

NOVEMBER 2 2013

# Record

ISSN 0819-5633

## THE VEGAN REVOLUTION

page 14

## BRIGHT FUTURE FOR BETIKAMA

page 11

## A GRANDSON, THE ENVIRONMENT AND ME

page 18



Always wanted to study a degree in Ministry and Theology  
but can't make it to campus?



MINISTRY

## NEW TO AVONDALE IN 2014

### Ministry and Theology degrees available online.

Rolling out from semester one, 2014, you will be able to study a wide range of Ministry and Theology undergraduate and postgraduate degree units online. This means that you can now study without having to step foot on campus. Study when you want, where you want, how you want.

FEE-HELP available to eligible candidates.

For further information, phone 1800 991 392 (Australia) or +61 2 4980 2377.

To find out more about any of our courses or to apply online for 2014, visit [www.designedforlife.me/r1113](http://www.designedforlife.me/r1113) or phone 1800 991 392 (Australia) | +61 2 4980 2377 (International)



## School for most disadvantaged

*Port Moresby, Papua New Guinea*

A literacy school built by Operation Food for Life (OFFL) was formally opened in Wildlife, Port Moresby, in September.

Three classrooms of the Rob and Jan Patterson Literacy School, built by volunteers and run by volunteer teachers, provide free education to the 145 enrolled local children, many of whom would otherwise be unable to attend school.

Through the legacy of Rob and Jan Patterson and their family, together with a donation from Sanitarium Health & Wellbeing, the school will continue to give hope for generations.

The opening ceremony was attended by special guests, including the Pattersons' daughter Tracey Shenton, Australian High Commissioner in PNG, Deborah Stokes, PNG Minister for Religion Youth and Community Development, Loujaya Kouza, and President of the Central Papua Conference, Pastor Tony Kemo.

All speeches followed the theme of praise for founding teacher Ogasta Daniel—without her inspiration and the support of her husband, the school would never have been built.

"Many people will have fond memories of Rob and Jan as part of our Sanitarium family," said Corporate Communications manager Julie Praestiin.

"Our donation is in honour and recognition of Rob and Jan and a rekindling and strengthening of Sanitarium's relationship with the OFFL program through our export team."

In 2012 OFFL added the school to its major projects list following a large donation by the Pattersons, who were long-time employees of Sanitarium. Mr Patterson has since died.—*Stephanie Arnold*



School children perform item with a teacher.

## New life, new name—back where it all began

*Nuku'alofa, Tonga*

A team of Australian medical volunteers, coordinated by Sydney Adventist Hospital, has continued a 30-year legacy by spending two weeks in Tonga providing lifesaving heart surgery, free of charge, to 30 children and adults.

In 1986 the Operation Open Heart for Tonga medical team conducted its first international outreach, a program that now reaches 13 developing countries in the South Pacific, Asia and Africa. The charity provides not only heart surgery, but a range of medical services, including burns repair, facial reconstruction and uterine prolapse treatment.

The growth of the program has brought its own complexities and challenges, with a series of project names being used. Earlier this year, the various names and identities were amalgamated and re-launched as Open Heart International (OHI), together with a new logo and website.

"The new branding has given us a chance to improve our internet and social media presence," said OHI manager Michael Were, "and we've seen a rapid increase in the level of interest and awareness in the work we're doing. We are really enjoying sharing our story."

To volunteer, support or find out more about Open Heart International, visit <[ohi.org.au](http://ohi.org.au)>. —*Kent Kingston*





## Why you really left the church

James Standish

Most of my best friends from boarding school in Singapore left the Adventist Church. As have most of my friends from primary school in Australia, my friends in Michigan and a bunch of my friends from college in England. And it isn't just my friends. My generation—Generation X—left the Church in droves. We were, it turns out, a little foretaste of what was to come.

Today, Christian literature is littered with articles about Millennials abandoning church, with various hobbyhorses being flogged to explain the exodus. So let's look at a few of them.

There's the old chestnut—"someone said something wrong". Now let's get real here. No-one could hold down a job, stay in school or have a relationship if they were so sensitive they left as soon as they bumped into a grump. Yes, of course people at church should be kind, pure and true. And, in my experience, Adventists generally are—though not always and not everyone. But, outside of extreme circumstances, people don't walk out on things they value simply because they come in contact with real human beings—warts and all. They walk out because they don't value the underlying substance.

A second explanation—popularised by American author and columnist Rachel Held Evans—is that Millennials are abandoning church because it focuses on sexual morality, rather than social justice. But this doesn't work on two counts. First, the denominations that are biggest on talking social justice and the smallest on biblical sexual morality, are the ones shrinking the fastest. Second, it turns out all those traditional evangelicals are hardly indifferent to poverty. World Vision, one of the largest aid and development outfits in the world, is an evangelical initiative. The Salvation Army? They're evangelicals too. And you would be hard pressed to find a community that does more, pound for pound, to provide health and education to the poor around the globe than the Adventist Church.

So if it isn't grumpy people, unfashionable views on sex or cold indifference to the poor, it must be stodgy worship services! Apparently not. There's no community that has embraced contemporary worship more enthusiastically than American evangelicals, and yet they are losing Millenni-

als left, right and centre. Pastors in black t-shirts, churches with espresso machines and Daft Punk style praise bands just aren't packing 'em in like they used to.

Which leaves the superficially profound answer: organised church is antithetical to the authentic Christ. The problem? It was Jesus who set up the church, and He began it with 12 very imperfect people. So if the real Jesus set up a church full of real people, how could disassociating from a real church be consistent with loving the real Christ?

But there's an even more fundamental problem: all these explanations rest on age-old phenomena. There is, for example, nothing new about Christian teachings on sex or flaws in organised churches. If the rate of defections has increased, the underlying reason for the drift away must also be increasing. New events require new explanations.

So what's new? One of the most profound changes in our culture is the explosion of media consumption. Back in the early '90s, the average Australian, for example, watched about 17 hours of TV per week. According to McCrindle Research, Australians today spend close to four hours online every day, and about three hours a day watching TV, for a staggering 49 hours of media consumption per week.

As mass media has become more heavily entwined with our lives, the content has simultaneously become increasingly incompatible with, and even hostile to, Christianity. Our media consumption profoundly impacts the way we see the world. Ellen White comments on a popular truism this way: "It is a law both of the intellectual and the spiritual nature that by beholding we become changed. The mind gradually adapts itself to the subjects upon which it is allowed to dwell. It becomes assimilated to that which it is accustomed to love and reverence."

Could the answer to the spiritual malaise infecting society have little to do with the inadequacies of everyone and everything else, and all to do with how we choose to invest our consciousness? Is the exodus from church the inevitable, natural result of our media consumption patterns? Could the solution be as simple as spending less time watching *Game of Thrones* and more time focused on the Throne of Grace?

James Standish is editor of RECORD.

# Record

**Dr Barry Oliver** Senior consulting editor  
**James Standish** Communication director  
**Jarrold Stackelroth** Associate editor  
**Kent Kingston** Assistant editor  
**Dora Amuimuia** Sales & marketing  
**Tracey Bridcutt** Copyeditor  
**Linden Chuang** Assistant editor - digital  
**Loopeck Lewis** Graphic designer

Letters [editor@record.net.au](mailto:editor@record.net.au)  
 News & Photos [news@record.net.au](mailto:news@record.net.au)  
 Noticeboard [ads@record.net.au](mailto:ads@record.net.au)  
<http://record.net.au>  
 Mail: Adventist Media Network  
 Locked bag 1115  
 Wahroonga, NSW 2076, Australia  
 Phone (02) 9847 2222  
 Fax (02) 9847 2200

Subscriptions  
 Mailed within Australia and NZ  
 \$A43.80 \$NZ73.00  
 Other prices on application  
[subscriptions@record.net.au](mailto:subscriptions@record.net.au)  
 (03) 5965 6300

Cover credit: Misty Mountain Health Retreat

"Model Abigail O'Neill with a fruit platter."

Official news magazine of the South Pacific Division Seventh-day Adventist Church  
 ABN 59 093 117 689  
 Vol 118 No 23



Our vision is to be a church that...  
**knows**  
*experiences*  
**and shares**  
 our hope in Jesus Christ!



twitter

[twitter.com/RECORDadventist](https://twitter.com/RECORDadventist)



## Blood in the water

Linden Chuang

Sharks. No other animal strikes fear into the heart like these apex predators. Some of this fear is warranted—sharks attack 50–70 people around the world every year.<sup>1</sup> But contrary to popular belief, sharks are not mindless killing machines. That description is more befitting of another predator: humans.

A recent study into illegal shark fishing found that humans kill approximately 100 million sharks every year. That number is actually a conservative estimate, with scientists saying the number could be as high as 273 million.<sup>2</sup> The massacre is putting not only the population of several shark species at risk, but also the wellbeing of the entire ocean.<sup>3</sup>

Sharks are just one of the innocent creatures suffering at the hands of humans. Chickens, cows, pigs, and even loved animals such as dogs, dolphins, seals and elephants, are also being tortured and killed in barbaric and bloody ways.

Adventists are good at raising awareness of human oppression. Through the work of organisations like ADRA, and the dozens of mission trips that take place each year, our Church is at the forefront of providing aid and assistance to those in need. However, our activity has been sorely lacking when it comes to advocacy for the protection of animals.

I'm not suggesting the life of an animal is of equal value to the life of a human. It just seems a little hypocritical that many of us claim to find and feel the presence of God in nature but fail to lift a finger to protect and preserve the natural world. It's not just duplicitous—it's outright disobedience against God.

From the outset of this world, God instructed man to "tend and keep" the earth (Genesis 2:15). Sin may have messed up the original plan but our duty of care to this world and its animals remains unchanged. In fact, the Bible has some very strong words against those who fail to be good stewards. In Revelation 11:18, the elders at the end of time declare God's intention to "destroy those who destroyed the earth".

Ellen White also held nothing back in voicing her displeasure against animal cruelty. "He who will abuse animals because he has them in his power is both a coward and a tyrant . . . Many do not realise that their cruelty will ever be known, because the poor dumb animals cannot reveal it. But could the eyes of these men be opened, as were those of Balaam, they would see an angel of God standing as a witness, to testify against them in the courts above. A record goes up to heaven, and a day is coming when judgement will be pronounced against those who abuse God's creatures" (*Patriarchs and Prophets*, p 443).

"Every beast of the forest is [God's], and the cattle upon a thousand hills" (Psalm 50:10). Who are we to stay silent as God's creatures are slaughtered in droves? I'm not saying we should all join Greenpeace in its high-risk crusades. I'm encouraging education, not extremism. Non-vegetarians, find out where your meat is coming from. For those into fashion, learn about the use of fur in the clothing industry. Families looking to buy a pet, seek out an animal shelter (or at least a breeder) that is genuinely concerned about animal welfare.

Swimming with sharks has long been a dream of mine, and hopefully in the next couple of years I'll get that opportunity. If that time should come, I'll look into the shark's eyes and see a beautiful, peaceful animal, not a mindless killing machine. If it could talk, I hope it would say the same thing about me.

1. <http://www.flmnh.ufl.edu/fish/education/questions/attack.html>

2. <http://newswatch.nationalgeographic.com/2013/03/01/100-million-sharks-killed-every-year-study-shows-on-eve-of-international-conference-on-shark-protection/>

3. <http://www.foxnews.com/science/2013/08/06/dwindling-shark-population-worldwide-affects-ocean-ecosystem/>

Linden Chuang is assistant editor-digital for RECORD.

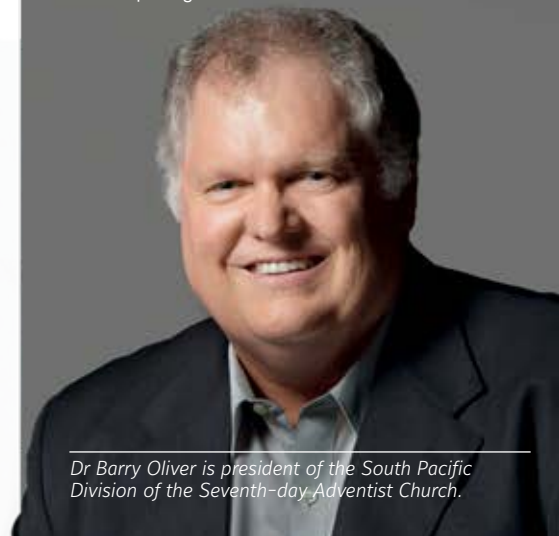
## Mission to the cities

Mission to the Cities is a global, wholistic strategy for sharing the Gospel in urban settings in 2013/14. It coincides with the global year of evangelism for the Seventh-day Adventist Church in 2014. Mission-directed activities will continue to vary in each city. In our Division we have already seen comprehensive evangelistic ministry in Sydney, Lae, Christchurch and Apia with wonderful results. What are the plans for your city in 2014?

- ▶ In 1800, 3 per cent of the world's population lived in urban areas.
- ▶ In 1900, 14 per cent lived in urban areas. Only 12 cities had populations of more than 1 million.
- ▶ By 2009, more than 50 per cent of the global population lived in urban centres.
- ▶ In 2011, more than 20 cities had populations greater than 10 million.
- ▶ In 2013, there are more than 300 cities which each have a population of more than 1 million.
- ▶ Today, greater Tokyo is possibly the world's largest city with more than 36 million inhabitants.
- ▶ It's expected that by 2050, more than 70 per cent of the world's population will be urban.<sup>1</sup>

Remember that it was Jesus who said, "This gospel of the kingdom will be preached in all the world and then will the end come!" And He did mean the cities when He spoke about "all the world".

1. [www.prb.org](http://www.prb.org)



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





## Dangerous crossing

A series of drownings off the coast of Italy has prompted soul-searching about the plight of the world's refugees. It's been suggested that many of the 250 people who died in a shipwreck near the island of Lampedusa were Christians, fleeing persecution in Eritrea and Ethiopia. —*World Watch Monitor*



## Longer, healthier, cheaper

A Melbourne life insurance broker is offering discounts to vegetarians, saying they're healthier and less likely to "cash in their policy" prematurely. Brian Jones said currently vegetarians are subsidizing meat-eaters, who have higher rates of heart disease and cancer. Critics say the truth is a little more complex. —*Herald Sun*



## My oath

The South Australian Government is considering plans to drop God and the Bible, or Qur'an, from court oaths. Attorney General John Rau is exploring ways to simplify the current oath system so that there will be one statement suitable for people from any religious or cultural background. —*The Advertiser*



## Relief effort

ADRA has been busy after a series of natural disasters around the world. Emergency supplies have been provided to survivors of India's fiercest cyclone on record, with Adventist schools and churches being used as distribution points. ADRA has also been active after storms and floods in Cambodia, the Philippines and Mexico. —*adra.org*



## Shutdown smackdown

During America's recent government shutdown crisis, Christian leaders were strident in calling for a solution. More than 90 Catholic, mainline and evangelical leaders castigated politicians involved in the deadlock. Senate chaplain, Adventist minister Barry Black, used his opening prayers to call for an end to pride and stubbornness. —*Huffington Post*



## Sell-off

Victorian Uniting Church congregations were shocked at the announcement that debts will force the denomination to close 56 of its churches and other properties. The closure of the Church's Acacia College last year left the Synod with debts of \$36 million, even after the sale of the property to the Adventist school system. —*The Age*

## YOU ARE INVITED to our next **JUMP START LITERATURE EVANGELISM CONVENTION**



Crosslands Youth and  
Convention Centre,  
Sydney, Australia,

December 6—8, 2013



- › Inspirational Speakers
- › Blessed Fellowship
- › Incredible LE Testimonies
- › Beautiful Location
- › Amazing Food

Total Cost for this amazing  
weekend is only \$150.00

Bookings and Information:  
[Jared.french@bigpond.com](mailto:Jared.french@bigpond.com)  
Mobile 0414 433 615

## Highlands airstrip rededicated

*Kainantu, Papua New Guinea*

An airstrip dedication ceremony at Omaura School of Ministry (OSOM) has seen the first mission planes land at the site, despite the airstrip being cleared 25 years ago.

Omaura was established in the highlands northeast of Lae in the 1950s as a training school offering pastoral training at a certificate level. Since then the school has produced thousands of church pastors, administrators and ministry volunteers. But tribal fighting at the site in the 1980s saw Australian staff evacuated and the newly built airstrip officially closed before it could be used.

The freshly rehabilitated airstrip was opened as two Adventist Aviation Services aircraft touched down. The dedication service featured a reconciliation ceremony where tribal and community leaders expressed their regret for the

past conflicts that hindered Omaura's operations.

Retired missionary, Pastor John Kosmeier, who helped to clear the original airstrip, was present at the dedication.

"OSOM continues to meet a major need for more workers in the Pidgin speaking areas of Papua New Guinea," he said. "It was wonderful day. Praise be to God." —Kent Kingston/Joy Butler



Pastor Kosmeier with some old friends.

## Adventist pastor loses home in NSW bushfires

*Springwood, New South Wales*

An Adventist pastor is among dozens of victims who have lost homes in New South Wales' worst bushfire crisis in more than a decade. With more than 100 fires across the state, one of the worst affected areas was the suburb of Springwood, with fires destroying a number of properties including the home of Janusz Jagiello, pastor of Pendle Hill Polish and Warrimoo churches.

"Our prayers go up for Pastor Jagiello and all those affected by these terrible events," said Pastor Michael Worker, president of the Greater Sydney Conference.

Earlier, a member of Raymond Terrace church lost several sheds and a granny flat in a bushfire in Port Stephens. Reg Hyde, a boat builder and member of Raymond Terrace church, had several large sheds and a granny flat destroyed in the blaze. Mr Hyde said he was very grateful to God for protecting his house and keeping him and his daughter safe. Members of Raymond Terrace and Maitland Adventist churches have been assisting in the relief efforts in Port Stephens by processing victims at the a local community hall, and helping relocate those stranded by the fires. ADRA Australia also assisted evacuees in eight evacuation centres. —Linden Chuang/Mary Fedorow



## New resource hits a high note for kids

*Brisbane, Queensland*

Mother and musician Kylie Stacey has launched a new children's worship music resource that aims to be fun and interactive.

Frustrated by the challenge of keeping her sons focused in their children's Sabbath School, Mrs Stacey began to develop interactive worship music and activities that would engage both children and their parents.

With her own new songs, as well as some old-time favourites, Mrs Stacey began experimenting in her Beginners Sabbath School and in her home—a process that led her to develop the *Playful Worship* book and music CD resource.

"Playful Worship includes massage songs and rhymes, bouncing songs, cuddle songs, circle games, hello and goodbye songs, and Bible verses set to music," she said.

"It's designed to engage children with their parents, worshipping together and worshipping actively. Play is a child's best way of learning and if they are not having fun, they are probably not taking it in."

*Playful Worship* was launched at the South Queensland Conference camp meeting, with Mrs Stacey leading demonstration sessions as part of the Beginners program at the camp.

But the songs, activities and resources had already been trialled in a number of Sabbath Schools in northern New South Wales and at the conference camp meeting in April.

*Playful Worship* includes suggested program outlines that line up with "Year A" (next year) of the Gracelink curriculum, as well as songs on CDs for use in Sabbath Schools, playgroups or homes. It's available from Adventist Book Centres. Visit <[www.playfulworship.com](http://www.playfulworship.com)> for more information. —Nathan Brown



Author Kylie Stacey with *Playful Worship*.



## OPENING HIS WORD

David McKibben

### The purpose of the Ten Commandments

A body of law is a fundamental building block of civilised society. Laws are designed to protect the weak, vulnerable and innocent, and to punish those who seek to harm others and destroy the fabric of society. Ideally laws should uphold the dignity and equality of each person. The aims of human law are a reflection of the perfection and simplicity of God's law or the Ten Commandments, referred to throughout Scripture.

### What does the Bible teach about the purpose of the moral law?

- It serves as the standard of God's judgement. Read James 2:12. That James is referring to the moral law is clear from the previous verse, which refers to two of the Ten Commandments.
- The law acts as a guide in governing our relationships. Read Exodus 20:3-17. The commandments are thoroughly relational in nature; the first four deal with our relationship with God (verses 3-11) and the last six show how we should treat others (verses 12-17). Jesus summarised the commandments in terms of loving God supremely and loving others as ourselves. Read Matthew 22:37-40.
- The law reveals the nature of sin. Read Romans 3:20 and 7:7. The apostle Paul shared from his experience how the law showed him what covetousness is like (Romans 7:7-11). The law points out what is wrong and acts as a restrainer of evil.
- The law is an agent of conversion. Read Galatians 3:19, 24 and Psalm 19:7. The moral law reveals righteousness but doesn't provide the power to be righteous; the law exposes sin, but is powerless to deliver us from doing wrong. In this context, the law's grand purpose is to awaken us to our dire need (Romans 3:20) and point us to Jesus. What the law could never accomplish, Jesus is able to do. Read Romans 8:2-4.

In summary, the giving of the moral law was never designed to be a means of obtaining righteousness; rather, the Ten Commandments reveal our desperate condition and our need to accept the saving power of Jesus and the Gospel. A high view of God's law makes us seekers after God's grace.

*David McKibben is pastor of the Parramatta and Guildford churches, NSW.*



## RECORD REWIND

Lester Devine

### Generational influence

Pastor John Allen migrated from Ireland to Australia in 1884. When he joined the Adventist Church in 1899, he left his job as a stationmaster at Bunbury, WA, and took up canvassing work in Tasmania three months later. Within 18 months he was appointed to Bible work, which he continued in Tasmania for 10 years until he was called to Queensland and ordained in 1910, before ministering in North New South Wales until his retirement.

In 1901, Pastor Allen, a 54-year-old widower with a young son, Frederick, married Emily Appledorf, a much younger Bible worker and teacher at Avondale. He and his new bride had seven children over the next 12 years. Raising a young family was not only a challenge to Pastor Allen's energy levels but also a considerable exercise in poverty with very little family income in retirement. Four of these seven children died at around 50 years of age—or earlier. One daughter, Olive, married a pastor, Keith Satchel. One son, Edgar, worked for Sanitarium. The youngest of the seven, Teddy, was named after his much older half-brother, Frederick, who had been killed at Gallipoli. Teddy Allen trained for the ministry and had a bright future as a singing evangelist before dying of cancer at 29 while pastoring Rotorua church in north New Zealand.

In his later years, Pastor Allen was treated for pneumonia for some weeks at the San hospital (Wahroonga, NSW), but grew weary of being a patient and checked himself out. Finding the train did not stop at Dora Creek, he got off at Morisset and walked along the railway line toward home. In the process, he fell off a railway bridge onto the road below and, severely injured with broken legs, remained there all night. He died at home two weeks later and is buried at Avondale.

Several of Pastor Allen's grandchildren and great-grandchildren have contributed at every level of the Church from local to General Conference (GC), with one great-grandson, Daryl Thompson, working at the GC today. Three became ministers; Malcolm Allen was to spend more than 30 years in youth ministry, culminating in a decade as World Pathfinder director and then serving as president of the Greater Sydney Conference before retiring. Then there was Ron Allen and Graham Satchel. Grandson Keith Allen taught for many years at Nunawading Adventist College. Grand-daughters Gwen and Noreen Allen, Jan and Judy Musk, and Valmai Satchel all studied nursing and most of them worked for the Church. Noreen was the first in her generation of the Allen family to achieve a masters degree and at least four of the Allen great-grandchildren have earned one too.

Grandson Graham Allen was a very successful businessman, owning and managing a group of construction-related companies. He sponsored more than 20 projects in the Pacific and participated in many fly 'n' builds. In 2001 he donated more than \$A300,000 to initially fund a new ministerial training scholarship at Avondale College. His final contribution before being killed in a cycling accident in early 2012 was project managing the development of the new Fulton College campus near Nadi in Fiji. Two of Pastor Allen's great-grandsons, Greg and Scott Allen, are now leading that project through to completion.

Pastor Allen didn't live long enough to see his influence filter down through the generations of his family but this is a lesson to us all. Parenting is hard work. It's exhausting and at times parents wonder if all their commitment and effort are achieving anything worthwhile. Sometimes the parental effort and commitment are better indicated in the second or even later generations; but never is the commitment and effort wasted!

*Lester Devine is director emeritus of the Ellen G White/Adventist Research Centre at Avondale College of Higher Education.*



## Domestic violence law changes in PNG

Port Moresby, Papua New Guinea

The Papua New Guinea Government has passed a bill aimed at reducing the high rates of violence against women in the country.

The Family Protection Bill 2013 was passed unanimously when it came before Parliament on September 18 and is seen as a crucial first step to reducing violence against women. It criminalises domestic violence and gives legislative backing for interim protection orders. It also allows neighbours, relatives and children to report domestic violence, and gives police the power to remove perpetrators from their homes to protect the victim. Penalties include fines of up to K5000 (\$A2500) and up to two years in prison.

Aid and development consultant Michelle Abel said the passing of the Bill is an important step in the right direction, however, much more needs to be done to end the high rates of violence against women in PNG.

"The legislation needs to be effectively implemented and government must adopt institutional and policy reforms to support the legislative framework, especially regarding the capacity of the PNG police force," Ms Abel said. "ChildFund Australia conducted a study that found that many women try to get help from the PNG police force but that there was disinterest, and in some instances police were the perpetrators of violence. Police lack basic resources, such as petrol to drive to villages to investigate crimes, limited numbers of female police officers and inadequate training to deal with violence against women."

Andrew Opis, communication director for the Papua New Guinea Union Mission (PNGUM), said it was a major step forward.

"The sanctity and value of human life, which the Church has been teaching for many years, has now received government support," he said.

Rugged terrain, poverty and a shortage of village courts are just some of the issues preventing the law from protecting vulnerable women and children. Many women unable to report domestic violence incidents to police try to resolve the issue through their village magistrates. Currently in rural areas village magistrates hear civil cases for a fee, and have no formal training or background in law, mediation or counselling.

Medecins Sans Frontieres estimates that 70 per cent of women in PNG will be raped or physically assaulted in their lifetime. PNG ranks 134 out of 148 countries in the 2012 UNDP Gender Inequality Index, and 156 out of 186 in the Human Development Index—the lowest in the Pacific. —Michelle Abel/RECORD staff. Sources: Amnesty International-Australia/ChildFund Australia



**LILYDALE**  
ADVENTIST ACADEMY  
*A member of the Australian Adventist Education Association*

## Celebrating 50 years 3-4 May 2014

Woody says...

**"Come and be a part of our  
50 year LAA Mass Choir"**

Also come along for...

- Time Capsule reveal
- Cafe style catch up time and celebration
- And much more!

To find out more, follow us on

[www.facebook.com/50yearsatLAA](http://www.facebook.com/50yearsatLAA)



Find us on  
**Facebook**

[www.facebook.com/50yearsatLAA](http://www.facebook.com/50yearsatLAA)

[las.vic.edu.au](http://las.vic.edu.au)



# SIGNS OF THE TIMES for our schools

*Signs* supports evangelism in our schools through its *Signs for Our Schools* (SOS) 5-star Project, supplying sponsored magazines to non-Adventist students attending our church schools.

## Sponsor Signs for your school's families:

- ✓ Talk to the principal or chaplain
- ✓ Sponsor the SOS 5-star Project
- ✓ Start an SOS fundraiser at your church



Donate online:

[www.signsofthetimes.org.au/donations](http://www.signsofthetimes.org.au/donations)

\* Single Signs subscription: \$A25 (\$NZ30)  
SOS Project Sign: \$A20 (NZ\$25)

## R MY STORY

Liborius Aeo, district pastor for Kavieng, Papua New Guinea

I was born into a Catholic family. I was a fairly observant churchgoer but as I grew older I slipped into some bad habits. In 1998 a large evangelistic series was held in my area. At the time I was smoking marijuana and drinking alcohol. My friends and I just went along because it was a big crowd and we thought there might be some nice looking girls there. I wasn't serious about it at all!

But then one night the evangelist preached about Joshua. His message: "Choose this day who you will serve." I was convicted. My friends thought I was being ridiculous.

After two years I was baptised and then I went to Sonoma Adventist College to study ministry. When I came out I served in a few places before becoming district pastor in Kavieng. This is an area with a rich Adventist history. Sometimes it's hard to be a young pastor and a convert; leading out can be a challenge. Sometimes people want to remind me that I'm relatively new. But I have faith and take every day with God. Being a follower of Jesus is about being humble and serving others.

I have no doubts about God's calling. So with all the challenges and criticism, that's just part of ministry. I greatly enjoy the calling God has given me. One of my great hopes when I was a young pastor was to find someone so close—a real partner. I married my wife in 2006 and what a difference she has made in my life. She encourages me. I am enjoying the faith, I can't imagine a better place to serve and it's my sincere desire to encourage people to give their lives to God!

My next goal is to complete my BA at Pacific Adventist University. The Mission has committed to sponsoring my study, but it's a question of when.—as told to James Standish



### OPINION POLL

**The best reason to go vegan is to:**

- Stop hurting animals
- Protect the environment
- Boost my energy levels
- Lose weight
- Go vegan? Are you nuts!

*For more information, check out The Vegan Revolution, page 16.  
To vote, visit <record.net.au>*



# Bright future for Betikama

by Linden Chuang

Five years after the Pacific War ended, the land on which Betikama Adventist College is now established resembled a warzone. Broken helmets and military relics, scattered throughout the area, served as haunting reminders of the bloodshed that had taken place during World War II. Leftover ammunition and landmines, many of which were still active, continued to pose a very real danger.

It was the last place anybody would think to build a school. But where many saw a war-torn wasteland, the Adventist Church saw a great opportunity to share the Gospel with the people of Guadalcanal and the rest of Solomon Islands.

When Betikama first opened its doors in 1948, few could have imagined the influence the school would have on the country. But with hundreds of former staff members and students (both local and expatriate), including a number of local cabinet ministers, coming together for Betikama's 65th anniversary in September, the impact of the school is clear.

Among the special guests were Dickson Ha'amori, Minister of Education and Human Resources, and Charles Sigoto, Minister of Health and Medical Services. Representatives of the Prime Minister were also in attendance, as well as the vice chancellor of Solomon Islands National University and the director of the University of the South Pacific (Honiara campus).

"Betikama trained a lot of national leaders, including the current Prime Minister," said Pastor Lawrence Tanabose, general secretary of the South Pacific Division and a former Betikama student. "The school is very well known by the Solomon Islands government, and other institutions both in and out of the country."

Despite the presence of high-ranking politicians, the star of the celebrations was Betikama's founder and first principal, Pastor Lyndon Thrift.

Speaking during Sabbath School, Pastor Thrift (now 95 years of age) captivated the audience with stories from Betikama's humble beginnings. Pastor Thrift shared how

students would go out into the jungle looking for fuel and other supplies left behind from the war. He also recalled his interactions with the Australian army, and how the commanding officer helped the school gather enough food supplies to feed students for five months.

"We saw so many miracles take place in that first year," Pastor Thrift said. "The danger was very real, what with all the landmines, but nobody got killed."

Aside from a time of reflection, Betikama's 65th anniversary also served as an opportunity to look forward. A

key part of the four-day program was the establishment of the Betikama Alumni Association. The group had already been active for a number of weeks, donating funds and renovating classrooms, but was yet to be officially recognised.

"The establishment of the Alumni Association was a milestone event for the Church," Pastor Tanabose said. "It shows the Church is really building up momentum in Solomon Islands."

In another momentum-building move, it was announced that Pacific Adventist University (PAU) has begun the process of developing a tertiary campus at Betikama. The new campus, slated for completion at the end of 2014, would become the first Adventist tertiary institution in Solomon Islands.

The new campus will open as a School of Science with the potential to expand into other areas. The Education department of the Solomon Islands Mission also revealed its intention to formally involve Avondale College and Fulton College in supporting the new campus.

"It really is amazing," Pastor Tanabose said. "Sixty five years ago, Betikama started out with just 16 students. The school has grown so much since then and impacted hundreds of lives. Who knows how many more lives will be touched in the years to come."

"God is good."



*Linden Chuang is assistant editor-digital for RECORD.*



## Good as gold

Avondale capped an historic year in sport with its men's touch football team winning gold at the Australian University Games at Owen Park on the Gold Coast in early October. The Avondale Eagles remained unbeaten throughout the division-two competition, defeating several larger institutions. Their 7-5 grand final victory over The University of Newcastle qualifies Avondale for division one next year. —Brenton Stacey/Josh Dye/Colin Chuang



## Women only

Eighty ministers' wives met in Cairns for a Partners in Ministry educational tour and retreat from October 8-12. The program was organised by Beatrice Kemo, who also served as one of the speakers at the event. Other presenters included Jeanette Egu, Thelma Silva and Tiono Davai, who spoke on a wide range of topics including husband and wife relationships, financial management and self-esteem. —Thelma Silva



## Called to lead

Phillip and Maureen Vaki have been named as Operation Food For Life (OFFL) directors for Papua New Guinea. The couple, and their daughter Jean, have been actively involved in OFFL projects for many years, and are well known and respected in the communities they serve. —OFFL



## Re-elected

Pastor Damien Rice has been re-elected as president of the South New Zealand Conference (SNZC). The announcement follows the Conference's 65th Constituency Meeting held in Christchurch in early October. Pastor Rice served as a pastor and chaplain at a number of NSW churches from 1997 to 2008. He took up the position as general secretary of the Vanuatu Mission in 2009, serving for three years before stepping into the role of president of the SNZC. Pastor Rice and his wife, Leisha, have five children, Denim, Javis, Zoe, Coco and Jasper. —Linden Chuang



## Breaking the silence

Pastor Fred Taito, Suva Multi-Ethnic District leader (Fiji), and his wife, Pisila, have launched a health initiative in an effort to raise awareness of the dangers of lifestyle diseases. The program features Bible-based seminars and cooking demonstrations, with sign language offered by Mrs Taito serving as an important part of the program. Forty people attended the Taitos' first seminar in early September. There was a real sense of excitement from both organisers and participants. One of the deaf attendees voiced his support in sign language, saying, "This is great home-made juice." —Jesel Royokadar



## Healthy advice

Melbourne Asian Seventh-day Adventist Church's newly formed Health and Temperance Ministry team recently offered free health assessments to passers-by at Tunstall Square Market in Doncaster (Vic). The team of health professionals, including doctors, nutritionists and dietitians, have also conducted a number of health talks over the past few months. —IntraVic



## Worth the walk

More than 60 people took part in a 20km trek from Narrabeen Lakes to Palm Beach (NSW) on September 29 to raise money for Open Heart International (OHI). The event, organised by the Sydney Adventist Hospital's Coronary Care Unit, raised almost \$A30,000, which helped cover the costs of complex cardiac surgeries performed on children during OHI's trip to Cambodia in October. —OHI



## Baptised at 95

Frank Hale was baptised at 95 years of age at Reedy Creek church (Qld) last month. Frank was introduced to the Adventist Church through his daughter, Pauline, who he stayed with after his wife, Phyllis, passed away in 2003. After a period of resistance, Frank soon began attending church and taking Bible studies with Pauline. His decision for baptism came earlier this year. —James Rabe/Tia Nelson





## Resilience

It has been said that life makes some people bitter and others better. So what makes the difference? One factor that influences which way we go is how "resilient" we are.

Resilience refers to the ability to "bounce back" from setbacks in life. Resilient individuals tend to succeed despite hardships. They are better at weathering the storms of life.

So how can we foster resilience? Here are some tips:

➤ **Be connected.** Studies have shown that a key factor in young people developing resilience, which interestingly also results in them being less inclined to participate in risky behaviours, is whether they have at least one person in their life who accepts them unconditionally, regardless of their mistakes and failings. But it's not only young people who need acceptance and support from others. Adults too need good relations with friends and family—people they can talk to and lean on—to strengthen their resilience.

➤ **Be real.** Recognise that life throws curve balls at us all. Stressful things will happen that you can't control, but you can choose how to view them. Try putting them into perspective and looking beyond the present troubles. See them for what they are in the bigger picture. Blowing things out of proportion deflates resilience.

➤ **Be hopeful.** Having an optimistic view of the future is one of the most powerful promoters of resilience. As observed by Victor Frankl among the horrors of the Nazi concentration camps, hope empowers people to persevere in the face of incredible adversity. Where there's hope, there's life. By making a habit of hoping we can grow more resilient.



### *Beet and blueberry blitz*

Preparation time: 10 minutes Cooking time: nil Serves: 3-4

1 cup raw beets/beetroot, diced	2 cups seedless grapes, stems removed
1 cup frozen blueberries	1 cup ice
2 teaspoons grated fresh ginger	2/3 cup water
	1 teaspoon honey

Place all ingredients in a blender and blend on high until well combined. Serve immediately.

**NUTRITION INFORMATION PER SERVE:** 413kJ (99cal). Protein 1g. Fat <1g. Carbohydrate 22g. Sodium 21mg. Potassium 313mg. Calcium 16mg. Fibre 4g.



Call and arrange to speak to one of our qualified nutritionists at Sanitarium Lifestyle Medicine Services on 1800 673 392 (in Australia) or 0800 100 257 (in New Zealand). Alternatively, email us at [nutrition@sanitarium.com.au](mailto:nutrition@sanitarium.com.au) (Australia) or [nutrition@sanitarium.co.nz](mailto:nutrition@sanitarium.co.nz) (New Zealand). For more great recipes and health articles visit our website [www.sanitarium.com.au](http://www.sanitarium.com.au) or [www.sanitarium.co.nz](http://www.sanitarium.co.nz)

**Sanitarium**

LIFESTYLE  
MEDICINE  
SERVICES



# Fiction addiction

by Vania Chew

**I**MAGINE COMING INTO POSSESSION OF A DEVICE THAT unlocks the door to an alternate universe. You are given fair warning that if you choose to enter this universe, you will witness graphic and horrific scenes. Children will be forced to engage in a brutal fight to the death, merely for the entertainment of an evil metropolis. Their only hope for survival is the advice of a perpetually drunk mentor and their own wits. This universe abounds with fear, gruesome violence, starvation, hatred, defiance and death. Would you still use your device to unlock the door?

If you've read the bestselling *Hunger Games* trilogy by Suzanne Collins, you already have.

Being addicted to reading books—specifically novels—does not carry the same stigma associated with being addicted to alcohol or drugs. Yet in its own way, "fiction addiction" is just as insidious.

Author Lucy Maud Montgomery is quoted as having said, "I am simply a 'book drunkard'. Books have the same irresistible temptation for me that liquor has for its devotee. I cannot withstand them."

I can relate. Hi, I'm Vani, and I'm a bookaholic.

For as long as I can remember, reading has been a part of my life. With two parents who worked in libraries, maybe my condition was inevitable. As soon as I was able to say complete sentences, I was also able to read. I quickly developed a passion for books which would play a major role in the story (pun intended) of my life.

"But witches do exist," I protested. "They look exactly

like normal women except that they're bald and they have to wear wigs. Oh, and they have claws on their hands, which they cover up with gloves, and funny square feet which they hide with pointy shoes."

I was seven years old, in the third grade, and trying to convince my best friend Wendy that witches really existed.

"But how do you know?" she challenged me. "And how do I know that you're not just making this up?"

"I know it's true," I said with great authority, "because I read it in a book."

If only winning every debate could be so easy. This convincing argument persuaded Wendy that the witches of childhood fantasy books were indeed real. We spent the next few weeks suspiciously eyeing every glove-clad woman that walked past our school playground. Of course it probably didn't help that it was winter at the time.

I eventually did learn that there was a difference between fiction and non-fiction, that *The Witches* by Roald Dahl definitely fell into the first category, and that I shouldn't be so influenced by what I was reading.

But not before I tried to make sneezing powder (*Third Year at Malory Towers*), suggested to my parents that if I couldn't have a puppy, I would accept a pet horse (*Black Beauty*), wondered why I never had exciting adventures involving shipwrecks and islands (*Swiss Family Robinson*), and contemplated potential future careers—perhaps starting my own child-minding business (*The Baby-Sitters Club*) or becoming a girl detective (*Nancy Drew*).



A few weeks ago I walked into a bookstore. Out of curiosity I decided to check out the young adult section. I'd expected Harry Potter and Twilight to be on its bookshelves, but I hadn't realised just how many authors had jumped on the same bandwagon. Almost every book revolved around wizardry, sorcery and violent fantasy.

Philippians 4:8 encourages us to think on things which are true, honest, just, pure, lovely, of good report, virtuous and praiseworthy. Parents often worry about what their children are watching on TV. Do we pay as much attention to what they read?

Ellen White had a lot to say about the dangers of reading fiction: "There are many of our youth whom God has endowed with superior capabilities. He has given them the very best of talents; but their powers have been enervated, their minds confused and enfeebled, and for years they have made no growth in grace and in a knowledge of the reasons of our faith, because they have gratified a taste for story reading. They have as much difficulty to control the appetite for such superficial reading as the drunkard has to control his appetite for intoxicating drink."

Huh. There's that comparison between fiction addiction and alcohol addiction again. I can already hear the counter arguments now. "But not all fiction books are bad! Some have really good morals and values."

Absolutely. There certainly are fiction books which express sentiments that are lovely and praiseworthy. For example, *Paula the Waldensian* tells the story of a Waldensian orphan whose kindness and love convince her relatives and neighbours to give their hearts to God. John Bunyan's *The Pilgrim's Progress* is a beautiful allegory of the Christian's life journey. And it isn't just religiously themed novels that have uplifting themes.

But if we are honest with ourselves, if our primary goal in reading these books is to learn from the morals and values they espouse, why are we not more interested in reading the Bible—our ultimate moral compass?

When was the last time we stayed up late so we could find out what happens in the last chapter of Genesis? Or vegged out with a bubble bath and the book of Psalms? Or called a friend to say, "Hey! You'll never believe what I just read in 1 Kings. It's amazing!"

Type the words "Bible" and "boring" into Google and you'll end up with a myriad of hits. There are a few atheists among them, but the majority of complaints come from Christians.

It shouldn't come as a surprise. Trying to read the Bible after reading a thriller novel is like trying to drink a glass of water after you've downed a Sprite. You know that the water is better for you—it just tastes bland after the sugar rush of lemonade.

But imagine that you've just finished running a marathon. You're dripping with sweat, you're incredibly thirsty and someone hands you a glass of water. It tastes like the best drink you've ever had.

You see, the Bible is not only a moral compass. It's an amazing story in its own right—a narrative of cosmic drama, the battle between good and evil, the love of a Saviour and a victorious redemption. But as long as we're caught up with the "lemonade" books, we won't be as interested in the Living Water.

Books in and of themselves are not the issue. Like TV, they are a medium which can be used for good or evil purposes.

But if you find yourself struggling to read your Bible or keep alert during the church sermon, I highly recommend that you take a look at what else you're reading. Like other addicts, it might be time to acknowledge that we have a problem.

*Vania Chew recently began working for the communication department of the South Pacific Division as PR/editorial assistant.*

Comment? Go to [record.net.au/comment](http://record.net.au/comment)

APPLY NOW  
FOR 2014

ARISE, SHINE  
for your light has come.

ARISE  
NNSW

February 3-May 10



"I saw Jesus during my three months at ARISE and wouldn't trade that for the world!!!"

-Sandra Erdmann, graduate, ARISE Class of 2013

14 Week Discipleship Training Program

Instructors Include:

David Asscherick • Jeffrey Rosario  
Ty Gibson • Matt Parra • Allan Lindsay  
Justin Lawman • Lyle Southwell

For more information, contact the  
NNSW Conference Office -  
phone: (02) 4951 8088  
visit: [nnsw.adventist.org.au/arise](http://nnsw.adventist.org.au/arise)  
or email: [carlyfletcher@adventist.org.au](mailto:carlyfletcher@adventist.org.au)

NNSW ARISE is a ministry run by  
the NNSW Conference of the Seventh-day Adventist Church



# The vegan revolution

by Kent Kingston

**I**HAD A STRESSFUL CAREER TROUBLESHOOTING global networks," says Sydneysider Ian<sup>1</sup>. "I smoked, ate appallingly and eventually divorced."

Unsurprisingly perhaps, Ian developed severe acid reflux for which his doctor prescribed medication—"a modern day quick fix solution," Ian says. But after eight years, Ian had been under the knife twice to remove gynaecological growths (aka "man boobs")—a side effect of the medication. He had fatty liver syndrome, was impotent and "stagnating in the obese weight range".

Ian believes it was divine guidance that led him to a vegan "liver cleansing diet"—maxing out on water, fresh juices, fruit and plant proteins; avoiding sugar and saturated fats. "I lost 20 kilograms in the first four months," he says. "I'm on my journey towards my ideal weight range. And now I walk on average 7.5 kilometres a day up and down my steep street."

And the reflux is gone. "I'm no longer on the medication, with my GP's begrudging consent, and I no longer suffer from fatty liver syndrome.

"I have the heart of a man half my age and the fitness level of an athlete," enthuses Ian, "and I've only been on this vegan diet for six months. And now I have a godly woman in my life."

Go vegan, get the girl. It's a formula that's proving popular, especially among Seventh-day Adventists, with their historical emphasis on health and vegetarianism. In past decades, Adventist "health reform" gained an unfortu-

nate association with religious legalism. "Caffeine is a foretaste of the lake of fire" was the message many Adventists imbibed growing up, intended or not. The response was to either dutifully comply or symbolically reject this negative theology via the barbecue and coffee machine.

But thanks to a return to a more Christ-centred "salvation by faith" theology, the scare tactics are diminishing and Adventists are able to make health choices without feeling they've chosen sides. The trend towards a vegan diet—free of meat, dairy and eggs—is apparent amongst homeschoolers, hipsters and everyone in between.

"My husband and I have been trying to go vegan for a while now, and have finally made the change permanently," says Donna Tonkin, who lives in outback NSW. "Our three kids and us are loving the food—as I've taken time to learn how to cook tasty, healthy vegan meals—and we feel so much healthier for it. We hardly ever get sick anymore and our tastebuds have adapted so much that dairy actually tastes bad to us now. I feel that the change has made me much stronger in other areas of life, including my spirituality."

As if to underline the mainstreaming of veganism, last year's release of Adventist Health Study II data found that positive health outcomes increase as the amount of animal products in the diet decrease. Vegans topped out the major longitudinal study of 95,000 Adventists in North America, with a 16 per cent lower cancer risk than meat eaters. Vegans also had a 5-point BMI (body mass index) difference



from meat eaters, which translates to 15–20 kilos.<sup>2</sup>

But there's always the other side to the equation. "Going vegan was a bad idea," says a Facebook post from Greg Davis. "We were vegan for 15 years and our health was the worst it's ever been."

"I became a vegetarian when I was 18 years old and maintained that for two years," says aid worker Josh Moses. "With daily exercise, my weight dropped from 92 to 57 kilos. I felt I was too light and too small (not muscular) so I reintroduced lean chicken and fish and increased my gym time, but eventually reintroduced red meat as well."

"My iron got low in February," says Joy Watts. "My brain got tired and I couldn't cope."

A lack of sufficient vitamins and minerals is one of the first concerns of people considering a vegan diet (after their terror of giving up juicy steaks, scrambled eggs and vanilla ice-cream). Iron, calcium and B12 are often mentioned in this context, and Adventist nutritionist Sue Radd says it's almost possible to go vegan without taking extra vitamins, either as supplements or in fortified foods. The "almost" refers to vitamin B12.

"You will need a supplemental form of vitamin B12 regularly," she says, "as this is not found in reliable quantities from any modern plant foods unless they are fortified."

The common perception that leafy green vegetables are particularly rich in iron is wrong. Nutritionists say the best sources of iron for vegans are cereal products, legumes and nuts. They also flag "buyer beware" warnings about claims that products like yeast flakes contain B12 (they don't, except for one American fortified brand). Products that are fortified with B12 include So Good soymilk and Marmite.

The level of detail involved in fully understanding the benefits of a vegan diet can be intimidating, and more militant health enthusiasts can overwhelm everyone around them with the minutiae of various scientific (or not-so-scientific) debates. But Sue Radd says getting it right is pretty simple. "The key is to get as much unrefined, whole plant foods onto your plate as possible—on a regular basis. This is just as important, and possibly more, than the potential benefits of eliminating meat and dairy."

But in regards to veganism, she says the evidence is clear. "If you want optimal health, you should become as much of a vegan as you can stand! If that means being a part-time vegan, and a sometimes lacto-ovo vegetarian or fish eater, then that's fine if it works for you."<sup>3</sup>

This kind of non-judgemental vegan-ish philosophy is increasingly the norm amongst Adventist health groups around Australia and New Zealand—they're unwilling to take a hardline approach and appear legalistic or unpromising, although they're clearly aware of the growing

scientific evidence for the vegan diet.

For decades now, a number of residential health retreats run by independent Adventist groups have included a vegan diet in their programs, benefitting stressed executives and people struggling with chronic illness. In the early years, some Adventists instinctively viewed these approaches as extreme. But these days, they're not so quick to dismiss veganism as the domain of the "lunatic fringe".

The Complete Health Improvement Program (CHIP), once an independent Californian enterprise led by Adventist researcher Hans Diehl, was acquired last year by the Adventist Church's South Pacific Division (SPD) and has been refreshed and updated by its new Sanitarium management.<sup>4</sup> CHIP is essentially vegan, although you'd be

hard pressed to get its proponents to admit it—they prefer the broader term "plant-based diet", which, according to SPD's Paul Rankin, negates associations the word "vegan" has with radical animal rights and environmental groups. Many Sanitarium products are vegan—an obvious exception is Up&Go, which contains a blend of dairy and plant (soy) protein. Flagship products Weet-Bix, So Good

and Marmite are all vitamin-fortified with vegetarians and vegans in mind. Sanitarium has even pursued its quiet revolution within this magazine—recipes containing milk or eggs are few and far between.<sup>5</sup>

"For me it was a doco that did it—*Fat, Sick and Nearly Dead*," says Josh Moses, who saw unhealthy weight gain and a decrease in motivation after returning to meat. "My wife had been vegan for some time and at home we ate vegan, and I found our food to taste much better than food from restaurants, or fast food. All these factors combined, along with a newfound push into fitness, exercise and strength training, have allowed me to see results in both strength, stamina and appearance—faster than those I work out with who take protein powders and eat meat."

"Another aspect that drives me to maintain this lifestyle is the increased ability to achieve higher levels of discipline," Josh says. "I've found increased strength; I'm now able to discipline so many other areas of my life, including exercise, bed times, balancing desires versus needs, and pursuing to know God better."

R

**The key is to get as much unrefined, whole plant foods onto your plate as possible—on a regular basis.**

1. Ian requested that we not use his full name.

2. For more information on Adventist Health Study II, visit <<http://www.llu.edu/public-health/health>>

3. Visit Sue Radd's website <<http://sueradd.com>>

4. More information on CHIP is available at <<http://chiphealth.org.au>> or <<http://chip.org.nz>>

5. To find out more about Sanitarium Health & Wellbeing's products and nutrition tips, visit <<http://www.sanitarium.com.au>> or <<http://www.sanitarium.co.nz>>. Some of Sanitarium's most thorough and recent dietary advice is represented in last year's special edition of the *Medical Journal of Australia* <[www.mja.com.au/open/2012/1/2](http://www.mja.com.au/open/2012/1/2)>

Kent Kingston is assistant editor of RECORD.



# A grandson, the environment and me

by Geoff Donovan

**I**N 2011 MY WIFE AND I TRAVELLED TO ALASKA, Canada and the United States. In Alaska we saw whales, dolphins, mountains, snow and icebergs. In Canada we walked on the Athabasca Glacier and saw the beauty of the Butchart Garden's tulips. We saw an orca mother and calf, with the calf breaching from the water. In Yellowstone National Park we saw grazing bison being watched by two hungry wolves. We also saw a mother grizzly with three beautiful cubs. The wildlife, trees, mountains, deserts and canyons testify to the greatness and creative power of the Lord Jesus. We saw so much beauty it's hard to describe.

But something even more wonderful happened while Glenise and I were overseas: our daughter presented us with our first grandchild. My new grandson set me to thinking in new ways about how I treat God's earth. This new way of thinking is something really old. Scripture says I should be a steward of the earth (Genesis 1:26,28; 2:15). This was why God created humanity: "The LORD God placed the man in the Garden of Eden to tend and watch over it" (Genesis 2:15, NLT).

Because no man knows when Jesus will return (Matthew 24:36), I wish to leave my grandson a world full of the beauty and diversity we saw during our holiday. But it seems that we humans are slowly destroying our beautiful home. Even Christians are neglecting to be faithful earthly stewards. We must stop the kind of thinking that helplessly asks, "What can I, just one Christian, do about earth's ruin?"

If we continue to listen to the spin of political parties regarding carbon taxes, emission trading schemes and the environment, confusion will reign supreme. It can't hurt, can it, to carefully consider the political answers while at the same time doing what God says we should do for His earth? As a Seventh-day Adventist Christian I understand the meaning of the Sabbath has many dimensions, but I remember it's grounded in creation. It's time for us to let the magnificence of the Lord of the Sabbath and His creation

inspire us to be the stewards He wants us to be.

As part of God's end time people Adventists strongly preach the Gospel to save the lost. But preaching the Gospel alone is not enough. We must live the Gospel and protect the earth. It's time for God's people to stand with Him and care for the earth in ways we are not doing now.

I know I need to change the way I'm living on the earth. God's people must reclaim the moral high ground and protect His earth.

We have allowed secular quasi political groups to claim they are earth's only protectors. By allowing this we are neglecting the true worship of "... him who made the heavens, the earth, the sea, and all the springs of water" (Revelation 14:7 NLT).

You may ask, "How can I live the Gospel and protect God's earth?" You may find some answers by changing the type of electricity and gas you use. Go for the green alternatives provided by the gas and electricity suppliers even if they cost a little more. Change the type of car you

drive to a diesel or hybrid. Walk or cycle, instead of driving, for your health's sake and use public transport more often for the planet's sake. Recycle your waste.

Eat vegetarian—the healthy, environmentally-friendly option. According to the United Nations Environment Program, greenhouse gas (GHG) emissions are increasing because of meat production.<sup>1</sup> "In terms of GHG emissions 'the consumption of 1 kg domestic beef in a household represents automobile use of a distance of 160 km'."<sup>2</sup> "Healthy eating is not just important for the individual but for the planet as a whole."<sup>3</sup> There are many options to becoming more green but the best one is to trust God to lead and inspire us into protecting the planet He has given us. **R**

<sup>1</sup> [www.unep.org/pdf/UNEP-GEAS\\_OCT\\_2012.pdf](http://www.unep.org/pdf/UNEP-GEAS_OCT_2012.pdf) page 1

<sup>2</sup> [www.unep.org/pdf/UNEP-GEAS\\_OCT\\_2012.pdf](http://www.unep.org/pdf/UNEP-GEAS_OCT_2012.pdf) page 6

<sup>3</sup> [www.unep.org/pdf/UNEP-GEAS\\_OCT\\_2012.pdf](http://www.unep.org/pdf/UNEP-GEAS_OCT_2012.pdf) page 8

*Geoff Donovan is married to Glenise and pastors Park Ridge church, Qld.*



# HEJ\* KIDS

# Kids' SPACE



PUT THE FIRST LETTER OF THE PICTURES  
ON THE LINE TO FILL IN THE BLANKS

THERE WAS A LADY WHOSE NAME WAS TABITHA.  
IN GREEK TABITHA IS CALLED?



SHE LIKED TO HELP PEOPLE. IF SOMEONE WAS SICK, SHE WOULD TAKE SOME  
FOOD AND GO AND VISIT THEM. IF SOMEONE NEEDED CLOTHES SHE WOULD  
SEW SOME. BUT ONE DAY SHE DIED AND EVERYONE WAS VERY SAD. A FRIEND  
OF HEARD THAT SOMEONE WHO COULD HELP WAS NEARBY.

WHO WAS IT?



THIS MAN CAME AND PRAYED TO JESUS OVER THE LADIES BODY  
AND SHE WOKE UP! JESUS BROUGHT HER BACK TO LIFE SO THAT  
SHE COULD KEEP HELPING OTHERS.

SERVICE MESSAGE  
BEING KIND TO OTHERS MAKE US?



MEMORY VERSE  
BEING KIND TO THE \_\_\_\_\_ BRINGS HAPPINESS



\*HELLO IN DANISH (DENMARK)

# manifest

March 20-23, 2014  
Avondale College of  
Higher Education



Song Composing  
Filmmaking  
Visual Arts  
Writing

where arts meet faith...

ADVENTIST MEDIA  
NETWORK

**Avondale**  
COLLEGE OF HIGHER EDUCATION

Manifest is an annual creative  
arts festival exploring,  
encouraging and celebrating  
faithful creativity.

- ▶ Workshops
- ▶ Showcases
- ▶ Writers' retreat
- ▶ Performances
- ▶ Competitions (cash prizes)
- ▶ Entries close March 7, 2014
- ▶ Gabe Raynaud Awards  
Saturday, March 22 at 7.30pm

To find out more or to enter, visit  
[www.artsmanifest.info](http://www.artsmanifest.info)

# LETTERS

*Note: Views in letters do not necessarily represent those of the editors or the denomination. Letters should be less than 250 words, and writers must include their name, address and phone number. All letters are edited to meet space and literary requirements, but the author's original meaning will not be changed. Not all letters received are published. See Page 4 for contact details.*

## FOND MEMORIES

Lynnette Carrall, NSW

This morning while waiting for our church service to begin, I was handed a copy of Record Rewind's "A Heart for China" (August 17) about my aunt, Muriel Howe. Muriel was my adoptive mum's eldest sister, my mum having been Ruth Berrigan, nee Howe, who along with five others, were the children of David and Philippa Howe (nee Eade).

Aunt Muriel sailed for Shanghai in 1929, the year she turned 21, because prior to that her dad would not give permission for her to travel so far away from the rest of the family. But she figured that once she'd turned 21—as an adult—she could go forward into the service of the God she both loved and trusted, knowing that while her earthly dad might object, her Heavenly Father would always be watching over her . . . and He did.

Aunt Muriel died on the 19th of August, 1992, and by coincidence, it is 21 years to the day today, since she was laid to rest at the Montecito Memorial Park in Loma Linda, California, USA.

Along with my two cousins, I had the privilege to visit Aunt Muriel in Loma Linda just six months before she died. While there, I was able to remove her from the nursing home she had been admitted to after suffering a stroke, and was able to get her into a privately run nursing home, operated by two young women who my aunt had previously trained when they were student nurses in Taiwan.

Thank you so very much for writing that article. I did appreciate seeing that well-beloved face once more in these pages.

## BETTER STEWARDS

Paul Geelan, via website

Re: "Too much of a good thing" (Editorial, October 19).

Amen, James! I sit on the executive committees of two of these bodies and structural change is long overdue. It's not only the constituents who resist change. As administrators we can see the challenge as too big or too controversial and tend to avoid it.

May this article prompt a vigorous and productive debate that leads to better stewardship.

## LOOK LOCAL

Kingsley Wood, Vic

I might just add one other thing [to the editorial, "Too much of a good thing"] that constituents might like to consider.

We have lots of small membership churches/groups and this also is an incredibly inefficient use of resources, including ministers. Can you imagine the rent paid by lots of small groups, and the maintenance on buildings owned and maintained by small churches, where [savings could be achieved] by joining together (where distance is not a real issue, which is mostly in city areas).

Imagine: larger, more vibrant, well-staffed and maintained facilities that we would be pleased to invite guests to; community outreach events that could be sustained by larger and better resourced congregations; viable youth groups, Pathfinders, SS groups; our pastors being released to function as church planters, with larger churches being able to manage most functions autonomously; more people to share the load of running a congregation of restless members . . . for the Gospel!

It's all very well to look at the admin model, but what about local churches? Imagine!

## KEY PERFORMANCE INDICATORS?

Stephen de Bruyn, Sweden

Very important thoughts ("Too much of a good thing"). I nowadays live in Sweden and they only have a union. They have completely abolished the conference level. There are only 2500 Adventists in Sweden and hardly enough money for admin staff let alone pastors.

I think that saving money in administration positions is wise before we end up like the state churches of Europe, with many people seeing [the Church] as a cushy employer instead of a mission-driven organisation.

Can I propose that any pastors who don't have one baptism at least every two years should be fired? Nothing like key performance indicators to get people motivated. Working in a new language area or unworked field or small town, maybe one per four years.

Surely we should have some targets and consequences for not meeting them or bonuses for those who do. Maybe sounds a bit too much like a business, but we have a job to do don't we?

## THREE OR ONE?

Michael Were, NSW

Great article James ("Too much of a good thing"). I have wondered many times why NSW needs three conferences for such a small mass of people. Perhaps it's time to look at a conference based on the number of members (or attendees or growth potential) rather than simply geographic areas.



## WEDDINGS

**Lapsley–Nurhidatati.** Robert Anton Lapsley, son of Daryl and Angelika Lapsley (Canberra, ACT), and Adinda Nurhidatati, daughter of Soleh and Manintang Hamzah (both deceased), were married 17.8.13 in Canberra, ACT.

*Sid Griffith*

**Matohiti–Pensar.** Pastor Alban Matohiti, son of Mr and Mrs Matohiti (Tirane, Albania), and Maria Pensar, daughter of Dr D and Mrs Pensar (Rimbo, Sweden), were married 28.7.13 at Ekebyhom, Sweden. Alban, administrative pastor of Wahoonga church, and Maria, a nurse from the Sydney Adventist Hospital, met at Wahoonga church. They are living in Sydney but are planning to move to Albania in 2015 on a deferred call for Alban to be president of the Albanian Mission. It will be the first time an Albanian has been invited to be president of this Mission.

*David Currie*

## OBITUARIES

**Aveling,** Ida (nee Davidson), born 4.8.1915; died 27.7.13 in Brisbane Adventist Aged Care (ARV), Qld. She was predeceased by her husband, Frank, aged 100, in 2010, after 68 years of marriage. Ida grew up in foster care and struggled in her early years. She accepted the Adventist faith in her teens and studied at Carmel College, then at the Sydney Adventist Hospital. In 1941 she married Frank and together they spent many happy years of mission service in the

Solomon Islands and Papua New Guinea where Frank later ran a sawmilling business. Ida was a much appreciated missionary nurse/wife whose life touched countless people. She is survived by her two daughters, Anne Smith and Jeanette Dixon, (Brisbane) three sons, Neil (Brisbane), Glenn (Morisset) and Leigh (Loma Linda); 13 grandchildren; and 11 great-grandchildren. Ida retained her faith, warmth and charming sense of humour until she passed to her rest, safe in the arms of the One she loved and served so wholeheartedly.

*Judy Fua, Neil Peatey, Orm Speck*

**Richter,** Esther (nee Wells), born 29.6.1920; died 18.7.13 in Brisbane Adventist Aged Care (ARV), Qld. She married Alan Richter, who predeceased her in 2000. The couple retired to ARV in 1992. Esther loved her Church, and was enthusiastically involved in various positions for many years in Haden and Maryborough. She is survived by her two daughters and their spouses, Jeanette and Norm Symes (Gold Coast) and Merryl and Graham Smith (Morisset, NSW); four grandchildren; and nine great-grandchildren. Esther loved her family and her friends, and she maintained her faith until the end. She was a sweet, gentle lady who was valued and appreciated by the staff at ARV.

*Judy Fua*

## ADVERTISEMENTS

**Wallsend Adventist Church—110 years—a celebration of**

**our journey.** Friends and past members of Wallsend Adventist Church are invited to join our celebration of 110 years in our community. This event will thank God for His blessings on the journey that has been and the journey that is to come. Please join us, Friday, November 22

at 7pm and Saturday, November 23 at 9.30 and 11am. For more information please visit <wallsend.adventist.org.au> or call Alysia on 0439 867 093.

**Giant book sale.** 6000 books. Religion, EG White, Bibles (also children's), Christian nov-

## POSITIONS VACANT

■ **Customer service/claims assessor (full time)—ACA Health Benefits Fund (Wahroonga, NSW).** Looking for a great opportunity to join a dynamic customer service team? We are looking for someone with exceptional communication and data entry skills who will work well in a team. In this role you will be responsible for the processing of all types of health insurance claims and for providing excellent customer service to our members. This role would suit someone with clerical or administrative experience. Experience in the Australian health system or the private health insurance industry would be an advantage. For more information about this role visit [www.adventistemployment.org.au](http://www.adventistemployment.org.au). To apply in writing, contact Kate Lawson, ACA Health Benefits Fund assistant manager, by email <hr@acahealth.com.au> or phone 1300 368 390. Applications close **November 4, 2013.**

■ **Lecturer in Business, Information Systems—Fulton College (Fiji).** The Seventh-day Adventist Church (Pacific) Limited is seeking to appoint a full-time lecturer in Business-Information Systems for Fulton College. Commencing in January 2014, this position will develop and deliver quality educational material within the Business discipline. For more information please visit the South Pacific Division's Human Resources website on <[www.adventistemployment.org.au](http://www.adventistemployment.org.au)>. All applications, including a cover letter, CV, three work-related referees and the contact details of your church pastor, must be forwarded to: Human Resources, Seventh-day Adventist Church (Pacific) Ltd, Locked Bag 2014, Wahroonga NSW. 2076 Australia; email <hr@adventist.org.au>; or fax: (02) 9489 0943. Applications close **November 10, 2013.**

■ **Communications and Public Relations coordinator—Greater Sydney Conference (Epping, NSW).** The Greater Sydney Conference is seeking to appoint a full-time Communications and Public Relations coordinator. This person will manage both internal and external communication for the Conference, including the bi-monthly newsletter, the fortnightly eNewsletter, the website and social media platforms. The successful applicant will have an appropriate communication, journalism or marketing qualification, excellent communication skills, be highly organised, self motivated and have a high level of computer and keyboard skills, particularly with Adobe InDesign. For further information and a position profile, please contact Pastor Adrian Raethel at <[adrianraethel@adventist.org.au](mailto:adrianraethel@adventist.org.au)> or phone (02) 8876 5288. Applications close **November 8, 2013.**

■ **Marketing manager—Seventh-day Adventist Schools (Greater Sydney) Ltd (Epping, NSW).** Seventh-day Adventist Schools (Greater Sydney) Ltd is currently seeking a highly motivated marketing manager. This position will commence January 2014 and will be a four-day per week position. It will involve working directly with specific schools as well as managing the marketing needs of the school system as a whole. For further information and a full position profile please email <[jeancarter@adventist.org.au](mailto:jeancarter@adventist.org.au)> or phone (02) 8876 5256. Please submit resume to Dr Jean Carter, <[jeancarter@adventist.org.au](mailto:jeancarter@adventist.org.au)>. Applications close **November 15, 2013.**

Sign up for job updates and find more vacant positions at <[adventistemployment.org.au](http://adventistemployment.org.au)>



## CEDARVALE HEALTH & LIFESTYLE RETREAT

**Traineeships in health ministry.** Two positions (female) exist for a one year program. Includes several nationally accredited courses as well as on-the-job training in a health retreat setting. Be mentored alongside a team of dedicated professionals including a doctor and dietitian. This is a great opportunity to become actively involved in health ministry. Positions commence January 2014. For more information visit [www.cedarvaleeducation.com.au](http://www.cedarvaleeducation.com.au), or email <[info@cedarvaleeducation.com.au](mailto:info@cedarvaleeducation.com.au)> or phone (02) 4465 1362. Applications close **November 9, 2013.**

**Volunteer maintenance/handyman.** Cedarvale Health and Lifestyle Retreat needs persons with practical skills to do some needed projects. Duration and dates flexible from weekends to several weeks. For more information phone (02) 4465 1362 or email <[info@cedarvaleretreat.com.au](mailto:info@cedarvaleretreat.com.au)>.

*Cedarvale is independent of the Seventh-day Adventist Church organisation but is supportive of the Church.*

els, music and more. Average \$4, don't miss out. Nunwading church, Central Rd. Sunday, November 10, 11am-3pm.

**Introducing Alcofree—supplier's of an exciting range of non-alcoholic drinks and sparkling juices for your enjoyment and events.** Visit <[www.alcofree.com.au](http://www.alcofree.com.au)> to see our range and specials.

**Coming Ready or Not—five DVD set.** Last day events with four sessions by Geoff Youlden, three by Allan Lindsay and one by Bruce Price. Plus powerful literature evangelist stories. Just \$35 post paid to Australia and NZ. Limited number available. Be quick! Contact: <[johnbrereton@adventist.org.au](mailto:johnbrereton@adventist.org.au)>.

**Absolute Care Funerals** is an Adventist family owned and operated business that provides personalised attention. Covering Sydney, Newcastle and Wollongong. Call Arne Neirinx, who understands our Adventist philosophy, on phone 1300 982

803 or mobile 0408 458 452 at any time. <[absolutecarefunerals.com.au](http://absolutecarefunerals.com.au)>.

**Reduced price quality satellite kits for Adventist television and radio.** Full instructions for easy DIY installation, photos, technical support. \$235 + freight. Australia only (02) 6361 3636.

**Check out the new soul winning website** <[www.movemelord.com](http://www.movemelord.com)> with a free online soul winning course. Contact: <[johnbrereton@adventist.org.au](mailto:johnbrereton@adventist.org.au)>.

**Projectors, screens, wireless microphones, amplifiers, speakers, etc.** Lower prices for Adventist institutions. Australia only. Contact Trish, <[greenfieldsenterprises@bigpond.com](mailto:greenfieldsenterprises@bigpond.com)> or (02) 6361 3636.

**Weak people wanted.** The Lord has a mission impossible for people who are strong! We need people who are weak and must cling to Jesus day by day (see 1 Cor 1:27). Is this you? Do you

want to be a soul winner? Visit <[www.movemelord.com](http://www.movemelord.com)> or email <[johnbrereton@adventist.org.au](mailto:johnbrereton@adventist.org.au)>.

**Have you seen these people?** Ilam Church (SNZC) is seeking to locate the following members last known to be in Christchurch unless otherwise noted: Lisa Cranstoun (Aus), Janet Dehn, Kim Forsyth, Tracey Howard, Doreen and Robert Johnston (Aus), Dawn Marsh, Stephen McDonald, Esme McEwan (Aus), Lisa McUrcher, Heather Messenger (Dunedin), Jan Payne, Peter and Carol Roberts, Helen Roberts (Newcastle), Virak Thlang (Aus), Sefton Vuli, Dorothy Watson. Please contact church clerk Craig Savage at <[craig@visualise.co.nz](mailto:craig@visualise.co.nz)>.

## Finally...

“We have far more to fear from within than from without. The hindrances to strength and success are far greater from the church itself than from the world.”

—Ellen White, Review & Herald  
March 22, 1887

## Next RECORD November 16

**Note:** Neither the editor, Adventist Media Network, nor the Seventh-day Adventist Church is responsible for the quality of goods or services advertised. Publication does not indicate endorsement of a product or service. Advertisements approved by the editor will be inserted at the following rates: first 30 words or less, \$A68 +GST; each additional word, \$A2.26 +GST. For your advertisement to appear, payment must be enclosed. Classified advertisements in RECORD are available to Seventh-day Adventist members, churches and institutions only. See masthead (page 4) for contact details.



**6-8 DECEMBER 2013**

**FRIDAY, DECEMBER 6**  
7.30 pm Consecration Services

**SYDNEY CAMPUS**  
Faculty of Nursing and Health prospective graduates  
Wahroonga Church

**LAKE MACQUARIE CAMPUS**  
For all other prospective graduates  
Avondale College Church

**SATURDAY, DECEMBER 7**  
10.00 am Valedictory Service  
7.00 pm Concert: Handel's Messiah  
Avondale College Church, Lake Macquarie Campus

**SUNDAY, DECEMBER 8**  
10.00 am Graduation Service (Ticket entry only)  
Chan Shun Auditorium, Lake Macquarie Campus, Cooranbong



For Graduation information visit [www.avondale.edu.au](http://www.avondale.edu.au) or contact Rosalie Rickards, Executive to the President & Graduation Coordinator on 02 4980 2101.



**make Christmas great**

**SIGNS' Make Christmas Great Goodwill flyer gives ways to avoid debt but still enjoy Christmas. Goodwill Flyers make a great letterbox witness or gift to visitors at your church's Christmas programs.**

Packs of 100	1	2-9	10+
\$	AUD 22   NZ 28	AUD 20   NZ 25	AUD 18   NZ 22

For more information and to order:  
[www.signsofthetimes.org.au/flyers](http://www.signsofthetimes.org.au/flyers)  
**1800 035 542 (Aus)**  
**0800 770 565 (NZ)**





# vegie delights™

**Meat-free meals made easy.**

Our new range of mouth-watering frozen family favourites makes no compromises. Delivering great taste with the goodness of protein, vitamin B12, iron and zinc and without cholesterol.



Now available from  
**COLES & IGA** stores  
in the frozen section

**New** Smokey BBQ Burger, Chickpea & Couscous Falafel,  
Chickpea and Red Lentil Kofta\*.

Made in Australia. For more information please visit our website [www.vegiedelights.com.au](http://www.vegiedelights.com.au)

\*Chickpea & Red Lentil Kofta only available at IGA stores.





# *beyond* *istheideal* **Christmas** *gift!*



The NEW Beyond 14 DVD series can reach those you love for Jesus in a unique way. Your friend or family member may not be ready for church, but will enjoy this evangelistic documentary series that has already won 15 international film awards.

We challenge you to buy a set for yourself plus a set to give away to a special loved one in 2013 (your spouse, child, parent, sibling, colleague or friend anywhere in the world), then pray for them wholeheartedly all year. Invite them to any Adventist church in 2014, the International Year of Evangelism. Imagine the difference a year of prayer will make. Imagine how loving our Church would be if we all reached out to someone this year and prayed like never before!

Give the Gift of Beyond. Order now for Christmas!

Order online at [www.hopeshop.com](http://www.hopeshop.com) or visit your ABC or the AUC Resource Centre. Ask your pastor or local conference for stock and ask if they are offering local church members a special bulk order price.

Only **AUS\$45** for the boxed gift set or less for bulk orders.



[hopeshop.com](http://hopeshop.com)