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Adventist Record

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Sanitarium launches focus on fibre

Sydney, New South Wales

Media representatives and nutritionists attended the launch of "Focus on Fibre" at The Pavilion restaurant in Sydney's Royal Botanic Gardens on March 4.

The "Focus on Fibre" report, developed by dietitian Shane Landon on behalf of Sanitarium Health & Wellbeing, reveals that high-fibre diets can improve immunity, fight inflammation, boost digestive health and guard against colorectal cancer. New research has also linked dietary fibre to protecting against asthma.

"Obesity, heart disease, Type 2 diabetes, stroke and cancer account for almost two-thirds of \$A100 billion expended each year on health," Mr Landon said. "Where conditions are preventable, we clearly each need to take responsibility for our health to reduce this cost burden and we need to start by looking at nutrition."

Other keynote speakers included nutritionist and chef Zoe Bingley-Pullin and Michelle Broom from the Grain and Legumes Nutrition Council.

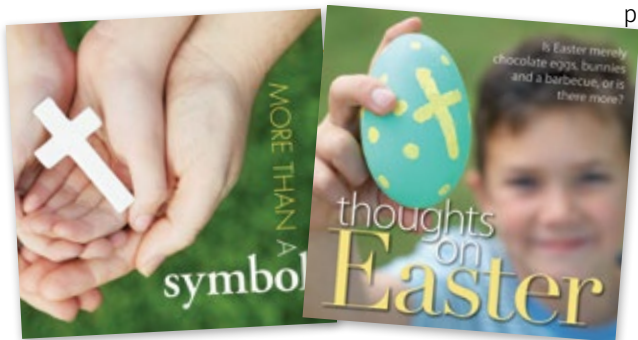
Ms Bingley-Pullin recommended Australian men and women aim to consume at least 30 and 25 grams of fibre per day

respectively. She noted that improving fibre intake could be simply a matter of making small changes such as choosing wholemeal bread or eating more legumes in meals.

A recent Newpoll survey commissioned by Sanitarium shows one-fifth of the Australian population doesn't think they are getting enough fibre. Ninety-six per cent associated fibre with keeping the digestive system healthy. However only half knew that fibre also helps prevent cancer and diabetes, and around one-third were unaware of its connection to preventing cardiovascular disease. —Vania Chew



Dietitian Shane Landon with nutritionist Zoe Bingley-Pullin.



Easter flyers for Signs

Wahroonga, New South Wales

Signs of the Times is urging church members to share the real meaning of Easter with their communities with the help of two flyers from its Goodwill Flyer series.

"More than a Symbol" gives the meaning of the Cross in the context of the great controversy while "Thoughts on Easter" explains the origins of the tradition and summarises the most important aspect of salvation—Jesus' resurrection.

"While we might not officially endorse the celebration of Easter—especially in its current forms—we also recognise it's a time when people's minds are open to spiritual things," Signs editor Lee Dunstan said.

"It makes a great gift to visitors at a church's Easter program and is also small enough to slip into mailboxes." —Melody Tan

More at <www.signsofthetimes.org.au/flyers>.

Arsonists attack earthquake-damaged church

Canterbury, New Zealand

Arsonists attacked the Seventh-day Adventist church in Ashburton, New Zealand, earlier this month.

Two fires were lit inside the church around 7am on March 9, damaging the foyer and other areas of the building, according to the South New Zealand Conference.

Ashburton church pastor Paul Gredig said fire officials were quick to respond to the blaze. Church officers are working closely with police and the insurance company.

Pastor Gredig said the crisis has complicated an already difficult situation with the church building, which was damaged in the Canterbury earthquakes.

A few days before the fires, church leaders at a business meeting voted to put the property up for sale.

The congregation has been meeting in the Baptist Church youth hall since the earthquakes. —Linden Chuang



The church before it was damaged.



How's your balance?

Jarrod Stackelroth

Picture this. I'm riding a unicycle for the first time. If that's not bad enough, my challenge is to eat a well-filled bean and salad taco, while riding, trying to keep spillage to a minimum.

Ever ridden a unicycle? It's a bit difficult to get used to. Unlike a bicycle there is balance needed front and back as well as side to side. There is no ability to freewheel, meaning you can't just cruise without pedalling; you have to pedal or balance on a point. Just thinking about it gives me indigestion.

Thankfully, I wasn't actually required to do any of this. It was just how I felt one weekend recently when I had one activity or responsibility piled on top of another. This mental picture gave me a chuckle and released some of my tension while also giving me a way to describe how I felt to others.

However stress is no laughing matter. Stress and its bed-fellows—anxiety and discomfort—can overwhelm us suddenly or build up over time. It can be an empty feeling of guilt for all the things you're not doing because they're blocking you from doing anything. Or maybe like Christian in *Pilgrim's Progress*, it's a burden that rides with you everywhere.

According to recent statistics, most of us are affected by stress. The Australian Psychological Society reports that in 2013, almost three-quarters of Australians reported that stress was having at least one impact on their health, with one in four reporting mental health issues as a source of stress.

Meanwhile, notes from the Tenth Pacific Health Ministers meetings (June 2013) list stress as one factor in the higher than global average suicide rates in Pacific Island countries.

Stress seriously affects our relationships, our families and our health. Sleepless nights lead to short-tempered days, comfort eating leads to feeling bloated, chronic stress can seriously stick around, causing problems for our hearts, our waists and even our immune systems.¹

Not all stress is bad. In small doses it acts as a motivator and pushes us to get things done. Unfortunately, the chemicals released by stress can stick around and make us sick. So how to deal with stress?

Here are a few things that seem to help me.

Share your worries. Don't carry it all alone. Sometimes just talking about what's worrying you makes the problem seem smaller. Find someone you can trust and talk to them. If they care, you won't be a burden to them; in fact they'll probably be extremely glad that you took them into your confidence and they'll want to make sure you feel better. Much like a unicycle is a bit unstable with only one wheel to share the load, you'll be more stable and able to keep your balance if you can confide in someone.

Leave it to God. For the big things that we have no control over, we really just need to trust that God can get us through relatively unscathed or at least help us pick up the pieces. I reject the argument that only people without enough faith suffer from stress. Moses had the most stressful job imaginable, Elijah was stressed about losing his head, I could go on! Just remember what Jesus said: "Do not worry. . . Can any one of you, by worrying add a single hour to your life? But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:25-34, NIV).

Do something. Doing something is better than doing nothing. Stress can paralyse and cripple us. But procrastination is far more stressful than tackling the problem head on. The other things you can do are eating right and exercise. Exercise burns off stress hormones and releases feel good chemicals in our brains.²

Seek professional help. This is particularly important if the stress becomes overwhelming or you find yourself down or depressed most of the time. There is no shame in learning how to manage your stress from experts.

Thankfully stressful times pass. But if you find yourself under too much pressure feel free to imagine me riding a unicycle and trying to juggle something dangerous. Hopefully it brings a smile to your face. Together we can fight the stress.

1. Learn More textbook, CHIP, pp 216, 217

2. Ibid

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Cover Credit: Joshua Moses

"Yuvraj, who was rescued from a Nepalese prison, with some friends."

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



Out of control

Tracey Bridcutt

It seems like yesterday that my daughter was happily riding her tricycle around the backyard. Now she's learning to drive.

While I'm trying to embrace the experience—especially knowing that she will soon be able to get around without relying on me as her taxi service—I have found that there's something a little unnerving about having my child in the driver's seat. I'm no longer in control.

My daughter is a very sensible young woman and I have great faith in her judgement, but I know how crazy it can be driving on Sydney roads. Questions cross my mind: Will she stop in time? What if a car suddenly veers into our lane? Will the truck roaring up behind us pass by safely? I find my hand hovering over the handbrake and not far from the steering wheel . . . just in case.

It has made me realise how much I like to be in control of my life. I feel uncomfortable when somebody else is behind the wheel. I generally run my own race without having to rely or depend on others; if something needs to be done I step in and do it myself.

It got me thinking about my relationship with God. Do I relinquish full control of my life to Him or do I always have a hand ready to apply the brake when I think it's necessary? I have to admit that I'm inclined to cruise along happily until something goes wrong in my life and then I'm more than willing to put God in the driver's seat.

In the Bible we see numerous instances where men and women had the choice of putting God in control—or not. I think of Joseph and how he allowed God to steer his entire life and never gave up his faith even when things were seemingly hopeless. Then, on the other hand, there was King Ahab, who preferred to be the master of his own destiny, with disastrous consequences.

God loves us and wants the best for us—so why do we hesitate to let Him take control? No doubt it comes down to faith and trust that He will get us through the roundabouts and speed bumps in life. I know in my own experience I need to work on my faith by spending more time on my knees and developing a closer relationship with God. How about you?

“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him and he will make straight your paths” (Proverbs 3:5-6).

Tracey Bridcutt is copyeditor of Record.

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ONE CHAPTER A DAY

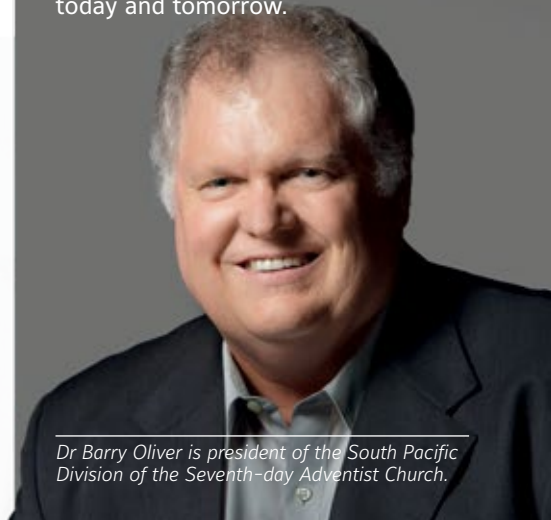
30 - Isa. 34	April	2 - Isa. 37	4 - Isa. 39
31 - Isa. 35	1 - Isa. 36	3 - Isa. 38	5 - Isa. 40

Remember

This year is the 50th anniversary of Adventist aviation in the South Pacific. Early this month we had a wonderful day at Avondale Memorial church, NSW, celebrating the goodness of God and everything He has accomplished through the work of all those who have been involved in fulfilling His mission. It was a special honour to present citations and personally thank Pastor Len Barnard and Pastor Colin Winch who, with their families, pioneered the work of aviation in this Division.

As we talked and reflected, we paused to remember those who have lost their lives in service for God. After the service Julie and I visited the home of a very special lady (whom I am sure wishes not to be named here), just one of many who remembers a lost loved one with deep sadness but who knows the hope that we have in Jesus. Over the years there have been too many who have not returned home and I cannot even begin to name them here. The staff of *Record* have set up an online memorial dedicated to these men and women who have paid the supreme price. Visit the online memorial at <www.spd.adventist.org/in-memoriam>.

I want us to remember that it has cost a great deal to fulfil the commission of Jesus and build the Church. Don't take what we have and who we are for granted. It has been built at a cost—the greatest being the life of Jesus Himself. On this Sabbath, or whenever you're reading these words, please say a word of thanks to God for His sacrifice and pause to remember those who have given all so that we can be who we are today and tomorrow.

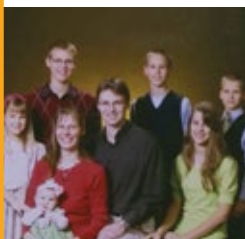


Dr Barry Oliver is president of the South Pacific Division of the Seventh-day Adventist Church.



Coming soon?

The release of the General Conference's innovative "steam punk" Record Keeper video series has missed its planned February delivery date, prompting social media chatter. The 14 web-friendly short episodes explore behind-the-scenes conflicts between good and evil angels over the character of God and the destiny of mankind. —*Record staff*



Eleventh hour

US President Barack Obama has directly intervened on behalf of a German Baptist couple who say their homeschooled children are likely to be taken from them if they are forced to return to Germany, which does not accept homeschooling. The Romeikes have received word that their deportation has been "indefinitely deferred". —*Baptist Press*



God save Ukraine

Adventists in and around Ukraine are calling for a peaceful resolution to the conflicts racking the region. Hope Channel Ukraine has been broadcasting a daily prime-time prayer session, "God Save Ukraine". Viewers contacting the station say the program has given them a sense of hope and peace. —*ANN*



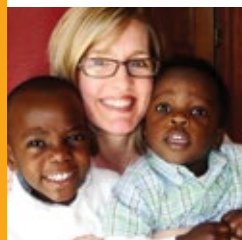
Blind faith

Estranged UK Adventist Church members Nkosi-yapha and Virginia Kunene have been sentenced for manslaughter for failing to prevent the death of their baby from a vitamin D deficiency. Church leaders expressed concern over a trend towards extreme diets and said they don't support withholding medical treatment where it is clearly needed. —*BUC News*



Call for justice

The Pacific Council of Churches says Christians need to speak out about continued human rights abuses in the Indonesian provinces of West Papua. The Council's General Secretary, Reverend Francois Pihaatae, says churches have been silent for too long, thereby allowing the victimisation of West Papua's indigenous Melanesian people to continue. —*Radio Australia*



Open homes

Moves by the Australian Government to reduce red tape in the overseas adoption process have been welcomed. Adoptions processed through courts in South Korea, Taiwan and Ethiopia will soon be automatically recognised in Australia, rather than requiring additional court proceedings. —*ABC News/FVA*



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Riders raise funds for charity

Great Ocean Road, Victoria

More than \$A194,000 was raised by 90 cyclists who took part in the 25000spins Great Ocean Road Ride last month.

Money raised by the three-day ride from Geelong to Warnambool will help support the work of the Adventist Development and Relief Agency (ADRA) and three other charities.

Fifty riders took part on behalf of ADRA, raising \$A110,000. "The funds raised will provide critical funding for ADRA's food security projects around the world," ADRA Australia's director of Public and Supporter Relations, Janelle Muller, said.

Rider Bryan Roberts encouraged those who haven't been on the Great Ocean Road to experience it on a bike first rather than in a car. "There's something about being able to experience it (on a bike) . . . it's slower, and you get to smell it and feel it," he said.

Craig Shipton, who runs the not-for-profit 25000spins, organises the ride each year.

New Zealand hosted its first 25000spins event earlier this month. The money raised from the Queens-town Challenge will help support families in the Tay Ninh Province of Vietnam—one of the poorest regions in Asia.

25000spins holds five different charity rides annually, including two in Europe. To date the organisation has raised more than \$A1 million for charity. —Josh Dye/Jan Shipton

Visit <www.25000spins.com> for more opportunities to pedal against poverty in 2014.



Riders pedal against poverty.

Activity pack helps children explore the Bible

Papatoetoe, New Zealand

Rucksack Safari is a new children's activity, art and craft subscription designed to make Bible discovery a fun and exciting journey for kids aged 6 to 10.

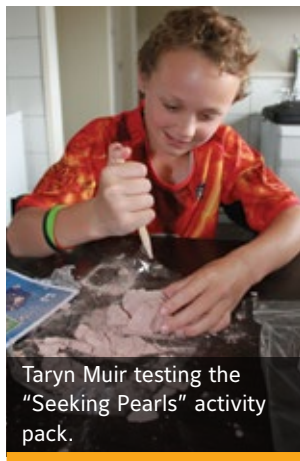
South Pacific Division director of Children's Ministries, Julie Weslake, said the activity packs "are lovely—a definitely needed extra resource for faith development at home".

Each monthly pack contains at least two craft kits, a pack guide with Bible story, nature fact page, puzzles, a "secret assignment" and a passport sticker.

The packs were developed by Papatoetoe church member Nyree Tomkins. "I've had in mind people like myself—aunties, friends, uncles, grandmas and granddads—on the sidelines of a child's life who, perhaps separated by distance, would like a way they can connect with those kids regarding the things of God and eternity," she said.

"I've also had in mind mums and dads who would like to engage more with their kids regarding matters of faith but who perhaps lack ideas or the time to source materials." —Record staff

To find out more or for free creative ideas, go to <www.rucksacksafari.com>.



Taryn Muir testing the "Seeking Pearls" activity pack.

Archaeology magazine enters digital age

Wahroonga, New South Wales

A church magazine featuring the ancient world has arrived in the modern age, launching a digital version for smart phones and tablets.

Archaeological Diggings digital contains extra pictorial material, including short movie clips relating to some features. The 68-page, A4 magazine continues to be available by subscription and on news stands in the United States and Canada, as well as Australia.

The magazine was independently published by Pastor David Down until being acquired by Adventist Media Network in 2013. Being published by the Church has led to positive developments like the new digital version, as well as a closer relationship with the Institute of Public Evangelism (IPE), which builds many of its presentations on an

archaeological base. IPE director, Pastor Gary Webster, is also editor of *Diggings*, and has led *Diggings*-sponsored tours to biblical sites of the Middle East (the next in September).

"Archaeology is still proving to be a soul winner," Pastor Webster said. "Through the magazine we have a way to reach people, many of whom are not Christians but are open to the evidence of archaeology and history." —Record staff



Pastor Gary Webster (right) with associate editor, Lee Dunstan.

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R
NEWS

Church launches White encyclopaedia

Silver Spring, Maryland, United States

A recently released encyclopaedia on the Seventh-day Adventist Church's co-founder Ellen G White gives an overview of her stance on numerous topics and offers an opportunity to dispel misconceptions about her life and literary influence, publishers said.

The *Ellen G. White Encyclopedia*, published by Review and Herald Publishing Association, includes articles on Mrs White, biographies and her writings on an array of topics—from salvation, psychology and politics to legalism, diet and make-up.

"The Ellen White encyclopaedia is undoubtedly the most important reference work produced by the Seventh-day Adventist Church in a half century," Adventist Church historian George Knight said.

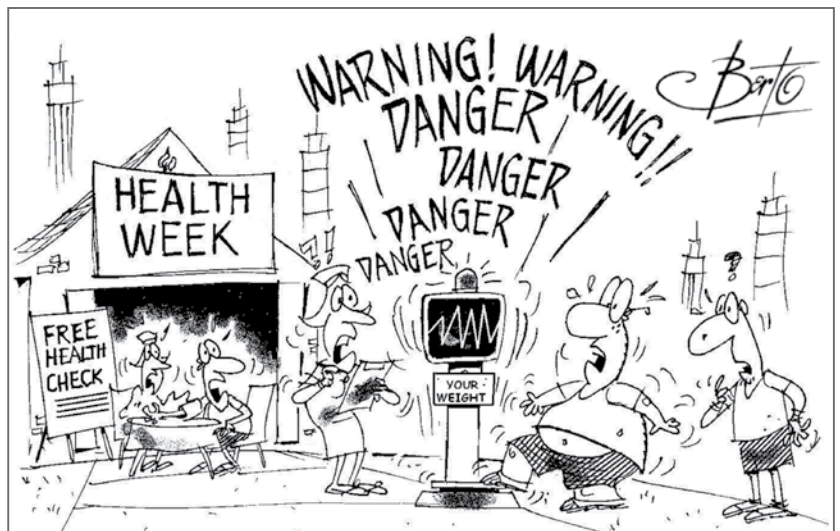
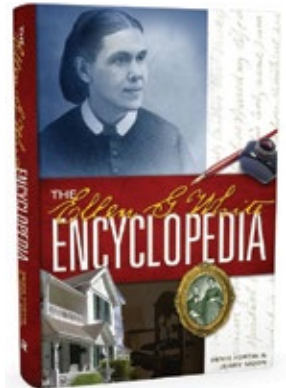
The encyclopaedia consists of 1300 articles with descriptions of places Mrs White lived and the people in her life, rarely seen photographs and her position on hundreds of subjects she wrote about during her ministry.

Editors Denis Fortin, former dean of the Seventh-day Adventist Theological Seminary in Berrien Springs, Michigan, United States, and Jerry Moon, chair of the Church History department of the Seventh-day Adventist Theological Seminary, worked with 180 contributing authors over the course of 14 years to compile the encyclopaedia. It was arranged so "both new and long-time readers [of Mrs White's writings] will find reliable information, often presented from fresh new perspectives", the editors said.

The vision to create the encyclopaedia began in the late 1990s with Dr Knight, an Adventist historian and emeritus professor at the Seventh-day Adventist Theological Seminary. In 2000, however, with an approaching retirement, he delegated the project to Dr Fortin and Dr Moon.

Mrs White, who died in 1915 at age 87, is credited with shaping the mission and vision of the Adventist Church, especially through her writings. During her ministry she wrote approximately 100,000 pages and more than 100 books have been published from her writings.

Now anyone who wants to learn more about Mrs White and her contribution to the Adventist Church will have the opportunity to expand their knowledge on her life and writings in this single resource. —Mylon Medley/
ANN



Stoning and fever

by Murray House and Alex Green

Theology students Rome Ulia and Sean Tavai had a rough introduction to Avondale College's cross-cultural mission program. After a week of preaching in the village of Ringi (Solomon Islands), they were told they had "disturbed a hornet's nest". They learnt what that meant when a mob stoned the house they were sleeping in.

Despite the threat, Rome and Sean continued preaching. Remarkably, at the conclusion of the series, through God's grace more than 40 people were baptised and a further 200 made decisions to follow Jesus in baptism. Among those

who gave their lives to Jesus were those who had stoned the house. "God has not only brought us to a place where we were sent to bless, but has sent us there also to be blessed," Rome says.

On the nearby island of Gizo, students Moses Depaz and Daniel Christie were preaching when Daniel fell ill with dengue fever. He came down with a splitting headache and after three days was hospitalised. Moses stepped in to preach the rest of the campaign. The daughter of the local church deacon asked why God would allow the evangelist to be sick at such a critical time. This became a large struggle for the community. By God's grace, Daniel was discharged on the final Sabbath and was there to witness 44 baptisms that came as a result of the campaign. "God is still with us even when we don't understand what's going on," Moses says.

As part of the same program, Avondale lecturer Dr Kayle de Waal ran a series with Joel and Rachel Slade at Sun Valley, outside Honiara. This was a hot spot during the ethnic tensions some years ago and an unruly gang still held influence. On the first Tuesday night Kayle made a passionate call for people to start their life anew with Christ. The *raskol* leader under heavy conviction came forward and surrendered his life to the Lord. He was followed by 20 others. Later when Joel made a call for baptism the leader addressed the crowd pleading for his mates to decide for Jesus. He was influential in impacting the whole community to consider accepting Christ and the Advent message.

"God is still with us even when we don't understand what's going on."

We thank God for the local pastor, Jack Maega, and his team who had sowed the seed. Since then they have conducted a Bible camp for the *raskols* and expect many baptisms.

Students Ben Reynolds and Jared Smith conducted a campaign on the island of Malaita. Ben's computer hard drive crashed six hours before preaching—the presentation was recovered only three minutes before he was scheduled to preach. "God certainly takes you right to the edge," Ben says.

In total, the five campaigns run by Avondale Theology students resulted in 172 baptisms and 311 decisions for baptism. Participating students have rejoiced in the baptisms and reported an increased passion for the lost and a greater confidence in the message of the Seventh-day Adventist Church. And all

students on the trip reported that the experience was very helpful in preparing them for full-time ministry.

Due to the success of the program, Avondale is now requiring theology students to do at least one cross-cultural mission trip. Avondale's Ministerial Training and Scholarship Fund (AMTSF), chaired by Pastor Vern Parmenter, provided \$10,000 for the five campaigns and continues to support the program. Avondale College is very grateful for the support and generosity. In June, a new group of students will be heading to Malaysia to conduct evangelistic outreach.

Whether we face stone-throwing mobs, crippling disease, technical challenges or ethnic unrest, the Gospel must go to every community on earth. Avondale theology students are getting hands-on training so that they can play their part in preaching the good news of Christ's soon second coming—no matter what obstacles they face. *If you would like to help AMTSF provide scholarships to theology students to assist in covering the cost of evangelism and completing their studies please send your tax deductible donations to Avondale College, marked for AMTSF.*

Dr Murray House is senior lecturer in Ministry and Theology at Avondale College of Higher Education. Alex Green is a third year theology student from Morisset, NSW.



by Ross Goldstone

HELEN EAGER IS WELL PAST RETIREMENT AGE AND could be forgiven for putting her feet up and enjoying her retirement years in Australia. Yet this remarkable woman has, for more than three decades, been fighting for a better life for society's most vulnerable in India, Nepal and Bangladesh—children like Yuvraj, who "Mummy Eager" affectionately refers to as "my small boy".

Yuvraj was only 15 months old when he and his infant brother, Sitesh*, were locked up in a Nepalese prison with their 24-year-old mother. She was charged with the murder of her mother-in-law and given a 20-year sentence.

Yuvraj had already spent one year of his young life in prison when he came to Helen's attention. His mother was trying to breastfeed her malnourished sons but due to an inadequate diet and lack of medication was rapidly

deteriorating in health. Yuvraj was a mischievous child who loved to wear Helen's sandals and receive her hugs when she visited.

By agreement with his young mother and the prison authorities, Helen placed Yuvraj in one of the 3 Angels Nepal (3AN) children's homes where he quickly settled down and made friends with the other children.

A high percentage of female prisoners in Nepal are incarcerated on the Rule of Garbhabat (destruction of life). This rule includes infanticide, stillbirth, natural or induced abortion, or abandonment in an attempt to bring about death. The offence inevitably incurs a 20-year prison term. There are only two options for incarcerated women in Nepal—take their children into prison or leave them to try and survive on the streets.

Life for Nepali women can be difficult even under

normal day-to-day situations. Nepalese culture tends to favour males. This, linked to an active caste system and high illiteracy, often results in the underprivileged being incarcerated without legal aid or early trial.

And prison is no place for a child. Not only harsh and demeaning, it's dangerous to mental, emotional and physical wellbeing. While conditions vary across prisons in Nepal, they are not luxurious by any stretch. Freezing temperatures in winter and stifling heat in summer are climactic norms. Some Nepalese prisons provide only one cold water source—used for drinking water, cooking, personal washing and laundering. In summer, water supplies may be limited due to increased demand as tourists flock to the cities and towns. Fetid toilets drain into open sewers. Food is limited to a daily ration of 250 grams of rice per adult plus 10 rupees for whatever else the prisoner requires. Even the rice is of second-grade quality and contains extraneous material, which must be removed to make it useable. Soap is a luxury few prisoners can afford and so they live with scabies, lice and fleas. Sewer-bred rats share their facilities and mosquitoes suck their blood.

No bedding or clothing is provided to a prisoner for the first 18 months with the exception of a jute mat on which to sleep. If children accompany the parent into prison, that mat becomes a family sleeping item. Prisoners are locked up in overcrowded cells each night—cells which often have either no toilet or just one open hole in the concrete floor. No running water is available during the night hours, making it hard for mothers whose children may have soiled themselves.

When Helen Eager moved to Pokhara in 2011 and began working with 3AN—headed by Rajendra Gautam and his wife, Sarah—she quickly identified the problems in Nepal's prisons. At first it seemed to be an impossible task but Helen persisted, devoting her personal means and energy into opening up the prisons to the Gospel. Now, having gained access to 21 of the 73 Nepalese prisons, Helen leads out in this ministry, taking soap, blankets, Bibles, Christian literature and fresh fruit to the prisoners. Having won the confidence of the mothers, Helen is able, with their agreement, to take children like Yuvraj and place them in 3AN children's homes

where they are lovingly cared for, educated and happily listen to the Gospel.*

Yet, in the midst of this happiness, disaster struck. One day Yuvraj, being an adventurous child, while peering over the first-floor balcony, slipped and landed on his head on the concrete below. He was rushed to hospital with the expectation he would not survive.

Frantically, Helen pled with 3AN's prayer partners around the world to pray for "her little boy". God was gracious and Yuvraj has made an amazing recovery.

He's still a little unsteady on his feet when he runs, but surrounded by love and encouraged by many hugs, he thrives in his life outside the prison.

He was particularly delighted when Janisha, a playmate from the prison, was later also brought to the children's homes. The two children were like brother and sister but it took a few moments for Janisha to recognise Yuvraj due to a haircut, a general clean-up and the wholesome food he'd been eating. Now they are inseparable at school and Sabbath School.

But best of all, Yuvraj has learned to love Jesus. He loves to sing songs he has learned in Sabbath School and also to lead out in worships. Yuvraj's mother, while in prison, has also learned to love Jesus. She enjoys contact with her son from time to time and receives photographs showing his growth and happiness.

Yuvraj is one of an increasing number of children being rescued from Nepalese prisons by 3AN and placed into children's homes where they are lovingly cared for and educated for this life and taught of a life to come. It's a ministry that gives much joy and satisfaction to "Mummy Eager".



Yuvraj in hospital after his accident.



Helen Eager with some of the children.

3 Angels Nepal is a partner organisation of Asian Aid. They are one of a number of non-government organisations involved in rescuing children from Nepalese prisons.

*Names of the other children in this story have been changed to protect their identity.

Ross Goldstone is a retired pastor and sessional lecturer at Avondale College, who writes from Cooranbong, NSW. He's currently working on a book about Helen Eager and Asian Aid.



Making Marriage Work

Presenter: Dr David Penner,
clinical director for the
Gottman Institute, USA

Create a marriage built on
admiration and respect
Learn what breaks, and makes, a
long-term relationship
Deal with conflict in ways that
keeps your relationship alive
Create shared meaning and
sense of purpose

June, 16-17, 2014
Sydney Adventist Hospital,
Wahroonga, NSW

Contact Jan Bolst
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OPINION

Ray Roennfeldt

I visited the bookstore at the shopping centre to buy the latest book from social researcher Hugh Mackay. *The Good Life* identifies seven false leads to what makes life worth living. Here are five—you'll have to buy the book to read the rest—with my comments:

1. Certainty

All of us prefer certainty, but the most important things in life are not certain. Take the role of faith, for example. Some want to transform faith into certainty, but if we know everything already, there is no further need for education.

2. The future

Obsessing about the future paralyses us. This doesn't mean we make no plans. It means we heed the teaching of Jesus who tells us not to worry about tomorrow because tomorrow will worry about itself (Matthew 6:34).

3. Intelligence

"If you're in the market for a non-religious idol," writes Mackay, "none is less deserving of your devotion or more futile as an object of worship than intelligence" (p 99). I get this. Intelligence doesn't determine our ability to love each other and we've created machines that easily outstrip our ability to calculate.

4. The simple life

I admire those who withdraw from the world and devote themselves to the simple life. But I'm not convinced it's the "good life" even if the person devotes themselves to praying for the rest of us. The dangers: arrogance and social irresponsibility.

5. The meaning of life

Mackay says perhaps life is not something about which we can reasonably ask, "What does it mean?" Mackay is not saying our lives are pointless but that we "invest" them with meaning.

Are you seeking a good life or a good time? At the risk of contradicting Mackay, what does it mean to live the good life? And what did Jesus mean when He said, "I have come that they may have life, and have it to the full (John 10:10, NIV)?"

This seems as good a point as any to hand these questions over to you.

Professor Ray Roennfeldt is president of Avondale College of Higher Education. He presented this as a speech during Opening Convocation.

OPINION POLL

What do you find most effective in dealing with stress?

- Time in nature
- Physical activity
- Spiritual disciplines
- Eating
- Cry, then deal with problem

Visit record.net.au to vote.





R HEALTH FEATURE

with Cathy McDonald

You are what your grandmother ate?

In the world we currently live in, losing weight is often a focus of nutrition interventions for health. A quick look at the rates of overweight and obesity in Australia can tell you why this is the case, but there is a time in life where increased weight can be a good thing and new research might be challenging the paradigm around what has the biggest influence on this.

Research has shown us that, up to a point, heavier birth weights for babies are associated with lower risk of some adult conditions such as type 2 diabetes, cardiovascular disease and high blood pressure, that for babies born "small".

Dr Christopher Kuzawa and his research team at Northwestern University decided to investigate what had the biggest influence on these healthier babies and came out with some interesting findings. They found that grandmothers who consistently ate nutritious food while pregnant and provided good nutrition for their children during formative years had healthier and heavier grandchildren. But surprisingly, in general, this was a much stronger predictor of the baby's birth weight than what the baby's mother ate during adulthood.

While more research is needed to investigate these associations, it's amazing to think that what a mother eats in the womb and as a child may have a bigger impact on her unborn child, then what she is eating as an adult. It's also another reminder of how good nutrition is something to strive for throughout life, not just hop into and out of at "important" times, not just for your own health, but maybe even for future generations.



Chickpea and Eggplant Stew

Preparation time: 20 minutes Cooking time: 1 hour 10 minutes Serves: 4

- 1 large eggplant cubed**
- oil spray**
- 1 tablespoon oil**
- 1 large onion, chopped**
- 1 ½ cups water**
- 1 teaspoon cumin, or more to taste**
- 1 large potato, cubed**
- 400g cans chickpeas, rinsed and drained**
- 3 fresh tomatoes, diced**
- ½ teaspoon salt (optional)**

1. Preheat oven to 210°C. Place eggplant onto a baking sheet/tray and spray lightly with oil. Place in the oven for 25 minutes or until lightly browned.
2. In a medium saucepan, add oil and sauté onions until transparent. Add ½ cup of water, cover and continue cooking for about 2 minutes. Set mixture aside.
3. In another medium saucepan, add 1 cup of water and cumin. Bring to a boil. Add potato and lower heat to simmer.
4. Cook for about 5 minutes, then add chickpeas, eggplant, tomatoes and cooked onion. An additional 1 cup of water can be added at this time, if needed.
5. Add seasoning to desired taste. Cook on low heat for about 15 minutes, stirring occasionally, until potato and eggplant are cooked.

NUTRITION INFORMATION PER SERVE: Kilojoules 1009kJ, Calories 241 Cal, Protein 11g, Total fat 5g, Carbohydrate 31g, Sodium 543mg, Potassium 835mg, Calcium 91mg, Iron 3.2mg, Fibre 10g



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 (Australia) or nutrition@sanitarium.co.nz (New Zealand). For more great recipes and health articles visit our website www.sanitarium.com.au or www.sanitarium.co.nz

Sanitarium | LIFESTYLE MEDICINE SERVICES



Christian's drive

by Brendan Tucker

CHRISTIAN'S HAND MOVED TOWARDS THE blinker and lingered there for a moment, hovering. Then, slowly, he replaced his hand on the steering wheel. He gripped it tightly, with both hands, as he passed the hitchhiker. Though his gaze remained fixed straight ahead, he caught the raggedy

man's forlorn stance in his periphery.

At 110 kilometres per hour, with a growing stretch of asphalt now separating him from the hitchhiker, Christian spared a glance in the rear-vision mirror. Another car had pulled up by the side of the road. A run-down Hyundai Excel. From the stone age, by the look of it.

He glimpsed the hitchhiker scrambling in.

Christian raised the volume on the radio and returned his gaze to the road ahead. I'm alone, he reasoned. By myself. I can't pick up a hitchhiker. What if he has a knife? Sicko.

Even so, he found himself staring into the rear-vision mirror again. The hitchhiker—and the Hyundai—were now lost in the move of traffic. I'm a good person, he told himself, and put his blinker on.

This time it was for the motorway exit and there was no hesitation.

Too easy . . .

The car refused to start again once it had stopped. Jabir poked the bonnet up and was rewarded with a face full of smoke. He pulled back, coughing.

"Is it the engine?" the hitchhiker asked as he watched on.

"Nah man, I wouldn't have a clue."

Jabir lowered the bonnet again and waved his hands about, as if to fan the smoke back into the recesses from which it had emerged.

"My name's Gabe, by the way." The hitchhiker extended his hand.

"Jabir."

The two shook hands.

"So where were you headed?" Jabir asked.

Gabe tipped his head in the direction of the stream of traffic flowing northwards. "Wherever they're going. Wherever you're going. Just drifting, really."

"Drifting?" Jabir pulled a phone and a business card from his pocket.

"Who're you callin'?" Gabe craned his head in an attempt to see the phone screen.

"NRMA road service." Jabir punched in the last of the digits and raised the device to his ear. While it dialled he began to pace, with his back to the car.

Gabe approached the Hyundai hesitantly and raised the bonnet. The smoke reared up again, but he did not flinch—merely crinkled his face and squinted. Reaching through the smoke, he placed a single hand on the still-hot engine.

Inside the little Hyundai, the keys turned in the ignition, as if of their own accord.

Jabir whirled at the sound, still on the phone.

The car came to life.

A red light on the dashboard flickered on. Christian watched it out of the corner of his eye. It turned back off for a moment, but soon returned. It had been doing this for several minutes now.

He began to scan the buildings by the side of the road, but there were no petrol stations in sight.

He wiped a sweaty hand on his jeans and reached for the radio. Some song had been playing in the background, singing about little worlds, bigger pictures and God.

The chorus came in and he changed stations. He must've hit the wrong button though, because it got caught in between the stations. Static blared and Christian fumbled with the buttons.

Some music came back on and he smiled. Then he realised it was the same song he'd been listening to before. His car pattered unexpectedly, reminding him of his lack of petrol. Christian cursed and turned the radio off.

The music stopped.

So did his car.

Gabe rolled the window down.

"Sorry the air-con doesn't work," said Jabir, glancing over as he drove.

Gabe shrugged. "Don't apologise, man. You gave me a lift."

Jabir switched lanes, allowing a truck to pass. He didn't reply immediately, his concentration centred on the road. "What was that?"

Gabe shrugged again. "The lift. Thanks for picking me up."

Jabir kept his gaze on the road. "No problem. It was nothing, really."

A moment of elongated silence ensued. Then Gabe noticed something.

"Hey, what's that?" he said.

Jabir looked to where the hitchhiker was pointing. "A guy broken down, I think." He put his blinker

on and eased onto the brakes, clunking through the lower gears until he came to a shuddering halt several metres from the black Mercedes by the side of the road. A man in a business suit stood beside the car, fidgeting with his tie. He brightened considerably at the sight of another vehicle pulling up.

Jabir got out first and greeted the businessman.

Gabe got out next and started towards the others who were engaged in conversation.

The businessman noticed him and offered a greeting. To Gabe, it was clear that the man recognised him—he glimpsed a guilty flush in the man's cheeks.

"This is Christian," said Jabir, introducing the two. "Christian, this is Gabe."

"Hey there, neighbour," said Gabe. "Bit of car trouble?"

"Ran out of petrol," the man said rather sheepishly.

Gabe chuckled and leaned against the car. "Petrol, hey?"



Brendan Tucker wrote this piece while doing work experience at Record.

Kent Kingston

Record InFocus producer and host, assistant editor



What do you like to do when you're not at work?

Read travel books, paddle a kayak on Lake Macquarie, spend time with my family and friends. Try to get healthy and walk the dogs.

This is the longest time you've every spent at any job. Why? I really appreciate the leadership (the people and style): they're very empowering, letting me take ownership and be innovative and try different ideas. I also appreciate the opportunity to have influence across the whole South Pacific Division and beyond. It's a bit of a buzz. The team are friendly, positive, encouraging and bring a sense of fun. We sometimes agree to disagree. No-one takes it personally or if they do they don't complain to me about it. Working in this part of the Church we get to link with key people and everyday people. It's inspiring, challenging and builds my faith.

What are your dreams? I'd like to be healthier by my 40th birthday than I was at my 30th. I've only got five months to go! I have an outrageous dream of travelling around the world without using an aeroplane.



James Standish

Editor and communication director, Public affairs and Religious liberty liaison

What are your favourite sports?

Cricket and American football. They are both so strategic. I used to love playing cricket in the backyard with my brother, who thought he was Denis Lillie. I've been hit pretty much everywhere with a cricket ball. American football is like chess, ballet and brute strength all wrapped up in one.

What do you consider your greatest career achievement? Following where God led rather than staying in the gilded cage of the corporate law firm; it's meant an awful lot less cash and a far richer life.

Adventist Record readers hear lots of your stories through your editorials but what is one thing they don't know about you?

I love hot spicy Thai noodles for breakfast. That kicks off the morning right! What can I say? I'm a missionary kid . . .

You're always entering the office singing. If you could pick one song to describe working at Record, what would it be and why?

It's a Beautiful Day. That's what I feel like most days working with our team. Stop rolling your eyes—it's true! Of course there is the odd day when I say to myself, in the immortal words of the Smiths, *Heaven Knows I'm Miserable Now.* But it's a genuine rarity. Generally, I'm *Happy.* And profoundly grateful to God, to the leaders who invited me to join the team (Barry, Chester, Neale) and to my colleagues, each of whom is a genuine *All Star.*



MEET THE TEAM

Linden Chuang

Adventist Record assistant editor—digital



What's your favourite aspect of working at *Adventist Record*? Mixing faith and fun at work.

It's well known that you love animals and even keep a couple of reptiles. If you could keep any animal, what would it be? While I wouldn't "keep" one necessarily, I'd love to have a killer whale as a mate—sort of *Free Willy* style.

What biblical story would you like to see made into a movie? It's not so much a Bible story per se, but I'd love to see a movie based in heaven. I often wonder how God and the angels react to things that happen here on earth. What would the scene in heaven have been like when Christ was born, or when he was crucified? The Bible says there is much rejoicing in heaven when a sinner repents—what does that look like? I think Jonah's story would also make for a good movie.

You're working a lot with the *Record* website. What would you most like to see *Record* achieve online?

To be a major online resource/hub filled with inspiring stories, the latest Adventist news, health and lifestyle tips. Kind of what we are doing now but bigger and better. A place people visit to learn and grow in their faith.



Theodora Amuimuia

Sales and marketing, InFocus make-up and autocue



What's the favourite part of your job here?

I like *InFocus* on Monday mornings, helping guests with hair and make-up. I also enjoy the part that's not really my job—graphic design. My role has allowed me to learn heaps more about design and I'm enjoying it.

Given that your favourite movie is *The Sound of Music*, what are a few of your favourite things?

Girls in white dresses, blue satin sashes! Hahaha, I don't know I like a lot of things. I like playing tennis, watching movies, eating good food.

Without being biased, what is the most beautiful part of this Division? Far North Queensland: there is everything—beaches, islands, Great Barrier Reef, rainforests, let's not forget mangos. Oh, am I supposed to say Samoa?

I said without being biased! Some people say that you're really the boss around here. You seem to know where everything is kept and what needs to be done. Is it true?

Of course! (laughs).

Vania Chew

PR and communication assistant



You are the newest member of the team. What is your role?

Anything James asks me to do. Focusing on public relations, monitoring people's perspectives on the Adventist Church, crisis management, keeping Dora entertained.

What's your favourite thing to do on a Sunday arvo?

Reading or if it's nice weather, the beach.

A talent *Adventist Record* readers wouldn't know you had? I speak Greek.

What's it like working for the Church?

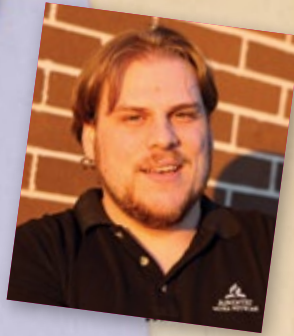
Working in an Adventist environment is nice. All of my schooling and work has been outside the Church. It's just completely different. At my old job everyone was quite anti-God. They were quite disparaging when talk about God came up.

If you could give an issue of *Record* to anyone, who would it be to and why?

I would give the Christmas issue of *Record* with Linden and Bri to the homeless guy I met in Pitt St, Sydney, when I was in uni. He said he didn't believe in love.

Jarrold Stackelroth

Associate editor, InFocus floor manager



What keeps you busy outside of work?

I love to read and play basketball. I lead the drama team at my church, which means writing a script once a month, practising and performing. That's fun. Cell groups, cooking and exercise keep me busy! Have to get my 10,000 steps a day!

If you could, what would you tell yourself 10 years ago?

Don't worry about the future. Just follow God's leading, do your best and enjoy life. And watch out for beautiful Samoan netballers.

Is that watch out good or watch out bad?

No comment. (laughs) I have to say good.

What do you enjoy most about working at Adventist Record?

I enjoy the opportunity to bring people's stories to life. God is doing amazing things in so many lives around us and it's great to be able to use *Record* to tell those stories and hopefully inspire and encourage people while giving glory to God.



Tracey Bridcutt

Copyeditor

What has been your greatest achievement so far?

Three beautiful children.

What do you enjoy about working at Adventist Record?

The morning teas (we had one this morning), the people, it's a great team environment and being part of the Church's work in the South Pacific.

You also work at a mainstream news publication. What stands out to you as special from your years in journalism?

I've interviewed people from all walks of life, from celebrities, politicians, people celebrating achievements, births and anniversaries, to those who are suffering hardships, the terminally ill and the homeless. It really gives you a perspective on life. My main interest is helping others by writing stories that encourage people to take up campaigns and support worthy causes like sick children, charity projects, emergency and disaster situations.

From all these interviews, what have you learnt about people? I have learnt that there are some amazing people out there who are very passionate and willing to give up everything in order to help others. I find that really inspirational. There are so many volunteers—Christian and non-Christian—willing to sacrifice time and money for a good cause.

What are your interests outside of work? Bushwalking, going to the beach, reading, watching movies.

If you could create your own ice-cream flavour what would it be?

It would have to involve chocolate. Chocolate with raspberry chunks! ↩



Health and hope

Wainibokasi Adventist church, located in the Tebara District of Fiji, hosted a three-day health seminar in February for church members and their families. The event featured talks by health instructor Aisake Donu, who reminded attendees that the Church's health message aims to build healthy people who can serve God and their community. "This seminar has opened doors to reach my family," said Anare Valubalavu, who was baptised into the Wainibokasi church three years ago. "Seeing my family and extended family sitting in church has brought much joy to me." — *Jesel Royokada*

Calling for drug-free communities

Crowds of up to 1000 people gathered for nightly meetings at Opiapul Primary School in Tambul (PNG) as part of a drug awareness campaign organised by the Western Highlands Mission. The week-long campaign, sponsored by the local Provincial Health Authority, featured seminars by Health and Stewardship director, Pastor Zachary Lipen, on the theme of "Drug Free Communities". Among the attendees were HIV/AIDS sufferers, drug addicts and alcoholics, as well as Adventists and other Christians. At the end of the campaign, a number of young people raised their hands to say no to using drugs and other addictive substances. — *Zachary Lipen*



Retreat and relax

Cedarvale Health & Lifestyle Retreat (NSW) has recently completed some exciting new developments. The main feature is an indoor heated swim spa where guests can enjoy private or group sessions including water aerobic classes. Other additions include a new larger gym, infra-red sauna and a renovated laundry. A doctor and dietitian have also recently joined the team. — *Adrian Dorman*

To the ends of the earth

Bibles sponsored by a church member were recently delivered to the furthest-north community in New Zealand—Te Hapua. The majority of people in this community belong to the Ratana movement, a Maori religion, however they received the free gift of a Bible and a copy of *A Shelter in the Storm* with much enthusiasm. — *North New Zealand Conference*

Peek into the past

Warrnambool Adventist church (Vic) hosted the "Land of the Pharaohs" travelling exhibition from February 8-15. Featuring more than 400 artefacts, including a 3000-year-old Phoenician bowl and a large 2000-year-old urn, the exhibit captured the interest of many local church and community members. Exhibit curator, Dr Wayne French, also treated guests to nightly archaeological seminars. — *Sara Tui Beks*



Growing opportunities

Vanuatu's Ministry of Agriculture has chosen Aore Adventist Academy as the site of a new government plant project. Agricultural experts found the soil at Aore the best for planting selected species of taro, manioc, yam and kumala. The establishment of the project will provide food for the school as well as learning opportunities. "Students will be trained on how to plant and look after crops so when they return to their home islands they can help their families," said Vanuatu Education director Willie Luen. The Vanuatu government and the Ministry of Agriculture will supply fences and a tractor for the project. — *Talemaat*

Mission to Myanmar

Nineteen north Queenslanders recently went on a fly'n'build trip to Myanmar. Led by Pastor Wolfgang Jenke and his wife Lyn Joy, the team spent two weeks helping locals build three toilet/shower blocks for Mountain View Adventist Seminary near Toungo. About 380 students attend the school, directed by Pastor Alvin Hla. Each evening, Pastors Jenke and Ben Kosmeier ran an evangelistic campaign. This resulted in a mass baptism of 76 people. "All our thanks goes to God for His enabling grace and protection," Pastor Jenke said. — *Wolfgang Jenke*



OPENING HIS WORD

David McKibben

Unity in the church

The disunity of Christendom is difficult for society to understand. Whether it's expressed in strife at local church level or in friction between different traditions in the Christian faith, the scandal of division has given the church a bad image. This spirit of contention is an affront to the teaching of Jesus but what sort of unity does God desire to see among His followers?

Why is unity in the church so important?

- It is a powerful witness to the world. Read John 13:35 and 17:23.
- It demonstrates the reality of God's kingdom. Read Psalm 133:1-3.
- Unity means strength, while division is the forerunner of defeat. Read Matthew 12:25.
- Jesus desires unity amongst His followers and prayed earnestly for such unity. Read John 17:20-23.

What sort of unity does God desire?

- A unity based on the Person and work of Jesus. Read Galatians 3:26-29.
- A unity of purpose, thought and action. Read Romans 15:5, 6 and 1 Corinthians 1:10.
- Unity in diversity, not uniformity. Read 1 Corinthians 12:4-6.
- This unity is to be based upon truth and not any attempt to compromise the faith. Read Ephesians 4:4, 5.
- This unity is made possible only by the keeping power of God (John 17:11) and the ministry of the Holy Spirit. Read Ephesians 4:11-13.

What are the practical results of unity?

- The followers of Jesus will love one another. Read John 13:34, 35. Such love is a sign of true discipleship.
- Unity is expressed in helping one another. Read Galatians 6:10.
- Unity is shown in patience and understanding. Read Ephesians 4:1-3. The power of unity was demonstrated dramatically at the very beginning of Christianity. Before Pentecost, the followers of Jesus came together in unity (Acts 1:14). That same unity must be experienced again for God's work to go forward with power. Jesus answers our prayers, but in this instance He wants us to be the answer to His prayer (John 17:20, 21).

Pastor David McKibben is senior pastor of Guildford and Parramatta churches, NSW.



RECORD REWIND

Lester Devine

Impostor or second Ellen?

About a year after the death of Ellen White in 1915, Margaret Rowen, a new Adventist, announced the Lord had chosen her as Mrs White's successor.

Rowen, aged around 40, advocated prayer groups in each church, wrote "testimonies" and advocated "reform"—though she did not, initially at least, really define what needed reforming. Her visions had the familiar manifestations of body rigidity, not breathing and unblinking eyes; clearly she was under the influence of a supernatural power.

Church leaders were initially cautious and after careful investigation did not accept her claims or her predictions, which, as they continued to be revealed, were increasingly contrary to those of Scripture. Among other things she announced: the 144,000 would come from the United States alone; that the investigative judgement began on July 23, 1919; and Jesus was the first created angel and later adopted as God's Son after He had chosen a life of righteousness.

Eventually she predicted Christ would return on February 6, 1925. A fraudulent letter, supposedly written by Ellen White and naming Rowen as her successor, was surreptitiously planted in the White Estate vault files by a Rowen supporter. She also accepted tithe funds. In time, found by her supporters to be misappropriating money, she arranged for one of them, a Dr Fullmer, who had become critical of her claims, to be murdered. Unsuccessful in that attempt, she was sentenced to San Quentin prison in California and after her release continued her work in Florida. Further immoral behaviour cost what little support remained. She died around 1940.

Rowen's supporters in their sincerity overlooked several things:

1) While not breathing in vision, super human strength, eyes unblinking and body rigidity during that experience are all evidences of supernatural power, that power is not always from God. Thus such phenomena alone are not reliable indicators of divine inspiration. There are many better evidences of God's leading of a person with a prophetic gift. Two common ones are found in Isaiah 8:20: "to the law and to the testimony . . ." and the "orchard test", "by their fruits you shall know them . . ." (Matthew 7:15 -20).

2) Appropriate "new light" does not discard or replace "old light". Instead it builds on the foundation of what has gone before and enriches, develops and enhances it.

3) The Church and its members are obligated to thoroughly test all prophetic claims: "Do not quench the Spirit. Do not despise the prophecies. Test all things; hold fast to what is good. Abstain from any form of evil" (1 Thessalonians 5:19-22).

The Church and its members of the time learned a lot from the Rowen experience, in addition to improving the security of the vault at the White Estate! It's important that we as members today be well informed so we can each spiritually "test all things", because if the past informs the future there will be further claims to inspiration in the future of our Church.

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



Kids' Space

Opa* KIDS

Jonah is a successful messenger twice - once to the sailors on the ship and then to the city of Nineveh. But Jonah does not enjoy the success. God uses a vine and a worm to teach Jonah about mercy, compassion and celebration when others join God's family.



HELP THE WORM ESCAPE JONAH'S ANGER & COLLECT SOME WORDS ALONG THE WAY



Community Message: (use the words in the maze to fill the blank)

Memory Verse: "How great is the love the Father has lavished on us, that we should be called children of God!

And that we are" 1 John 3:1

* hello in Portuguese (Brazil)

I was trafficked

Esther's story



After experiencing childhood abuse, Esther Caukill-Talin was trafficked into Japan by a criminal gang who put her to work as a prostitute.

Do the scars ever heal?

Watch Esther's story online now at www.infocus.org.au click My Story under channels



as seen on

FOXTEL

WEDDINGS



Dose–Page.
Wesley Mark
Dose, son of
Stephen and

Robyn Dose (Kersbrook, SA), and Katherine (Katie) Maree Page, daughter of Philip and Neroli Page (Wyee Point, NSW), were married 15.9.13 at the Wyee

church, Wyee. Their reception was held at the Lock-Up Cultural Centre in Newcastle. They will set up their home in Gosford.

Norman Young

Thompson–Hills. Lee Robert Thompson, son of Ron and Cherie Thompson (Magill, SA), and Emma Christine Hills, daughter of Simon and Mary Hills (Sellicks

Hill), were married 26.1.14 in Emma's grandparents' garden.

Wolfgang Stefani

ther, brother, uncle and cousin.

OBITUARIES

Johnston, Gillan (Gill), born 22.8.1926 in Westport, NZ; died 18.1.14 in the Alstonville Adventist Retirement Village, NSW. On 27.1.1953, he married Irene Perkins, who predeceased him. He is survived by his daughters,

APPRECIATION

Johnston, Gillan (Gill). The Johnston family wish to sincerely thank all those who supported and assisted them in the passing of their beloved father, grandfa-

POSITIONS VACANT

■ **Customer service/membership officer (full-time)–ACA Health Benefits Fund (Wahroonga, NSW).** Do you have a passion for administration and customer service? If you have an excellent phone manner, exceptional attention to detail, brilliant data entry skills and can work well in a team, then you should apply. In this role you will be responsible for processing membership applications and all membership changes. You will be a key part of the customer service team, answering member phone calls and emails and discussing product options with members. This role would suit you if you have customer service, administrative or clerical experience. Experience in the Australian health system or the private health insurance industry would be an advantage but is not essential. For more information about this role visit <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 (02) 9847 3390. ACA Health reserves the right to fill this position at its discretion. Applications close **March 31, 2014.**

■ **Departmental assistant–Greater Sydney Conference (Epping, NSW)** is seeking an enthusiastic and competent individual to provide support primarily for the Education Department. Based at the Conference office at Epping, NSW, this full-time position requires an individual who is self-motivated, well organised, has a high level of computer skills, and excellent written and oral communication. An appropriate secretarial/office administration qualification or similar is desirable together with a desire to serve God. The successful applicant will be an active church member who upholds the ethos and values of the Church. For further information and a full job description, please contact Pastor Adrian Raethel at <adrianraethel@adventist.org.au> or phone (02) 8876 5288. Applications close **April 4, 2014.**

■ **Chef, Adventist Alpine Village–South New South Wales Conference Ltd (Jindabyne, NSW).** Join a vibrant team as the head of catering for group bookings at this exquisite location. Chef qualifications preferred but not essential. Experience in group catering is required. Further details and job description available on enquiry (02) 6249 6822 or email <kendellcobbin@adventist.org.au>. Applications close **April 30, 2014.**

■ **Aircraft engineer–Adventist Aviation Services PNG (Goroka, EHP, Papua New Guinea).** The successful applicant will have an interest in serving the Seventh-day Adventist Church in Papua New Guinea and have experience in maintaining aircraft. You will be responsible for helping maintain the fleet of two aircraft (P750XL), looking after the spare parts store and helping to maintain the ground support equipment. Address all expressions of interest or applications to Nathan via email <mm@aa.org.pg>. Please attach a resume. Applications close **August 30, 2014.**

■ **Facility operations manager–AdventCare Victoria (Bendigo, Vic).** Employing over 60 staff and managing 50 aged care beds and 27 residential units, AdventCare Bendigo provides quality aged care

operating within the mission of the Adventist Church. Reporting to the CEO, you will be responsible for management of the facility, managing human, material and fiscal resources in accordance with the strategic plan and budget, legislative requirements and DSS guidelines. You'll be a practising Adventist with a tertiary nursing degree and experience in aged care, preferably in a residential and/or community setting in a relevant senior management level position. For a position description, information or to apply, contact Karina Gurban, HR Manager, on (03) 9264 7714 or <kgurban@adventist.org.au>. Applications close **April 7, 2014.**

■ **Chief executive officer–AdventCare Victoria (Bendigo, Vic).** Do you feel called to use your leadership strengths to make a difference as chief executive officer of AdventCare Victoria? Employing more than 250 staff and managing in excess of 200 aged care beds and 92 residential units across three sites, AdventCare provides quality aged care and retirement living while operating within the mission of the Adventist Church. As CEO you will be an Adventist exhibiting exceptional leadership, planning, strategic thinking and HR management skills to deliver the strategic vision of the Board while focusing on high quality, person-centred services. You will ensure sound and effective business practices to achieve sustainable quality and financial outcomes and enable growth. For a position description, more information or to apply, contact Karina Gurban, HR Manager, on (03) 9264 7714 or <kgurban@adventist.org.au>. Applications close **April 7, 2014.**

■ **Pacific Island manager (full-time) –HopeChannel (Wahroonga, NSW).** HopeChannel, a ministry of Adventist Media Network, is seeking a manager who will be based at Wahroonga, but will also travel within the Pacific Islands. HopeChannel, in conjunction with the local missions, is looking to increase presence and extend distribution networks throughout the Pacific Islands. The position involves working with the local mission to develop the strategic direction to encourage, foster and oversee the growth and development of HopeChannel; to determine distribution network expansion opportunities and negotiate contracts; to produce local content, develop production facilities and acquire appropriate production equipment; to train production teams; to encourage use of HopeChannel as an evangelistic agency; and to work with external stakeholders to achieve objectives. The successful applicant must be a baptised member of the Seventh-day Adventist Church with full commitment to its message, mission and lifestyle. He/she should have experience working with church administration and leading teams in the Pacific Islands; proven experience in training local missions; technical expertise in network distributions; and have completed a tertiary degree. Overseas applicants should ensure they satisfy Australian working visa requirements before applying for this position. Applications and enquiries should be directed to Calvin Dever, Corporate Services, Adventist Media Network on (02) 9847 2222 or email <corpserv@adventistmedia.org.au>. Applications close **April 23, 2014.**

Sign up for job updates and find more vacant positions at <adventistemployment.org.au>



Gayle Butler (Wellington, NZ), Virginia Johnston (Hamilton), Bronwyn Johnston (Benalla, Vic); and granddaughter, Kerryann Butler (Napier, NZ). Gillan spent his entire working life with Sanitarium in sales, sales management and training. He loved his Lord and had a strong faith. He served as church elder and was trained in the Complete Health Improvement Program. He loved to demonstrate healthful living. His favourite recipes included creative salads and soups. Gillan will be greatly missed by his friends and loved ones.

Laurie McMurtry

Juocys, Antanas, (Tom), born 12.5.1923 in Kaunas, Lithuania; died 1.12.13 in Cooranbong, NSW. He married Otilia, who predeceased him in 1979. He is survived by Aldis (Sydney) and Rita (Perth, WA). Tom worked as a railway man and had a passion for mechanics and building things. He was a long-time member of Parramatta church, NSW.

Kenn Duke

Mackojc, Mark Edward, born 17.2.1965 in Poland; died 15.1.14 in Nunawading, Vic. On 2.12.1984, he married Arielle. He is survived by his wife; Fabrice and Collette (all of Nunawading). Mark's untimely death was a shock to his family and friends. We are challenged to make the most of each day of life we have upon Earth.

Brian Lawty

Parmenter, Daphne Gwendolyn, died in her unit at Melody Park Retirement Village, Nerang, Qld. On 19.1.14, Gwen celebrated her 94th birthday. She lived most of her life in the Northern Rivers area of NSW. After her husband, Charles', death she moved to Melody Park Retirement Village. Gwen was a loving mother to

Delsia, Kenneth, Lloyd (deceased) Malcolm and Laurel. One of her grandchildren remarked: "Nanna lived the closest to the life of Jesus of anyone I ever knew." Gwen was a mother who planted seeds of faith in her children and her grandchildren, and watered them with her love tears. Gwen wasn't afraid to die. Her hope and trust were very real. She knew she would meet her Lord and would be united with her beloved Chas and family again.

Ken Martin



Salmon, Burnelle Mae, born 6.6.1913 in Seaford Town, Westmoreland,

Jamaica; died 11.3.13 in Elizabeth Lodge Retirement Village, Normanhurst, NSW, peacefully in her sleep. On March 24, 1934, she married Osmond Salmon. She was predeceased by her husband in 1968, her daughters Jackie and Rosie and son, OK (Osmond Keith). She is survived by her children, Hope Hamilton (California, USA), Andrea and Clarence Wilcox (Port of Spain, Trinidad), Diane Salmon (Rosedale South, Qld), Carol and John Sedgman (Wahroonga, NSW) and Ian Salmon (Kinchela); 12 grandchildren; 16 great-grandchildren; and a great-great-grandchild. Burnelle had 99 healthy years. She was a dedicated mother, and was faithful and active in her church in Kingston, Jamaica. An excellent gardener, she would often take a beautiful basket of pink roses to decorate the church.

Alwin Hilton, Tapi Mutseriwa

Wigglesworth, Clifford, born 21.11.1918 in Sydney, NSW; died 30.12.13 in Boonah, Qld. On 11.2.1952, he married Myrtle Ida Sutherland in Avondale Chapel. He is survived by his wife; and his children and their spouses, Marilyn and Victor, Michael and

Christine, Jan and Kevin, Andrew and Jenny, John and Charmaine; 15 grandchildren; and two great-grandchildren. As a young adult Cliff read a book left as a gift in his parental home by two colporteurs and it changed the direction of his life. He left the church of his childhood and his sporting interests and became involved in choirs conducted by Romney King for missions and camp meetings. He undertook a number of farming ventures and still enjoyed driving a tractor at nearly 90 years of age. Cliff enjoyed seeing his family very active in the Church and involved in music and outreach.

David E Lawson



Williamson, Phillip James, born 21.4.1933 in Punchbowl Private Hospital, Sydney,

NSW; died 21.1.14 in Cessnock Hospital. On 27.10.1956, he married Jean Vine in the Lakemba Church of England. He is survived by his children, Maree, Peter, Joanne and David (all of Lake Macquarie), Michelle (Qld) and Susan (Sydney, NSW); and grandchildren, Melanie, Matthew and Sarah (all of Lake Macquarie), Bradley, Chloe and Jake (all of Qld). Dad, thank you for our memories of Martinsville, your heaven on Earth. You fought the good fight, rest and enjoy paradise till we meet again. A memorial will be held at 10am on April 10 at The Chapel, Calvary Retirement, 19 Wine Country Drive, Cessnock, NSW.

ADVERTISEMENTS

50th anniversary, Wanganui, New Zealand. August 29-30, 2014. Seventh-day Adventist Church, 62 Dublin Street, Wanganui. To register your interest contact: Jennifer Gaskin by email <Jennifer.gaskin@clear.net.nz> or phone 06 344 2881.

Giant book sale. Sorry, no more sales during 2014 due to church building program. I'll notify next sale date, so please ring Erick on (03) 9763 7653, only evenings, with your name and number. See you then.

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.

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

Finally . . .

Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.—Psalm 37:5

Next RECORD April 5

SUPPORTING MINISTRY POSITION

Traineeships in health ministry. Two positions exist for a one-year program, including several nationally accredited courses including Certificate 4 in Massage. Be trained in a health retreat setting and mentored alongside a team of dedicated professionals including a doctor and dietitian. A great opportunity to become involved in health ministry. Positions commence July 2014. Visit <www.cedarvaleeducation.com.au>, or email <info@cedarvaleeducation.com.au> or phone (02) 4465 1362. Applications close **May 16, 2014.** Cedarvale is independent of the Seventh-day Adventist Church organisation but is supportive of the Church.

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.

VOLUNTEER

■ Volunteer tradesmen needed for fly'n'build in Mongolia.

Mongolian Mission is building four church/community centres this year. We are looking for experienced tradesmen, especially block layers (from mid-May to mid-July), brick layers and carpenters (in July and August) willing to volunteer. The living conditions will be very basic and meals will be provided. People can volunteer from two to six weeks at a time. For more information or to express your interest please contact Anna Downing, Adventist Volunteers, South Pacific Division (02) 9847 3278 or email <annadowning@adventist.org.au>.

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