Adventists speak up on global poverty

Canberra, Australian Capital Territory

Five Adventist representatives have spoken up on behalf of those living in poverty as part of the Micah Challenge’s Voices for Justice conference.

More than 280 Christians from across Australia—representing 20 Christian aid and development agencies, including the Adventist Development and Relief Agency–Australia (ADRA)—attended the conference, held in Canberra from September 15-18. They spent two days in training, worshipping and networking, before spending a further two days at Australia’s Parliament House meeting with parliamentarians.

“Many of the causes of poverty are systemic, part of the way society works, and mere charity and even development are not always sufficient to overcome that,” said ADRA Australia advocacy officer Harwood Lockton, who is a member of the Micah Challenge campaign steering group.

“Political systems need to be nudged to do the right thing and this can be done through advocacy.”

In what has become an annual advocacy event, the focus of this year’s conference was the progress and work yet to be done in meeting the United Nation’s Millennium Development Goals (MDG) by 2015. “A lot of people aren’t aware that significant progress has been made in the past 20 years towards lifting people out of poverty,” Micah Challenge national coordinator John Beckett said.

“The international goal to halve the proportion of people without access to clean drinking water has been reached ahead of schedule, and this is just one example of the difference we can make when people work together for a common cause.”

Adventist artist Joanna Darby appreciated the opportunity to network with other Christians who are passionate about justice issues. “For so long I have spoken about justice to various groups within our Church to raise awareness of these issues and God’s heart for the poor, but this was a chance to actually speak up as Proverbs 31:8, 9 urges ‘speak up for the poor and helpless and see that they get justice,’” she said.

Mrs Darby said her participation in the conference had changed her perceptions of how progress can be made to combat poverty around the world. “I have realised how easy it is to approach people like my local elected representatives on important issues,” she said. “This experience has challenged me to engage more with these issues beyond our Church, as well as reignited my passion for prioritising justice as a fundamental part of our Adventist identity.”

Small “lobby groups” formed among the participants met with members of the House of Representatives and senators from all political parties and many received positive responses, with dozens of parliamentarians adding their faces to a jigsaw puzzle committing them to continue to work toward fully achieving the MDG, and improving and increasing Australia’s international aid commitments.

More information on this event and the related campaigns can be found at www.micachallenge.org.au.

—Nathan Brown

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Family focus for Christian conference in Fiji

Suva, Fiji

The first National Christian Family Conference for the Trans-Pacific Union Mission (TPUM) was held in Suva in August.

The conference was attended by more than 100 leaders from various faith communities, non-government organisations and community-based groups. It was organised by Pastor Mike Sikuri, TPUM Family Ministries director, and began with a presentation on the significance of families for national health by Dr Willie and Elaine Oliver, General Conference Family Ministries directors.

The key-note speaker was Maggie Hamilton, who presented on the issue of the early sexualisation of children.

One of the attendees stated, “The Adventist Church in Fiji is way in front of so many other groups when it comes to resources in family ministry. Your leadership in this area is so much appreciated.”

En route to Fiji, the Olivers preached and led out in a number of workshops at Kellyville church, Greater Sydney Conference.

Pastor Trafford Fischer, Family Ministries director for the South Pacific Division, said, “The Olivers provided excellent leadership and encourage-
I’m a hypocrite.

In that one simple truism, I, ironically, prove myself wrong. You see, when you claim to be a hypocrite, you can hardly be a hypocrite, because genuine hypocrisy requires a level of public deceit. But there’s an even better way to avoid the perils of hypocrisy: adhere to nothing that is noble, remarkable or aspirational. After all, if you express no ideals, you can never violate them.

This latter method of hypocrisy avoidance is the currency of today. It may be why, for example, Hollywood icons can act in the most reprehensible manner and never be called into question. After all, they haven’t aspired to anything, so they act in the most reprehensible manner and never be called into question.

Of course, some consider that a life of iron-willed consistency is also a vice; as consistency is nothing but a proxy for smallmindedness. Or, as Ralph Waldo Emerson put it: “A foolish consistency is the hobgoblin of little minds, aiding but little in the advancement of religion and philosophy and science. With consistency a great soul has simply nothing to do. He may as well concern himself with his shadow on the wall. Speak what you think now in hard words, and tomorrow speak what tomorrow thinks in hard words again, though it contradict exactly every thing you said today.”

So, if consistency is a vice, and hypocrisy the one remaining publicly recognised moral failing, where can we find a safe harbour? Adhere to nothing, stand for nothing, aspire to nothing, swivel with the prevailing winds, and one should be on solid ground.

But it’s hardly the kind of solid ground a Christian can be satisfied with. And maybe that’s what makes the Bible such a wonderful source of strength for us today. Not only because it provides hope of salvation and the principles by which to live, but because it also provides the stories of real, live human beings who struggled in just the way we do. Virtually every character in the Bible is a hypocrite of the worst order. There is Noah, whose drunkenness doesn’t bear repeating. Abraham, who bedded his servant and lied about his wife; Moses, who killed a man with his own hands; Joseph, who bedded his servant and lied about his wife; and, not to be outdone, Esther saved her entire people. David gave us, among other things, arguably the most beautiful book of the Bible. Not bad for a rough and tumble group of hypocrites who would be ideal targets in the gotcha world we live in today.

Of course, David isn’t our example; Jesus is. Hence, I’m not intimating there is an excuse for our sin. But the reality is everyone has done something wrong, and for many of us, it wasn’t all that long ago (or is it just me?) And while each sin we repent of is wiped off the books of heaven, they are not wiped off the memories of men. Should our insufficiency stifle our willingness to express ideals?

The characters of the Bible all did great things despite their failings. And so, by the grace of God, can we. Not that it will be easy. Standing up for ideals—particularly biblical ideals—invites the world to expose our inconsistencies and celebrate any failings, real or perceived. But that’s OK. Life has never been easy, and achieving great things has never been simple. We need courage, perseverance, strength of character and a healthy perspective on the realities of life. A good dash of humility, accompanied by a willingness to admit our own human failings, also goes a long way.

There’s not a human being who has achieved great things who could not be accused of hypocrisy. In this life, fallen humans who embrace Christ, we have a choice between the popular avoidance of our inconsistencies and being irrelevant. Irrelevancy is, I believe, the far worse choice. In this life, as fallen human beings who struggle in just the way we do, we have a choice between openness opening us up to the possibility of being called hypocrites or being irrelevant. Irrelevancy is, I believe, the far greater moral failing. So, yes, I’m a hypocrite. I’m a hypocrite because I am human being who has chosen to publicly embrace our very highest Christian ideals. And for that, I do not apologise.

James Standish is communication director for the South Pacific Division.

Students teach, minister and serve overseas

Three Ministry Of Teaching Overseas (MOTO) trips organised by the School of Education have returned from practicums in Cambodia, India and Nepal.

Each trip, led by an Avondale College of Higher Education lecturer during semester recess, focused on teaching, with additional components including building, community service and evangelism.

The annual trips are part of Avondale’s commitment to prepare students for lives of service.

Experience a little of each trip in this photo feature. –Josh Dye

A whole person . . . a disciple?

I have just returned to our Wahroonga office after chairing an important meeting of the governing council of Pacific Adventist University (PAU) in Papua New Guinea. I have said it before and I say it again you should all be very proud of our university. I listened at graduation last year as the Prime Minister of Papua New Guinea named it the premier university in Papua New Guinea. The graduates of PAU are making a huge difference right across the Pacific.

I remind you of the 2012 Academic Bulletin of PAU:

Pacific Adventist University’s philosophy of education affirms that true education has to do with the development of the whole person not just the mind. Viewed from a Christian perspective, students are multi-dimensional and are valued and gifted by God with individuality and the capacity to achieve their full potential.

The Seventh-day Adventist philosophy of education is unique. We are committed to the development of the whole person. We are vitally interested in the physical, social, intellectual and emotional spiritual growth of our students. To the extent that our schools and tertiary institutions are fulfilling the mandate to offer a holistic education experience and environment, they deserve our support. Come to think of it, not only our schools but everything we do as a Church can be described in terms of this holistic development. It sounds to me very much like the process of becoming a disciple of Jesus Christ. Education and discipleship: two ways of looking at a similar process?

INSIGHT

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

Hooray for humble hypocrites

James Standish

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Saturated

Doctors have accused the alcohol industry of using Facebook and Twitter to target young drinkers. The Australian Medical Association is calling for the Federal Government to establish an inquiry into alcohol marketing, saying self-regulation has failed and marketing to young people is at an unprecedented level.—ABC

Number one

For only the third time in history, a Christian album has topped America’s Billboard 200 music charts. Last month, TobyMac’s “Eye On It” debuted at number one. TobyMac says he hopes the songs will remind people that, although we are flawed, God offers us love, hope and refuge.—Assist News Service

Lost in translation

The 2011 edition of the New International Version has come under criticism for the changes it has made in the interest of gender equality. Both Southern Baptists and changes it has made in the interest ofVersion has come under criticism for the changes it has made in the interest of lost in translation

Official pressure

Concerns for religious freedom in Russia are increasing, after a Pentecostal church was bulldozed and fines for unauthorized religious gatherings were increased tenfold. Religious services conducted outside recognized places of worship or private homes need official permission. Christians in rented halls have been targeted as well as Jehovah’s Witnesses, Muslims and Hare Krishnas.—Forum 18 News

Blue suede news

Elvis Presley’s Bible has been auctioned in the UK for $459,600, more than twice the expected value. The book contains handwritten notes, thoughts, annotations and underlining, including Luke 9:25. The buyer is believed to be an American living in the UK but has refused to be identified.—Christian Post

Freedom

After three years on death row in Iran, Christian pastor Youcef Nadarkhani has been released from prison. Pastor Nadarkhani was convicted of apostacy for leaving Islam and had his death sentence upheld by higher courts. The case prompted international campaigns, with millions calling for his release.—Open Doors International

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Stewardship principles

I asked Pastor Roger Govender (AUC Stewardship director) how he would describe Christian stewardship. He said: “Stewardship is a partnership with God that touches all aspects of our life. We are God’s agents working on His behalf. We are managers of His gracious gifts to us. We exist because God has given life to us and Christ gave His life for us (2 Corinthians 9:16). Stewardship is our response to Him. Everything we are and have is really His.” Pastor Govender also pointed out that there are more than 2300 Bible verses that talk about various aspects of stewardship. The Bible gives instructions on how we can manage our time, talents, treasures and our body temple. Paul speaks highly of the early believers from Macedonia (2 Corinthians 8 and 9) who gave so generously for the support of those involved in ministry. It is in the context of his commendation that he says, “Remember that the person who plants few seeds will have a small crop; the one who plants many seeds will have a large crop. You should give freely, then, as you have decided, not with regret or out of a sense of duty; for God loves the one who gives gladly” (2 Corinthians 9:7,8, Good News Translation).

Treasury challenges

Giving tithes and offerings back to God’s treasury is an act of worship and a very important aspect of stewardship. For some it’s a share of a crop; for others it means cash in an envelope, but today it can also be by electronic transfer. Too often our “free will” giving is determined by what we happen to have left in our wallet or purse on the Sabbath day. Funding key projects is a constant challenge for our Church’s treasurers. There is real value in following what the early believers, commended by Paul, were doing. They were thinking, planning and giving in a systematic way.

Information technology assistance

A number of local Australian conferences have developed their own system for the automatic lodgement of tithes and offerings. Recently, the IT Department at the South Pacific Division has put a lot of work into enhancing one of these systems into the new eGiving website that can be used by conferences across Australia and New Zealand. It’s as simple as registering on the Australian (www.eGiving.org.au) or New Zealand (www.eGiving.org.nz) websites. Why not take a look now and explore the “How to section”? All payment arrangements are entered through your local church web portal so it’s not bypassing your local church. All lodgements are then transferred directly into our Church’s tithes and offerings accounting system and a receipt is automatically generated for your records. This provides a secure, state-of-the-art giving option that will suit busy church members and lighten the load of local church and conference treasurers. In a slight paraphrase of the words of Matthew 10:8, “You have received freely—now give freely”.

Pastor Kevin Price is Stewardship liaison officer for the South Pacific Division.


eGiving website ready to go

by Kevin Price

I can remember getting my early pay packets as little envelopes with pounds, shilling and pence—admittedly not many pounds but it was still notes and coins tucked into a little envelope. Along came dollars and cents and it sounded better but did not buy more than before. Today my pay notice comes as an email. It tells me that money has been electronically transferred into my bank account. This is safer and the transfer is secure and fast and with the degree of automation, it is more efficient. Now we also can give our tithes and offerings by electronic transfer through an internet connection. It is similar to how we set up our payments for electricity, water, phone accounts or council rates. We understand that this may not suit everyone, but it does give a very helpful option that can be advantageous for you and your church, including your local church treasurer. Giving your tithe and selected offerings through a bank transfer does not bypass important stewardship principles. In some ways it may even be able to enhance your considered response to God and His work in our world.

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Pastor Kevin Price is Stewardship liaison officer for the South Pacific Division.

Practical resources developed for the Pacific

A number of South Pacific Division departments have worked together to create practical resources that will help to educate church leaders and members, and combat social problems across the South Pacific.

South Pacific Division Women’s Ministries director Erna Johnson and Family Ministries director, Pastor Trafford Fischer, have jointly overseen the production of a number of pamphlets dealing with domestic violence for the Pacific Islands.

Four posters have been prepared in English, French and Pidgin and sent to the Trans-Pacific Union Mission, Papua New Guinea Union Mission and the New Zealand Pacific Union Conference for distribution to all the churches, as well as “End it Now” brochures, and a training manual for pastors and administrators.

“We trust these resources will play some part in ensuring our homes, schools and churches are safe places and free from any form of domestic violence,” Pastor Fischer said.

He has also prepared a document that will be sent to Family Ministries leaders highlighting ways to take a strong stand on this issue as well as to minister to those who may need assistance in dealing with sexual addiction.

“Pornography is insidious and soul-destroying and sadly becoming a major concern for the Pacific Islands,” Pastor Fischer said. “Mobile phones and access to the internet are becoming a regular part of everyday island life, and so too, has the risk of pornography. Family life leaders have requested material to help inform pastors and church members of the dangers of pornography.”

Some of these resources have come through an initiative of the SPD administration involving a number of departments working together in ministry and resourcing the unions, conferences and missions in more effective ways. The Church and Life Ministry Team includes the directors for Youth, Women, Children and Families, as well as the director for Partners in Ministry, and Dr Lyell Heise, director for the Institute of Worship.

Pastor Fischer and Erna Johnson look over the new resources.

Partnership changes lives in PNG

A stone’s throw from Australia’s northern shores lies the country’s closest neighbour and one of the world’s least developed countries—Papua New Guinea.

Despite its close proximity to Australia’s prosperous shores, more than 40 per cent of Papua New Guinea’s population lives below the poverty line; the majority living in remote mountain and coastal villages. Sadly, almost 50 per cent of the young population are illiterate. But things are changing, thanks partly to the long-term commitment of the Adventist Development and Relief Agency (ADRA).

“ADRA’s Church Partnership Program (CPP) is just one of many of ADRA’s activities that are bringing safe drinking water, health care, education and empowerment to those most in need,” said ADRA Australia CEO Jonathan Duffy. And as the CPP project approaches its 10th year of operation, ADRA’s work is now making an impact in every province of the country.

“The Church Partnership Program is a uniquely powerful project,” Mr Duffy said. “By utilising and strengthening the structures of churches, church departments and church members, ADRA is bringing hope to the far corners of the country.”

From drugs to rice

Samson is one of the beneficiaries. When his wife died he turned to drugs to cope. His life fell apart, haunted by the memories of his wife and his father’s death. All this changed when he began attending ADRA’s rice training course as part of the CPP. He received guidance and support to establish a small rice farm—and instead of spending time drinking, Samson decided to make something of his farm and his life.

With just his second crop Samson harvested six bags of rice—two were kept for his family with the remaining four sold for $1.50 kina per cup. Now he has money to buy his family the essentials, and can trade with his neighbours for taro and other vegetables.

CPP, which is funded by ADRA Australia through AusAID, the Australian Government’s aid program, currently includes train-the-trainer activities for HIV and AIDS education, teacher training, administrative capacity building, and agriculture and small business training.

It has taken 10 years of hard work and commitment on behalf of both ADRA staff and supporters to get to this point; a point where not only is ADRA changing the lives of individuals, but also empowering others to spread ADRA’s message of life and hope. People just like Matson. Ending AIDS.

Matson is a natural leader; he is tall and athletic, and when he talks the other young men listen. They especially listen when he grabs a banana and demonstrates how to put on a condom, or talks to them about the disease that spreads like an evil spirit, HIV.

Matson has been trained by ADRA as a volunteer HIV peer educator. He works alone, walking from community to community with his kit of posters, games and other resources.

His aim is clear—to undo the misconceptions about HIV aids and ensure the correct information about HIV is shared effectively with young people. With the counselling skills he has been taught, he can also support young men when they realise they may have been exposed to HIV and travel with them to the HIV Voluntary Counselling and Testing Centre ADRA has established.

ADRA is committed to seeing real change in PNG. From the highlands to the coast and into the cities of Port Moresby and Lae, thousands of lives are being touched by ADRA’s long-term, sustainable and empowering development projects.

If you share this commitment and are interested in joining ADRA’s regular giving program, Hope Nation, contact ADRA. Just $20 a month can help the organisation grow and expand ADRA’s work into more communities of hope across the world.

Bradyn Blyde is communication coordinator for ADRA Australia.
MY STORY

Rimon Shaul
I grew up in Kirkuk in Iraq. As a boy, I used to play in the church yard of the local Seventh-day Adventist Church. Yes, even back then, there was an Adventist church in our city. But I never dreamed that one day I would become an Adventist.

I moved to Australia about 10 years ago. I love this country—the freedom and the peace. But I wasn’t satisfied with my spiritual life. You know, sometimes you can enjoy all this world has to offer, but there is something more than this world.

I got on the internet and started looking for answers to some of my questions. I came across the Amazing Facts website. I was surprised by what I found. As I studied it, I realised I had found what I was looking for. So, a few months ago, I walked into the Cabramatta Adventist church and asked to be baptized. The elders were surprised—but also delighted.

I love my new church family. This church is full of beautiful people. They are very welcoming. I feel very much at home.

MY CHURCH

BEVERLY HILLS, Vanuatu
Reynolds Bosson (and Lawrence Dick)
Our church is built in a new area of Port Vila named Beverly Hills. I suppose the developers wanted a name that would get attention—and it certainly has. The area is growing rapidly as lots are sold off to families to build homes.

We purchased four lots for our church. When we bought them most of the lots hadn’t been sold—we were the first in the area. We bought four lots so that we’d have a little space to grow over time. After discussing it, we decided to buy two more lots across the street from the church. Our hope is to build a clinic there as a practical outreach as the community grows.

We want our church to be a resource to the community. As people move here, we’ll welcome them and let them know that we are here to serve them.

Being first in the area has its challenges. The road isn’t paved yet and gets very muddy in wet weather. Also, we don’t have electricity or piped water yet—those services are scheduled to be installed soon. In the meantime, we improvise.

To buy the land we had to take out a bank loan. We are meeting in a variation of a one-day church. When we’ve paid off the land, we’ll build a permanent structure. Currently rain can come in during storms so we’re planning to put up temporary walls.

We are making do, but also dreaming big. Buying good land when it’s available is very important as land around Port Vila is becoming scarce. We pray God will inspire us, lead us and use us to reach this growing community.

Eating seasonally

Often when we do grocery shopping it’s not unusual to see a wide variety of fruit and vegetables, including those that are not in season. While it can be convenient to have whatever we want available all year round it can also have negative impacts, such as reduced taste.

Benefits of buying in season:
IT’S EASIER ON THE WALLET: As many of us will have experienced throughout the year, buying fruit and vegetables when they are in season is often cheaper than buying them out of season. This is because it’s easier and less labour intensive to grow in season and the produce may not have to travel as far to reach us. Additionally, when grown in season there is often an abundance of the produce, which helps drive prices down.

BETTER FLAVOUR: When fruit and vegetables are harvested is important to their flavour. Non-fruiting vegetables (eg broccoli) are best harvested when they are slightly immature, while fruits and fruiting vegetables (eg eggplant, tomato) taste best when they are harvested fully ripe. But many fruits and fruiting vegetables are harvested before they are fully ripe as this helps them withstand handling, transportation and prolonged storage. This may result in a bland taste and undesirable texture.

NUTRITION: The topic of the nutritional content of fruit and vegetables is not so straightforward. There appear to be variations not only between specific nutrients, but also between different produce. With antioxidants, for example, some produce have increased levels the more they mature (eg tomato, mango) whereas others (particularly green leafed vegetables) show a reduction in some antioxidants as they mature.

With regard to mineral content this appears to be mainly dependent on the soil quality and growing procedures. Also, if there is any post-harvest treatment with minerals (such as calcium chloride) to improve storage life, this may slightly increase mineral content.

Asparagus with wasabi mayo

Preparation time: 20 minutes Cooking time: 5 minutes Serves: 4

2 bunches fresh asparagus
1-2 tsp wasabi
2 tbsp mayonnaise (store bought or homemade)
25g sliced almonds, toasted
1 tsp oil
2 lemons (rind)

PER SERVE: 47kJ (113kcal); Protein 6g; Fat 10g; Carbohydrate 2g; Sodium 2mg; Potassium 261mg; Calcium 3mg; Iron 0.7mg; Fibre 1.9g

1. Wash and cut off the dry stalk end of the asparagus (about 1cm). Get a bowl of cold water ready to place the asparagus in after boiling.
2. Place asparagus into boiling water and blanch for 2 minutes. Put asparagus straight into the bowl of cold water. This stops the cooking process, helping to retain the bright green colour of the asparagus.
3. Add desired amount of wasabi to mayonnaise. Add 1 teaspoon for a subtle flavour and 2 teaspoons for an intense taste.
4. When you are just about ready to serve, warm the serving dish. Heat olive oil in a frying pan. Heat the asparagus through for 2-3 minutes.
5. Place onto serving dish and add grated lemon rind. Dizzle with wasabi mayonnaise and sprinkle with almonds.

Call and speak to one of our qualified nutritionists at Sanitarium Lifestyle Medicine Services on 0800 321 320 (in Australia) or 0800 322 327 (in New Zealand). Alternatively, email us at nutrition@sanitarium.com.au (Australia) or nutrition@sanitarium.co.nz (New Zealand). Don’t forget to order our free cookbook, Food for Health and Happiness, by visiting our website www.sanitarium.com.au or www.sanitarium.co.nz.

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HEALTH FEATURE

with Cathy McDonald

MY STORY

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IT’S EASIER ON THE WALLET: As many of us will have experienced throughout the year, buying fruit and vegetables when they are in season is often cheaper than buying them out of season. This is because it’s easier and less labour intensive to grow in season and the produce may not have to travel as far to reach us. Additionally, when grown in season there is often an abundance of the produce, which helps drive prices down.

BETTER FLAVOUR: When fruit and vegetables are harvested is important to their flavour. Non-fruiting vegetables (eg broccoli) are best harvested when they are slightly immature, while fruits and fruiting vegetables (eg eggplant, tomato) taste best when they are harvested fully ripe. But many fruits and fruiting vegetables are harvested before they are fully ripe as this helps them withstand handling, transportation and prolonged storage. This may result in a bland taste and undesirable texture.

NUTRITION: The topic of the nutritional content of fruit and vegetables is not so straightforward. There appear to be variations not only between specific nutrients, but also between different produce. With antioxidants, for example, some produce have increased levels the more they mature (eg tomato, mango) whereas others (particularly green leafed vegetables) show a reduction in some antioxidants as they mature.

With regard to mineral content this appears to be mainly dependent on the soil quality and growing procedures. Also, if there is any post-harvest treatment with minerals (such as calcium chloride) to improve storage life, this may slightly increase mineral content.

Asparagus with wasabi mayo

Preparation time: 20 minutes Cooking time: 5 minutes Serves: 4

2 bunches fresh asparagus
1-2 tsp wasabi
2 tbsp mayonnaise (store bought or homemade)
25g sliced almonds, toasted
1 tsp oil
2 lemons (rind)

PER SERVE: 47kJ (113kcal); Protein 4g; Fat 10g; Carbohydrate 2g; Sodium 2mg; Potassium 261mg; Calcium 3mg; Iron 0.7mg; Fibre 1.9g

1. Wash and cut off the dry stalk end of the asparagus (about 1cm). Get a bowl of cold water ready to place the asparagus in after boiling.
2. Place asparagus into boiling water and blanch for 2 minutes. Put asparagus straight into the bowl of cold water. This stops the cooking process, helping to retain the bright green colour of the asparagus.
3. Add desired amount of wasabi to mayonnaise. Add 1 teaspoon for a subtle flavour and 2 teaspoons for an intense taste.
4. When you are just about ready to serve, warm the serving dish. Heat olive oil in a frying pan. Heat the asparagus through for 2-3 minutes.
5. Place onto serving dish and add grated lemon rind. Dizzle with wasabi mayonnaise and sprinkle with almonds.

Call and speak to one of our qualified nutritionists at Sanitarium Lifestyle Medicine Services on 0800 321 320 (in Australia) or 0800 322 327 (in New Zealand). Alternatively, email us at nutrition@sanitarium.com.au (Australia) or nutrition@sanitarium.co.nz (New Zealand). Don’t forget to order our free cookbook, Food for Health and Happiness, by visiting our website www.sanitarium.com.au or www.sanitarium.co.nz.

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HEALTH FEATURE

with Cathy McDonald

MY STORY

Rimon Shaul
I grew up in Kirkuk in Iraq. As a boy, I used to play in the church yard of the local Seventh-day Adventist Church. Yes, even back then, there was an Adventist church in our city. But I never dreamed that one day I would become an Adventist.

I moved to Australia about 10 years ago. I love this country—the freedom and the peace. But I wasn’t satisfied with my spiritual life. You know, sometimes you can enjoy all this world has to offer, but there is something more than this world.

I got on the internet and started looking for answers to some of my questions. I came across the Amazing Facts website. I was surprised by what I found. As I studied it, I realised I had found what I was looking for. So, a few months ago, I walked into the Cabramatta Adventist church and asked to be baptized. The elders were surprised—but also delighted.

I love my new church family. This church is full of beautiful people. They are very welcoming. I feel very much at home.
Dying for a dunny

A giant toilet challenging their classmates to give poverty the flush was featured as part of a student-organised Social Justice Week at Avondale College, NSW. In September, the toilet represents the importance of sanitation to so many lives. International poverty and development studies students organised the week, which also included a 12 km walk for water. The aim was to raise money for a well in Narayanganj, Bangladesh.—Josh Dye

Keeping the tradition

During the 1970s, a group of young married couples from Adventist churches in South Brisbane (Qld) decided to spend time together by organising activities on a regular basis. More than 40 years on, and although some members of the group have passed away, the “not-so-young” couples are still making this effort to spend time together, gathering on August 5 for an evening out.—Glenn Woskoby

Cooking for Christ

Waitara Adventist church was abuzz on a Sunday morning in June, as the Health and Temperance team held a Nutrition Evangelism Workshop (NEW). Forty participants from Greater Sydney Conference churches took part in the event that focused on equipping and inspiring people to take the health message and God’s love to their communities by running cooking demonstrations.—GSC

Giving thanks

Gold Coast Central Adventist church (GCC) has acknowledged Judy Lansdown, Joan Perez and Esme Robbie for their years of energetic and creative service to Children’s Sabbath School. Gifts were presented to the women, and Pastors Colin Randhau and Steve Kerby led the congregation in a prayer of thanks.—Gayle Garrick

Flashpoint—Gordon Gossett

where Frank serves as a deacon. The couple regularly attends Rangiora church, were married at Papanui Adventist church in 1942. Frank and Olive Slade celebrated their 70th anniversary...—GSC

Orphanage director Damas Gisimba remembers: “Carl came back the next day with water and lots of goodies. And the next day. There were some days he could not reach us because the militia blocked him or let the air out of his tyres, but Carl kept his promise. He was fearless.”

Some days later, 50 militia members surrounded the orphanage and a massacre seemed imminent. Carl received a message from the panicked orphanage workers and headed for the government offices in the hope of finding a sympathetic ear. “Listen Wilkens,” he was told by an official he knew, “the prime minister is here today. Why don’t you ask him for help?”

“What? The prime minister? That’s like asking the devil for help!” responded Wilkens. But when the prime minister walked past with his entourage, Carl introduced himself.

“Yes, I’ve heard about you and your work,” said the prime minister, “How’s your work going?”

“Not well sir, all the orphans are going to be killed.”

After conferring with his advisers, the prime minister turned to Carl. “I’m aware of the situation and we’ll see to the security of your orphans.” And he was gone.

When militiamen entered the orphanage and roughly ordered everyone onto buses, it was tense. No-one knew where they were going, until they pulled up at a church in a safer part of the city. Carl had somehow organised a miracle.

Carl Wilkens also ensured safe passage for 100 children at another orphanage, and 12 people who had been hiding in an Adventist church.

When the Tutsi rebel army finally took over Kigali, the genocide was at an end. It’s estimated that around 800,000 people were massacred.

Carl Wilkens stayed on for some time, helping distribute food, water and supplies to traumatised survivors. Later he joined his family and worked as a chaplain at an Adventist high school in Oregon. He has now begun a full-time ministry, telling his story and working to inspire and equip people to stand up against genocide, racism and intolerance.

Sources: www.worldvision.org, National Public Radio.

Carl Wilkens’ 2011 book, I’m not leaving, is available through Adventist Book Centre.

Kent Kingston is an assistant editor of RECORD.
I was watching a documentary about body image on ABC iView recently. The 30-year-old presenter, who was blonde, beautiful, with an amazing figure to go with it, confided to her viewing audience that she had suffered from a low body image for over 15 years, and now was her time to deal with it.

Low body image? How does a woman like that feel anything other than wonderful about the way she looks? It turns out she’s not alone. Many women feel ashamed of their bodies. Is it any wonder when society bombards us with the idea that our value as women lies in being beautiful and to be beautiful we must be Barbie thin, have perfectly symmetrical faces, thin waists, impossible luscious hair, and, depending on the ever-changing fashion, a bottom that looks like Kate Moss’s or J-Lo’s? Let’s face it, the ideals of feminine beauty expressed in 18th century masterpieces are a lot closer to reality than the emaciated, photoshopped images of today.

Most adults have become accustomed to dealing with society’s constant and pervasive body image pressure, but how young girls handle the idea that their value lies in a distorted view of beauty and sexuality is troubling.

The National Institute on Media and the Family reports that 43 per cent of 15-year-old girls are unhappy with their bodies, and that increases to 78 per cent by the age of 17. Apparently three out of four teen girls feel depressed, guilty and shameful after spending three minutes looking through a fashion magazine.

There are troubling statistics, but even more troubling are the ramifications we see among teenage girls’ responses to low body image. These can include eating disorders, promiscuity, drugs and alcohol abuse, and, most tragic of all, girls resorting to suicide.

As a mother of two girls under nine, I don’t want my daughters to suffer low body image like so many girls before them. I want them to see themselves as they do now—beautiful, smart and confident. So I have searched to find some preventative resources to help my daughters navigate their lives to love them and tell them they are beautiful and now to are literally unreal. No real, healthy human being looks like Kate Moss’s or J-Lo’s? Let’s face it, the ideals of feminine beauty expressed in 18th century masterpieces are a lot closer to reality than the emaciated, photoshopped images of today.

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Step 1: Mothers, be confident in your own beauty

Our daughters see us very differently than we are conditioned to view ourselves. My girls, when faced with a situation, confided in me that if they are not beautiful, their mum is much more beautiful. So if we can continuously disabuse girls of the fact that we are beautiful, it becomes a reflection on their views of themselves—and what beauty looks like. It also turns them on the path of focusing on flaws rather than embracing the beautiful girls they are.

So mums, grandmas, aunties and significant women in girls’ lives—love who you are and let the girls know. Sure, none of us are perfect—but God has made all of us beautiful. So let’s give ourselves permission to know it, and let’s not be ashamed to let our daughters know we accept ourselves and are confident just the way we are. I am beautiful. There, I said it. And so can you.

Step 2: Dads, keep on cuddling

I love to see my husband wading hand-in-hand with our girls or them sitting on his lap reading stories or running through the house playing tickle monster. These are very typical activities for dads and their young daughters. However, when girls hit puberty, dads back away from physical contact with their daughters. It makes many men feel awkward to hold their teenage daughter’s hand or cuddle them on the sofa when they are watching TV. And many dads are not quite sure what society expects of them.

Girls notice the change, and it hurts them. They have a hard time understanding what has happened in their relationships with their dads. Dad is the first man in their lives to love them and tell them they are beautiful and now he is backing away from physical contact with them. Girls wonder, “Does that mean there is something wrong with me? Am I not beautiful to him anymore?”

So dads, keep loving your teenage daughters in your hearts, but also give them the appropriate cuddle and hold their hands. As teenagers, they need you more than ever. Tell them you are beautiful and they are loved every day.

Step 3: Exposé on surgical and digital enhancement

When I was a teenager we were bombarded with stick thin models plastered in makeup. ‘We’d look at the images, and then our waists, and wonder how we could measure up. But now it’s much, much worse. Movie stars and models frequent the plastic surgeon and Botox studio as much as the gym, and pictures of them can be digitally retouched in every possible place. No real, healthy human being looks like they appear to.

Dove soap has a campaign to get the message out to young girls that the images they are holding themselves up to are literally unreal. Take a minute to look at the video entitled Dove Evolution on YouTube. It exposes the extraordinary lengths the media go to, to produce the images we see all around us. Educate your girls that they shouldn’t try to emulate these images, as they are false. Help them to see through the illusion—and be happy being beautiful, real human beings, not photoshopped phonyes.

Step 4: Be beautiful on the inside

Finally, and most importantly, it’s vital to take the biblical model to heart: “People look on the outward appearance but God looks on our heart” (1 Samuel 16:7). Yes, teaching girls to make the most of who they are is on the outside by being healthy and taking care of their skin and hair is important, but teaching them to be beautiful on the inside is far more important. I can hear girls groaning at this idea. After all, we’ve been so bombarded in the media with the concept that beauty is skin deep, many of us really believe it to be true. But, it turns out, life is more complicated—thankfully. Don’t believe me? Consider the following story:

A very good Canadian friend of ours has 20-year-old twin boys. They are the complete package: tall, handsome, charismatic, expert ice hockey players and snowboarders; they are musicians, and most importantly, they are sincere Christians. They were counsellors at summer camp a few years ago and they called their dad to tell him they had met the most beautiful girl in the world. In their words, she was “hot.” They wrapped up the conversation and their bemused father got back to work.

When he picked them up at the end of camp the first question the dad asked was, “So how did it go with the ‘hot babe’?” The boys sobely told him that she was the most conceited, mean spirited and uncharitable girl they had ever met. “You know Dad, by the end of the camp she just didn’t even seem attractive anymore.”

The converse is what we want to encourage our girls to be—beautiful on the inside. Kind, generous, loving and selfless—all the characteristics that God designed for us as followers of Him. There is no doubt that these will shine out the inside and out. And that’s exactly what God wants them to be, and that’s what He wants all of us to be.

On being beautiful

by Leisa Morton-Standish

Leisa Morton-Standish, PhD, is a lecturer in Education at Macquarie University, Sydney, NSW.

The wonder of forgiveness
Forgiveness has been described as the breath of Christianity. It affects everyone; we all need to forgive or be forgiven. What is God’s attitude toward forgiveness?

Throughout the Bible God declares His willingness to forgive and His delight in pardoning sinners. Read Exodus 34:6-7; Psalms 103:3-4, 7-8; and Isaiah 55:6-7. In the touching language of Isaiah 1:18, God invites us to receive the forgiveness He offers.

How is forgiveness made possible?
Jesus has made forgiveness a reality. Read Acts 5:31 and 13:36. Specifically, we are forgiven because of the death of Jesus at Calvary. Read Ephesians 1:7 and 1 John 1:7. Forgiveness is free to us, but it was won at great cost. The death of Jesus is the ultimate demonstration of the principle that without the shedding of blood there is no forgiveness of sin (Hebrews 9:22).

What is God’s attitude toward forgiveness?

We all need to forgive or be forgiven. Forgiveness brings us peace of mind. Our sins will be thrown into the depths of the sea (Micah 7:18-19). Our sins are removed as far as the east is from the west (Psalms 103:12). God promises to blot out and forget our sins (Isaiah 43:25). God’s forgiveness is more powerful than the ocean waves. Our sins are far removed from the west (Psalms 103:12). God promises to blot out and forget our sins (Isaiah 43:25).

What is forgiveness?
Forgiveness brings us peace of mind. Read Psalm 32:1-5. We have the assurance of God’s acceptance and cleansing. Read 1 John 1:9. Forgive others as God has forgiven you. Read Ephesians 4:32 and Colossians 3:13.

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An American tradition was incorporated into the first New South Wales camp meeting held in a pleasant grove at Ashfield, an attractive suburb of Sydney. The tents were arranged in village-like order, with streets named after the reformers. Surprised people expressed how comfortable and pretty the accommodation looked.

The meeting pavilion was too small to accommodate the people who thronged the services. Talks on themes relevant to the time caught the attention: the coming of Christ, spiritualism, theosophy, the third angel’s message, the love of God, temperance and practical godliness.

During the morning meetings the children studied the characters of the Old Testament and in the afternoon they considered the life of Christ. Lessons were illustrated by blackboard, maps, object lessons and songs. Between meetings nature walks were taken in the bushland nearby.

Ellen White commented that a local minister who attended the meetings had tried to persuade the Ashfield locals to attend his church, without success. But the very same people attended the camp meeting and could not be persuaded to stay away.

In spite of the blessings that flowed from the camp meeting, there was an element of discontent that arose between the ministerial brethren. Mrs White was concerned that they showed very little love for each other. Gathering them together one morning she presented her testimony: “There is a coldness of heart, an absence of love for God for those who are of the same faith. There is not the sweet communion and fellowship of the Spirit that there should be.” She pointed out the need for humility, kindness, courtesy, Christian politeness and fervent love for each other. One after another they made confession and with hands clasped together the spirit of the Lord came into the meeting and all hearts were softened.

Part-way through the camp meeting Mrs White was concerned that many people could not be accommodated. She and her helper Emily went home to Granville to get more bedding, mattresses and quilts to make the people comfortable.

From an Australian membership of 872, 170 were camped on the grounds. Crowds thronged the evening meetings with 600–800 people accommodated within the main pavilion and another 200–300 standing outside. Weekend numbers rose to 2500.

From this camp meeting another Sydney church arose and was dedicated at Ashfield on October 13, 1895. It was in the Ashfield church on Sabbath, January 6, 1900, that Elder W C White (Mrs White’s son) ordained and laid hands on the elders, deacons and deaconesses. Ellen White, commented on the practice in the Review and Herald (July 9, 1895): "Women who are willing to consecrate some of their time to the service of the Lord should be appointed to visit the sick, look after the young, and minister to the necessities of the poor. They should be set apart to this work by prayer and laying on of hands.”

1. Manuscript 1, 1895.
2. The Australian Years, chapter 15.
3. Diary, Manuscript 79, 1894.

Marian de Berg is administrative assistant at the Ellen White Research Centre.
SPLITTING HAIRS?
Dom Chiappalone, Qld

Greetings in our Lord Jesus. I’ve just been reading “Creatives connect at Manifest” (May 5). The very first words jumped out at me: “Mother nature added poignancy etc, etc”

I ask you: mother nature? Who in this wide world is mother nature? Perhaps you are unaware that this term is totally new age, a movement which is very anti-Christian. The term mother nature is synonymous with pagan worship. Just go on the net and type in “who is mother nature?”

Would it not be better to say that God was involved here instead of a pagan goddess? Or perhaps the author realised that perhaps God wouldn’t be that interested in a festival that sounds as worldly, with awards being heaped on people, as any secular festival. This may sound like splitting hairs, but God warns us in Exodus 23:13 to not even mention the name of other gods (so-called). Surely it’s important to watch our guard.

UNITY vs UNIFORMITY
Frank Dyson, Qld

In reading “Calls for unity …” (September 15), I was disappointed to find the call was more for “uniformity” than unity. And uniformity with harmony (on any topic), in a multicultural organisation, is an unrealistic goal, which I believe God Himself would not consider important.

He readily adapted His approach to people as He understood the cultural backgrounds and particular needs of those He was touching with His love and grace. It would be a good move for the Church to follow that example, but we have not been good at that.

Hence, on this particular topic, where it is rather difficult to find a biblical precedent for the current practice of ordination to ministry within the Adventist Church, I believe it a greater priority to get our theology of ordination on a firm and clear biblical platform, before we continue further the debate about ordination of women. It rather disturbed me to read: “… rupture the essential bond which brings people from everywhere into the remnant church”. (I hope the context of that statement gave it a better meaning than appears here when on its own!) Have I been under the wrong impression in believing that it is God who brings people into His church, not the traditions or practices of one portion of His family? And I really thought we had grown graciously beyond the point of seeing our own Church as the remnant church.

May the day soon come when we move beyond the restrictions of our own narrow focus and addiction with control of God. Let God be God and allow Him to move as He may desire to move, even at our own discomfort.

ONGOING SIN IS REAL
Ray Wilkie, NSW

I refer to the letter “The Devil is Real” (September 15) and wish to refute the concerns many Adventists have about the 1983 General Conference report that was unable to endorse spiritual warfare and deliverance ministry.

As the letter states, deliverance ministries seem increasing popular within Adventism. Why? Because many Adventists see the benefits obtained from the teaching of repentance and deliverance from sin that allows them to overcome the power that the demonic has over their lives.

The 1983 report was produced when healing and deliverance ministries were in their infancy. A lot has been learnt since then. There are no magic formulas to this ministry. It requires the Holy Spirit to work in each person’s life to enable the person to understand how to be personally set free and overcome sin (known and buried).

Unfortunately, we are aware that many ministries have been influenced by false teaching and false spirits.

We should not “cower in fear seeing demons around every corner”. However, we must be aware of the deception and control that subtle demonic influences can have on our lives. There is a belief that we will be locked in sin until Jesus returns.

As a person who came to understand the truth of the Bible by being released from sin through a healing and deliverance ministry, it was then the Holy Spirit who led my wife and I to the truth of the Sabbath and the teachings of the Seventh-day Adventist Church.

My wife and I have spoken with many Adventists who have experienced similar blessings in their lives from such ministry.

It’s a shame that many Adventists are locked into sin through the demonic controls on their lives by not fully understanding that Jesus through His teaching and ministry came to set them free.
APPRECIATION

Hall, Bob. Jessie and family convey heartfelt gratitude for the expressions of love and support in the recent death of their beloved, Bob. Your prayers, cards, phone calls, flowers, letters and visits have been a confirmation of loving grace during our journey of pain and loss. Thank you.

Oberson, Monique. Francois and Christopher would like to express their gratitude for the phone calls and cards received during the illness and after the recent loss of their much-loved wife and mother. The love, care and concern you have shown are greatly appreciated. We look forward to a grand reunion in heaven.

ANNIVERSARY

Whatson (nee Gray), Alan and Florence were married 3.6.1962 at the Albury church, NSW by Pastor Wal Taylor. They have two sons, Richard, (Brisbane, Qld) and Kenneth (Toronto, NSW); daughters-in-law, and four grandchildren. They celebrated their golden wedding anniversary with family and friends, the full wedding party, and Pastor Taylor in Cooranbong, where they are happily and actively retired in the Alton Villas section of the Avondale Retirement Village. They attend the Lakeside church. Alan and Florrie gratefully acknowledge God’s leading and many blessings on their journey, and look forward to their future years together.

OBITUARIES

Beckett, Amy Maud (nee Sump-ton), born 6.12.1916 in Brisbane, Qld; died 27.6.12 in Banora Point, NSW. On 21.12.1939, she married James Beckett, who predeceased her in 2009. Their home was always a haven for those in need of loving care. Amy is survived by her children, Beverley Robbie, (Kingscliff, NSW) and Kevin (Stroud, England); grandchildren, David and Gavin, Laura, Rebecca, and Alden and great-grandchildren. Amy was a sincere and active member of Albion church, Brisbane. On James’ retirement from Sanitarium, they moved to the Tweed Valley, where they attended the Murwillumbah church. Her loving, Christian witness will be sadly missed by all who loved her.

Daryl Groves, Clive Butcher

Burgess, Doreen Phyllis (McKean), born 21.1.1919 in WA; died 25.5.12 in Leongatha, Vic, aged 93. In 1977, she married Keith Burgess, who predeceased her in 1984. Doreen was a carer and spent many years caring for families and elderly who needed help. Doreen was active in the Church for many years at Warrnambool and Leongatha. She was the much-loved sister and aunt to the McKean family from South Gippsland. She is survived by her sister, Heather Underwood (Yarram); and was a special aunt to Noreen Williams (Leongatha), Val Kane (Bena), Lorraine Bentley (Leongatha) and Helen Mathewson (Yarram). She died in the faith and now awaits the return of Jesus.

Phil Gager, Andrew Jasper

Clifton, Basil William, born 25.4.1932 in Richmond, NSW; died 26.5.12 in John Hunter Hospital, Newcastle. On 31.5.1958, he married Gwen. He is survived by his wife (Forster); and his daughters and their families, Lyn Clifton–Price (Sydney) and—

POSI TIONS VACANT

■ Registered nurse—Adventist Aged Care, Wahroonga (Wahroonga, NSW). Adventist Aged Care is located in a peaceful, natural bushland setting and provides a high standard of care in a Christian environment. Our Wahroonga facility is looking for experienced aged care registered nurses for part-time and casual positions. For further information and applications please contact: Asmitra Rumahorbo, Human Resource Officer Phone: (02) 9487 0658 or email <asmitrarumahorbo@adventist.org.au>. Applications will close once filled so if interested, apply now!

■ Lecturer in accounting—Avondale College (Cooranbong, NSW) seeks applications for the position of a lecturer focusing on accounting. The successful candidate will be required to primarily undertake teaching, with some research and consultancy in the Faculty of Business. The successful candidate will hold a higher degree qualification as well as an appropriate professional designation, will be able to demonstrate an ability to teach and the ability to engage with students in the learning and teaching arena. The position is available from January 1, 2013. For more information, a copy of the job description and the application procedure, please visit <www.avondale.edu.au/jobs>. For further enquiries please phone Dr Keith Howson on (02) 4980 2168. Applications close October 19, 2012.

■ Lecturer/senior lecturer in English—Avondale College of Higher Education (Lake Macquarie Campus, NSW). Avondale College seeks applications for the position of lecturer/senior lecturer in English. The successful candidate will be required to undertake teaching, research and consultancy in the School of Humanities and Creative Arts. They should hold a Doctoral or Masters (Research) degree, will have demonstrated experience in inspiring and motivating student engagement, and be able to commence early 2013. For more information and a full job description, visit <www.avondale.edu.au/jobs>. For further enquiries please email <employment@avondale.edu.au>. Applications, addressing the selection criteria, with contact details of at least three referees, should be emailed to <employment@avondale.edu.au> or posted to HR Officer, PO Box 19, Cooranbong, NSW, 2265. Applications close October 12, 2012.

■ International development internships—three Positions—Adventist Development and Relief Agency (ADRA) Australia is seeking expressions of interest from professional applicants of different ages (two positions) as well as recent graduates (one position) considering a career in international development. ADRA Australia supports community development programs in overseas partner offices and wishes to place interns in ADRA offices in Zambia, Timor-Leste and one other country for up to two years. The successful applicant may have previous cross-cultural or volunteer experience and demonstrable commitment to ADRA’s mission, values and goals. Applicants must hold a valid Australian or New Zealand passport. For more information and an application form, contact Alison at ADRA Australia at <ayoung@adra.org.au> or phone (02) 9489 5488. Applications close October 21, 2012.

■ Manager—ADRA Sunraysia (Mildura, Vic). Specialists in new and used office furniture since 1993, we seek the services of a motivated professional for our Mildura warehouse, aged 30–50 years, who can handle sales, direct staff, coordinate deliveries, and liaise with suppliers, carriers and clients. Applicants must ably demonstrate a commitment to the ethos of ADRA Australia and the beliefs of the Adventist Church. An attractive salary package is offered. Sunraysia is known for excellent weather—one day terrific, the next fantastic! This may be your chance to “escape to the country”. For more details please contact Darcy Malycha on 0418 596 240; or mail your resume to PO Box 5072, Mildura, Vic, 3502; or email <adrasunraysia@ncable.com.au>. Applications close October 31, 2012. ADRA Sunraysia is a separately incorporated entity that operates under licence from ADRA Australia.

For more vacant positions or to advertise, go to <adventistemployment.org.au>.
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Volunteers

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SAM LEONOR  PREACHER & UNIVERSITY CHAPLAIN

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FOR MORE INFO: SPDYOUTH.COM

WATSON PARK - QUEENSLAND
1-6TH JANUARY 2013

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