t stop us from debating the point.

“We know it’s the youngest who’s the favourite,” my sister and I would say, pointing to my brother, “he gets away with everything, and he gets things we never had when we were his age.” I could easily swap sides however, and, in alliance with my brother—claim that it was my sister who was the favourite. “You’re the favourite. The oldest always gets all the new things and the parents always care about the decisions they make for the oldest.” Every now and again the alliances would switch again and they would both claim that I was the favourite. Of course, the argument was a controversial point, since everybody secretly knows it is the middle child who gets the raw deal.

We would have these debates from time to time, goading Mum to confess to a favourite, “I don’t have a favourite,” she would say, “you’re all my favourites.” Then one day, as grown children standing in the kitchen at home, we had another one of these mock debates. “She’s your favourite, isn’t she Mum?” “No, he’s the favourite, he always got spoiled.”

Mum sighed and then she said quietly, “Actually I do have a favourite.” “What?” We were shocked.

“I knew it!” said my brother, “It’s her isn’t it?” he said pointing to my sister. “No,” said Mum.

“Aha!” said my sister. “It’s him isn’t it,” pointing to my brother. “No,” she said. Great, I thought. That only left me, and I had been the most vocal in stirring up the other two.

“We knew it!” my brother and sister chimed together. “We knew it was her!” “No,” said Mum. Well here was a problem. We had run out of known children.

“No,” Mum repeated, “I have always had a favourite. It has always been the one who is the sickest or the one who is furthest away.”

“Oh.” We went quiet. My brother was the first to recover from the niceness of it. He took two steps towards Mum, pointed to me and said, “You’re the furthest away, you’re the favourite.”

Years later, I have wondered whether God has favourites. As I think about some of the parables that Jesus told, I am convinced that He does, and that His favourites are the same as my Mum’s. They are the ones who are the sickest, or the weakest, or the ones who are furthest away from Him. The shepherd who leaves his 99 sheep which are safe and well, goes in search of his one lost sheep, and for the moment, counts that one lost sheep as his favourite (Luke 15:4). The father who waits anxiously for his son, who had left home to squander his share of the inheritance, races toward his youngest son when he returns. The father gives him a fancy robe to wear, puts a ring on his finger, sandals on his feet, and throws a party in celebration of his return. His love for the eldest son is not diminished in any way, but the father’s yearning for the one who was furthest away is evident (see Luke 15:11–24).

In these two parables we see a God who spends the most amount of time and energy on the ones who are furthest away from Him. He says, “I will search for the lost and bring back the strays, bind up the injured and strengthen the weak” (Ezekiel 34:16).

In Isaiah 49:15, God compares His love to that of a mother’s. He asks, “Can a mother forget the baby at her breast, and have no compassion on the child she has borne?” The answer He gives to His own question highlights a love that is even greater than a mother’s: “Though she may forget, I will not forget you.”

Nyree Tomkins writes from Auckland, New Zealand.
The Seventh-day Adventist Church has taken a strong stand against the use of alcohol by its members. Viewed as a “test of fellowship”, being a non-drinker has been synonymous with being faithful to God. For many different reasons this issue has become less clear cut in the minds of our members. A “social drink” that is done in moderation is a position that some are attempting to justify, “after all there is plenty of drinking in the Bible”. Yes there is no shortage of alcohol in the Bible right alongside slavery and polygamy. God does not come out and directly forbid any of these practices but He makes it abundantly clear that all three lead to sadness and destruction and should be avoided by God’s people.

A godly man like Noah loses a relationship with one of his sons and brings great shame on himself through the use of alcohol (Genesis 9:20–24). A godly man like Lot participates in perverted sexual behaviour under the influence of alcohol (Genesis 19:30–38). Nadab and Abihu lose their lives in the Sanctuary because they first lost their moral judgement while intoxicated (Leviticus 10:1–3; 8–11). David attempts to deceive Uriah with drink (2 Samuel 11:13); Solomon called it a mocker and a brawler (Proverbs 20:1). The one time we know that our Saviour was offered alcohol was while suffering terrible dehydration on the cross and Matthew says “after tasting it, he refused to drink it”. (Matthew 27:34) One thing that I cannot imagine is a drunk Jesus.

Paul tells us that no drunkard “will inherit the kingdom of God” (1 Corinthians 6:10). In the state of New South Wales you are drunk after two beers. Is God’s standard higher or lower than that of NSW? For me the most compelling verse in the Bible is Ephesians 5:18: “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” Here Paul makes a contrast between being filled with wine or being filled with the Spirit. The Apostle Paul says we have one or the other, the Holy Spirit or wine. Which would you rather have? Praise God that the church takes the Bible seriously. By the grace of God may we all aim for that same high standard.
Sleep and weight gain

Sleep is one of our most sedentary activities, but you may have heard recently that the less sleep we have, the greater the likelihood of us becoming overweight or obese. This sleep-obesity paradox has been suggested because as the prevalence of overweight and obese individuals has increased, there has also been a concurrent decline in sleep duration, and yes, it turns out there is a link.

Studies have shown weight gain occurred in adults at sleep durations of less than seven hours per night. However, it is not only adults who are at risk; children who have less than 10 hours sleep a night are more likely to develop weight issues later on in adolescence and adulthood. It should also be noted that sleep duration of greater than nine hours per night in adults has also been shown to lead to weight gain (however not to the same extent as sleep deprivation). This question of too much sleep seems to need further investigation.

So what are the possible causes of weight gain?

- More time awake equals more time to eat.
- We may eat more to try to recover energy lost due to sleep deprivation.
- Sleep deprivation leads to lethargy and a reduction in physical activity; planned, incidental and involuntary (such as fidgeting).
- Hunger regulating hormones are influenced by sleep.
- Leptin suppresses appetite and is decreased during sleep deprivation.
- Ghrelin stimulates appetite and is increased during sleep deprivation.

How much sleep should we get? Research into sleep and weight gain is still fairly new but aim for seven to eight hours sleep per night. This may be a good way of helping to maintain healthy weight and you’ll gain other benefits such as feeling more alert during the day and being in a better mood.

Tips for a good night’s sleep:

- Be consistent—set your sleep cycles by having regular times for going to bed and getting up.
- Exercise—often our minds are tired but our bodies are not. Try to exercise a minimum of 30 minutes a day.
- Avoid stimulants such as caffeine, nicotine and alcohol which keep you awake or rob you of quality deep sleep.
- Unwind from the stresses of the day before retiring for sleep. Try a warm bath, reading or relaxing to music, and make it part of your bedtime ritual.
- Your bedroom is a sleep zone. Remove unnecessary distractions like TVs and radios, and ensure the room is a comfortable temperature.
- Upon waking expose your body to bright lights or sunshine as this helps stimulate hormones that cause us to wake and feel alert. Likewise avoid bright lights just before you prepare for sleep.
- If you regularly have sleep problems visit your local GP who may be able to help you or refer you to a sleep specialist.
- Melatonin is a hormone secreted by the pineal gland, which is believed to promote sleepiness. It is also present in some foods and it has been suggested eating foods containing melatonin, such as oats, corn, rice, bananas and cherries may help with sleep.

Healthy fried rice

- 3 eggs
- 1 teaspoon sesame oil
- 1 onion, diced
- 1 can baby corn, drained
- 1 green capsicum, sliced
- 1 cup frozen peas
- 2 tablespoons chilli sauce

- ½ teaspoon oil
- 1 clove garlic, crushed
- 1 carrot, peeled and cut into julienne strips
- 1 cup sliced mushrooms
- ½ red capsicum, sliced
- 3 cups cold cooked rice
- 1 tablespoon soy sauce

1. Crack eggs into a bowl, whisk to combine. Heat lightly oil pan over low heat and pour in egg mixture. Wait for egg to set, then gently roll egg onto itself. Remove from pan and slice egg roll thinly—set aside.
2. Heat sesame oil in pan and add garlic, onion, carrot, corn and mushroom. Cook for 2 minutes. Add capsicums and peas and stir-fry vegetables until just cooked.
3. Mix soy sauce and chilli sauce together and then stir through rice mixture. Serve topped with sliced egg roll. Serves 5.

Preparation time: 10 minutes. Cooking time: 15 minutes.

PER SERVE: Kilojoules 588kJ; Protein 8.1g; Fat 2.3g; Carbohydrate 22g; Sodium 953mg; Potassium 379mg; Calcium 25mg; Iron 1.6mg; Fibre 4.6g.
the war zone

by Michelle Noerianto
As a young child I never believed in bacteria—germs I couldn’t see, feel and were difficult to prove. My ignorance didn’t stop me from getting sick. Before I became a Christian I never believed in evil spirits. I couldn’t see them or prove their existence. When strange things happened to people I knew—then later to me—it was easy to rationalise the circumstances away. Admitting it happened meant I had an incredibly hard time dealing with it. It was easy to make awkward decisions to make. So I chose to sweep it all under the carpet. When I became a Christian I did the same but then my life changed—I was under attack.

As Seventh-day Adventist Christians we have been given an advantage in this often—unseen war. An incredible book, The Great Controversy, paints a vivid and graphic picture, backed by Scripture, of the end—time war zone. To quote Ellen White, “There is little enmity against Satan and his hosts, because there is so great ignorance concerning his power and malice, and the vast extent of his warfare against Christ and His church. Multitudes are deluded here. They do not know that their enemy is a mighty general who controls the minds of evil angels, and that with well—matured plans and skilful movements he is warring against Christ to prevent salvation of souls” (page 285).

It is easy to look around and assure ourselves we are living in end—times. Yet many of us struggle to believe a brother or sister who is suffering spiritual attacks from the archenemy. Our disbelief is what our enemy—Christ’s enemy—prefers. Satan wants us to blame circumstances and others for people’s misfortunes. Even if the signs of the great controversy are not obvious—the battle is raging for our minds, our lives. Satan desires to separate us from our Saviour. The Scriptures clearly say, “My people die for lack of knowledge . . .” (see Hosea 4:6).

Shortly after I became a Christian, my family and I experienced a full—blown attack from the hand of the evil one. Lights would flash on and off, things would bang around loudly, unseen hands would press on my chest and around my neck—covering my mouth so that I could not even cry out to Jesus. I would often smell indescribable bad odours and felt freezing cold presences in my room hovering uncomfortably close to me, accompanied with terrible flashes in my mind of awful things that could happen to me. Some of those things did happen to me or to my family! I suffered acute illness that the doctors could not explain, complete with a constant nagging voice telling me “let go, it will be so easy!” I stared death in the face as my frail body wasted away, until God intervened by prompting prayer warriors to pray for my healing even though they did not know the extent of my illness. And then there was the supernatural pilfering of all of our finances that could not be explained rationally with our healthy business—just to name a few things! The book of Job became a very real reality as I experienced my own dark clouds of attack. No doubt his intentions were to have us give up on God but “all things do work for good . . .” (see Romans 8:28). God used this negative experience to inspire me to launch a ministry.

The events that unfolded in the next five months were to be the best and worst of my life. On seeking help from pastoral teams in two countries, Indonesia and Australia, we were despondent to say the least, that only a few were willing to come to our homes and pray, and some of those blessed souls were attacked for stepping up for the Lord. The fear involved in the attacks was indescribable—Satan was using fear in others to prevent them from praying with us. Searching the Scriptures during many sleepless nights, God allowed His Holy Spirit to teach me things that would change my spiritual walk forever. My favourite passage when spoken out loud dissipates fear, “For God has not given me a spirit of fear but of power, love and sound mind” (2 Timothy 1:7). In this unbelievable experience God taught me some incredibly important lessons.

- The battle belongs to the Lord, I must stand firm in faith (2 Chronicles 20:15).
- I pray Christ’s blood covers my sins and the sins of my family, confessing and renouncing everything the Holy Spirit brings to mind. Spirits can be given legal ground in your life by sins that happened in your family line (Exodus 20:5).
- Trust God—even when all confession and sin is dealt with, evil spirits can still persist: look at Jesus (sinlessness), Job (perfect in God’s sight) and Peter.
- Put on the whole armour of God every day (Ephesians 6:11–18). This spiritual armour may well be unseen, but it is effective. No soldier would consider going to battle ill-equipped.
- Learn to use Scripture as the sword of the Spirit and speak and pray it aloud to see incredible results (Ephesians 6:17).
- I had to get my house in order. God commands holiness and I needed to ask Him for discernment to show me things that have entered my home and broken my hedge (Deuteronomy 13:17; Joshua 6:18).
- Pray the Spirit of God rebukes the evil one in the name of Jesus. Even Jesus called on the Spirit of God for this (Zechariah 3:2; Matthew 12:28).
- Conversing with spirits is strictly forbidden by God’s Word (Deuteronomy 18:11; Leviticus 19:31). Follow Jesus example when dealing with the devil in the wilderness—He wielded the sword of the Spirit with “It is written” (Luke 4:11–13).
- Pray for God’s hedge of protection for you and for your family every day (Job 1:10).
- Trust God and praise Him no matter what (1 Peter 2:9).
- Learn to wait on the Lord and His perfect timing (Psalm 27:14). It took the angel 21 days to reach Daniel (Daniel 10:13). This reveals the amazing details of battle in the spiritual realm that we are often unaware of.
- Resist the devil and he will flee from you (James 4:7).
- Most Christians submit to God, but the second part of this scripture is the key to effective spiritual warfare.
- Control of appetite is integral to spiritual warfare—fasting helps (Mark 9:29 NKJV).

Michelle Noeriento runs a ministry with Suzanne Bocking called Flourish Consulting based on Isaiah 61:1. For more information see www.shewillflourish.com.
ADRA launches health and nutrition appeal
ADRA Australia needs $A750,000 before June 30 to help continue and strengthen its health and nutrition work in Africa, Asia, the South Pacific and here in Australia, as well as to help establish new water, sanitation and food projects in Cambodia and Laos. Call 1800 242 372 or visit www.adra.org.au to make a tax-deductible donation.

20,000 kids will die
Around the world, a high number of children, infants and babies lose their lives every day due to poor health or nutrition. Before today ends, 20,000 children under the age of five will die due to a preventable illness. Meanwhile, 20 million more children will go hungry.

Support for mums in Indonesia
In North Sulawesi, Indonesia, ADRA provides health and nutrition education for mothers and caregivers, including support groups in each village. ADRA also provides pre- and post-natal support for mothers and a monthly growth monitoring service for all newborns and infants. Over three years, this program will support up to 4680 people.

Chickens change lives
Your gift of just $36 to ADRA can provide three families wanting to start a chicken farm with five chicks each, enabling them to supplement their nutritional needs as well as their income.

Poverty and justice
The Bible contains more than 2000 verses about poverty and justice. These verses have been highlighted in The Poverty and Justice Bible, produced by the Bible Society “to be true to the Bible’s message—which includes fighting poverty and promoting justice in all its forms”. – The Poverty and Justice Bible, Bible Society

Flying visits
In Papua New Guinea, ADRA supports a flying medical team that provides vital health support to remote villages in the Highlands. A donation to ADRA of just $1300 can enable three visits for a rural community from a flying medical team. Call 1800 242 372 or visit www.adra.org.au.

Better health care
You can help mothers and children in developing countries access better health care. Just $170 can provide training for a community health worker to provide natal care, and health and nutrition support to over 300 mothers and children.

Turee’s a breath of fresh air
Fourteen year-old Turee is a peer educator in ADRA’s Health Education Against Tobacco project, which aims to reduce tobacco-related preventable diseases through education in schools, mass media campaigns and advocacy activities. Turee works with school staff and teachers to promote a healthy smoke-free school environment and teach fellow students about the effects of smoking and passive smoking.

There’s still so much to do
In Australia, ADRA provides training and resources for communities to help them build the resilience of their youth. To better face the challenges of today, young people need mentors, age-appropriate activities and opportunities to achieve and serve. ADRA’s work is helping to improve the health and resiliency of Australian youth.
From shame to hope
by Kimberley Ellison

The young woman stands in the dim doorway and beckons us in. She wears a deep red sari and carries a baby on her hip. The baby has been crying and the kohl around its eyes is smudged and running. We follow her into her house, ducking through the small wooden doorframe. It is part of a big block of adjoined homes, built with bricks and dark wood, that looks like it has been here forever. She leads us up a narrow staircase, pausing shyly at each landing to wait for us to catch up, as is the custom in Nepal. It’s impolite to be above somebody else.

I am here as part of a small group of students from Avondale College visiting Nepal to learn about effective development programs. One of the main organisations we are working with is COSAN (Community Services Academy Nepal), a Nepalese organisation supported by Asian Aid.

Growing up in Cooranbong, I have always known about Asian Aid, and heard the stories of the people they support in far-off countries; but now I feel like I am in one of the stories. Here we are in this young woman’s little home in Bhaktapur to meet some of these very people.

As we enter the room, I sense a slight tension. Light filters orange through the curtained windows. A group of women sit cross-legged on cushions on the floor. Wrapped with layers of cloth in the traditional Nepalese style, they greet us and we smile nervously at each other.

“They have come in from the fields so they can talk with you,” explains the young woman. Rama Basnet, director of COSAN, translates. “Please, sit.”

We sit, completing the circle of women.

Looking around at their smiling faces, I never would have guessed their stories if I didn’t know already. Each of these women has suffered with a debilitating condition called uterine prolapse (UP), for a long time.

Alarming common, it is estimated that between nine and 35 per cent of the female population in Nepal suffers from it. Thought to be related to early marriage, poor maternal and sexual health, and the heavy loads women regularly carry in baskets strapped around their heads, UP will eventually bring a woman’s life to a shameful standstill. Unable to work, eat or walk and often smelly and infected, she will usually end up bed-ridden, locked away and abandoned by her husband.

This culture is usually silent about this problem, but we are lucky. Since Asian Aid began its Women’s Reproductive Rights Program in 2000, they have helped fund over 5500 hysterectomies for women with second and third degree UP, and we are face-to-face with four of them.

All the men leave the room, and with two translators, the questions and stories begin to flow.

The first woman, the one with the gentle face, was married when she was 10. Her husband was 11, and when she was just 16, she prolapsed. She hadn’t had any children, but she often carried heavy loads up steep hills.

The next woman was married at 11 to a 25-year-old husband, and has delivered nine babies, three of whom died. She prolapsed while carrying a heavy load soon after having a baby, and suffered for 25 years. Nobody knew what it was or how it was treated, so nobody did anything about it. It has been three years since her operation.

Rama translates. “Nobody tells them, so they suffer,” she says quietly.

The oldest woman in the group speaks with confidence. She tells us she coughed so badly after delivering her last baby that she prolapsed.

The last woman’s name is Chuda. She was married at nine to a 17-year-old husband. Ten days after delivering her first child, a daughter, she was carrying her baby and a heavy load down a hill when she prolapsed. Her husband disowned them and remarried, despite her efforts to hide the problem. She was 24.

“What about now?” we ask. The smiles return. “We feel like 16 again!” they say. And I am reminded again of how precious and beautiful hope is.

Kimberley Ellison is a final year Communication/International Development student at Avondale College. She is currently completing an internship at Asian Aid Australia.
A milestone reached

Adventists were fast learners. Given the success of the Brisbane camp meeting in 1898, it was decided to again use the curiosity factor created by the Adventist “tent town”. The second camp meeting in Queensland convened at Toowoomba on October 13-23, 1899. The meetings received favourable reports in the local press but public interest was generally lukewarm. Far from being a disappointment, however, this camp proved a milestone in Adventist history in Queensland.

Union Conference president, Pastor Arthur G Daniells, led the delegation of church leaders. Confident in the future of Adventism in this northern colony, Pastor Daniells nurtured the dream of forming Queensland into the third Australian conference. A conference is a self-supporting administrative unit and Pastor Daniells had been impressed by the “self-supporting spirit” evident amongst Queensland Adventists. He was also mindful that the average tithe per member exceeded that of the two existing conferences. Furthermore, he felt that the total membership of 211, found in four churches and including 30 isolated members, was a sufficient membership base upon which to build.

On October 18, Pastor Daniells presented his dream to the camp delegates. Surprised but energised by the challenge, the delegates entered into “free discussion”. They agreed in principle to the idea and voted to establish a committee of five to draft a constitution and nominate the inaugural officers. On October 20, 1899, the delegates voted to accept the proposed constitution and elected American expatriate, Pastor George C Tenney, as the first president of the Queensland Conference. Pastor Daniells revisited Queensland in 1928 and was justifiably pleased that his dream 30 years earlier was now a mature reality.

Dr Arnold Reye is chairman of the South Queensland Conference Heritage Committee.
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NZ

G’day mate!

Nicodemus asked Jesus lots of questions. Once his questions were answered, Nicodemus became a loyal friend to Jesus. Nicodemus told others about Jesus.

Will you be loyal like Nicodemus?

FIND THE FOLLOWING WORDS BELOW
friend, jesus, loyal, nicodemus, question

slayolcrev
mnszummvng
jeoulxsiao
pnaikncoft
zathtojrlb
licidsirmg
mvleneesff
mcmjnwkuxli
nuedoxeeqz
ssusejtpjg

BIBLE TEXT
A ____ ___ loves __ all _____.
Proverbs 17:17

GRACELINK MESSAGE: Friends always care for each other.

*G'day is Good Day - hello in Australian"
with Dr Barry Oliver

This week, representatives of our church family from almost every country will gather in Atlanta for the 59th session of the General Conference of Seventh-day Adventists. The program will commence with a whole day committed to prayer and the study of the Word of God. The theme of the session will be “Proclaiming God’s Grace”.

One hundred people from the South Pacific Division have been appointed as our representatives. They have been selected from, and by, the conferences, missions, unions, major institutions and the division to represent our church across the South Pacific.

How does a General Conference session impact on what happens in the local church Sabbath by Sabbath?

We are a world-wide church. Our mission is global. Each local church is an expression of the global church. What we believe, how we conduct our worship and organise our denominational structures are all a function of our global nature.

At General Conference sessions we elect leaders who will have senior administrative roles at the world headquarters of the church and in the 13 divisions of the global church. The South Pacific is one of those divisions. We also elect the leaders of the General Conference departments—such as Sabbath School and Personal Ministries; Stewardship; Health; Family Life; etc.

For the first time, the South Pacific Division Executive Committee will be elected at a General Conference session. This will be done by our South Pacific representatives. Then, in September, our departmental and service leaders will be appointed at the first major meeting of the new executive committee to be held back here.

See right for details.

GEREHU, Port Moresby, PNG

Cameron Wari

I attend the Gerehu church, situated in the national capital of Papua New Guinea, Port Moresby. Gerehu church has a large congregation of up to 1000 attending every Sabbath. We have two services—the morning service from 7am-9am and the 11am main church service. Sabbath school starts at 9:30am. In 2009, we were blessed to have 12 baptisms.

During the year we held revival and outdoor evangelistic meetings under the leadership of Pastor Christopher Moses. In June Pastor Moses will be the keynote speaker for our midyear evangelism campaign.

We have more than 250 youth and children who are the life of our church. It’s exciting to see them involved in Adventurers and Pathfinders. Without them our church wouldn’t be the church it is today. I enjoy attending services led by our youth—they always challenge me through their worship, prayers and devotionals. Closing Sabbath is extra special as we share our own stories of how Jesus is working in our lives, how He is changing us—this allows us to connect with each other at heart level.

There is an eagerness in our church to be constantly learning the Adventist doctrines in our early morning worship services.

MY WORLD CHURCH

Never before have church members been able to take such an active interest in what is happening at the General Conference session. From Thursday, June 24:

- daily news and features will be published at <http://news.adventist.org/>. A daily video podcast, Atlanta 2010 Today, will offer in-depth features, interviews with new church leaders and commentaries, as well as coverage of worship services, music and the session’s Parade of Nations;

- a daily television news show—Adventist NewsLine—will be broadcast on Hope Channel at 8:30am Australian Eastern Time. It will give viewers a glimpse of session activities along with a daily wrap-up of news;

- session news updates can be followed on Twitter at <twitter.com/adventistnews>;

- daily news updates relating specifically to the South Pacific Division will be published at <www.record.net.au>.

Dr Barry Oliver is president of the South Pacific Division of the Seventh-day Adventist Church.
ANNIVERSARY

Cresswell, Paul and Evelyn (nee Capon). On Sunday 18.4.2010 they celebrated 50 years, to the day, of wedded bliss. They were married by Pastor Hugh Bolst on Easter Monday, 18.4.1960, in Frankston church, Vic. They celebrated at their home near Brisbane with two of their three sons, their wives and children; Andrew and Felicia, Lauren and Alexander; Jonathan and Jane, Oliver and Joshua. Their third son James sent greetings from Dublin, Ireland. Many members of the extended families as well as interstate and local friends joined them for the event. During their time together they have held many offices within the church, particularly Pathfinders, in Victoria, South Australia, Tasmania and Queensland through work with the Sanitarium Health Food Company. They are thankful to God for His leading during these past 50 years and are committed to remaining faithful as they continue to share their lives together.

Papua New Guinea. Phone: 328-0200 or fax 328-1257 or email <humansource@pau.ac.pg>

WEDDINGS

Anderson–Lovey. Shane Anahera Anderson, son of Mere Anderson (deceased), and Juliette Mareta Lovey, daughter of Mareta Lovey (Taigum, Qld), were married 7.5.10 on the foreshore at Woody Point, Qld. Mike Brownhill

Bussacarini–Freitas. Marcelo Martins Bussacarini, son of Marco Bussacarini and Elaine Martins (Brazil), and Sarah Rebecca Freitas, daughter of Fernando and Marina Freitas (Sydney, NSW), were married 2.5.10 in Woollahra church.

Drinkwater–Vujica. Douglas Stuart Drinkwater, son of Walter and Vivianne Drinkwater (Melbourne, Vic), and Jenny Vujica, daughter of Frank and Vera Tikalec (Apollo Bay), were married 7.3.10 at The Grange, Yarra Valley. David Erickson


OBITUARIES

Denman, Maxwell Howard, born 16.12.1911 in Victoria; died 7.5.10 in Melbourne. On 26.12.1935, he married Dorothea Ada (nee Hall) who predeceased him in 2004. He is survived by his son, Max and his daughter, Dorothea Noble; his six grandchildren; and 13 great-grandchildren. Max was a loving, sincere and generous man who was baptised by Pastor Pawel Cieslar at Hughesdale church. After a long and wonderful life he rests until Jesus comes. Dean Giles, Estelle Thomas

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Mackintosh, David George, born 7.10.1938; died on Anzac Day, 2010, in Mt Druitt hospital, Sydney, NSW. David is survived by his wife, Noelene; and two children, Bill and Lynelle. A much loved man for his gentle, courteous nature, David made his peace with God prior to his passing. Now we can look with confidence to the great Resurrection day for a glorious reunion.

Daniel Vasconcelos, Bill Sleight

Vettoretti, Irene Dawn, born in 1933; died 24.4.10. She is survived by her children, Brenton, Mandy (Aurelia) and Esmond. Irene will be remembered for her humour, strength and individuality. Waiting to hear her Saviour’s voice, she is sorely missed by church and family.

Dietrich Stahl

50th Anniversary. The Brentwood Avenue Church in Auckland, New Zealand, is celebrating its 50th anniversary on July 3, 2010. All past members, pastors and friends are invited to attend the morning services and luncheon. If distance prevents let us have your memories and photos by email <hjtress@xtra.co.nz>.

Nunawading Church 60th Anniversary Invitation. This year Nunawading church, Victoria, celebrates its 60th anniversary. As a result we are planning a special celebratory day on Sabbath, July 24. We are inviting ex-pastors, ex-members and others connected to Nunawading church to attend. If you have any memorabilia that could enhance the anniversary or for further information, please contact Pastor Rod Anderson (0439 615 250).

Sydney Adventist High School Leaving Class of 1960 is celebrating its 50th anniversary on October 3, 2010. If you were in this class at any time throughout high school, please contact Sandra, email <bruceandpsandra@yahoo.com.au>.

Quality Christian products. Books, DVDs, study guides, story CDs and music from suppliers Amazing Facts, 3ABN and others. Register for our monthly specials. Contact The Story Factory, freecall 1800 452 133; or email <info@thestoryfactory.com.au> and online at <www.thestoryfactory.com.au>.

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Finally
A wise man will make more opportunities than he finds.

Next Record July 3