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Adventists receive Queen's birthday honours

Port Moresby/Wahroonga

Three Adventists were included in this year's Queen's Birthday Honours List for their contributions and services to Papua New Guinea (PNG).

The Honourable Gibuna Gibbs Salika was honoured as a Knight Commander of the Order of the British Empire for "services to law and to the judiciary as a Judge of the National and Supreme Courts and currently as Deputy Chief Justice".

The Honourable John Pundari, who currently serves as PNG's Environment Minister, was recognised as a Companion of the Order of St Michael for his "services to the community as a Member of the National Parliament". He was also acknowledged for his work as a former speaker and deputy prime minister.

Among those honoured in Australia was outgoing Adventist Aviation Services CEO Pastor Roger Millist, who was awarded the Order of Australia Medal (OAM) for "service to international relations through a range of aviation and church roles in Papua New Guinea".

"I feel very humbled to have been nominated and awarded," Pastor Millist said. "My aim in life has always been to put others and their needs ahead of my own, and to serve to the best of my ability using the talents God has given me and allowed me to develop."

Pastor Millist served as a missionary pilot in PNG for 16 years (over two stints). However, he is quick to acknowl-

edge the work of other missionaries who have made a "greater contribution to both aviation and the development of PNG".

"I don't feel I have done any more than many others who have worked and served in PNG over the years," he said. "In accepting this award, I accept it on behalf of all who have served the needs of the remote villages of PNG."

Long-time Sydney Adventist Hospital (the San) volunteer Dr Yvonne McMaster was also awarded an OAM for "service to community health".

According to Sydney's *Daily Telegraph*, the retired doctor began her work as a palliative care advocate after signing up to run a cancer support group at the San in the late '90s.

Dr McMaster was instrumental in the reinstatement of palliative care funding for health services in northern Sydney in 2011. The funding had been cut two years earlier.

—Linden Chuang



Pastor Roger Millist.

First CHIP changes lives in Vanuatu

Port Vila, Vanuatu

Sixty-two people have graduated from the first Complete Health Improvement Program (CHIP) held in Vanuatu.

Participants showed impressive results after the four-week program, including reduced sugar and cholesterol levels as well as blood pressure. Each person also experienced weight loss.

"I have undergone five major operations," said Josephine Garae. "Before CHIP, I felt tired easily and very huge and heavy. CHIP has given me my life back."

Ms Garae said she feels lighter and more vibrant, and that she would "recommend CHIP to anyone who wants to experience living more and being more productive".

The program was organised by the Vanuatu Mission's Health Ministries department, with Carol Boehm from the Trans-Pacific Union Mission (TPUM) serving as host. ADRA Vanuatu also provided financial support.

Participants—nearly half of whom were not Adventist—received their CHIP graduation certificates at a ceremony at Portoroki church on May 14.

During the ceremony, former Vanuatu Government Health director Russel Tamata said he had "never seen any program to be very effective as compared to

CHIP".

"This is an answer to the cries of so many [lifestyle disease] victims, and I am praying to see this roll out nationwide," he said.

CHIP programs began running in the TPUM two years ago as part of the Health Promoting Churches initiative—a comprehensive strategy by the South Pacific Division's Health Ministries department to combat the epidemic of lifestyle disease in the region.

Mrs Boehm returned to Port Vila to conduct a CHIP facilitators training program, with 13 people receiving the skills to host future CHIP programs.

—Rennie Ngwele/Linden Chuang



CHIP participants with their graduation certificates.



Rage against death

Jarrod Stackelroth

It does not take six strong men to carry this coffin—only one. As I stand with the rest of our church family, my friend holds the tiny white box in his hands, the heaviest burden of his life, his wife following as they tenderly place their baby at the gravesite. It wasn't meant to be like this. A first child, joy, excitement, adventure—that's how the story was supposed to go. Yet, after only five hours of life, death claimed another victim.

Solomon tells us there is a season for everything; that everything has its own time (Ecclesiastes 3). Death is on his list—there's a time for that too. And death seems to come in seasons. The first time death crashed full force into my adult consciousness was when my grandfather died. At the same time my wife's grandmother died.

And now it seems like it's the season again. Baby Grace's funeral was the first of three families at our church who lost loved ones within a week. Four colleagues at work also lost loved ones within the same month.

The reality of life on this planet is that we cannot survive it untouched by death. We are surrounded. There is no escape. Yet even though we know that death is certain, it is unnatural to us. We rage against it.

"Do not go gentle into that good night/Rage, rage against the dying of the light," wrote Welsh poet Dylan Thomas after the death of his father.

Thomas lived through the First and Second World Wars and died at 39, poor health and drink contributing to his premature demise. His words denied death but his actions did not defy or delay it.

Like Thomas, Mary and Martha rage when their brother Lazarus dies.

"Lord, if you had been here, my brother would not have died." The words lie still on paper but imagine the depth of emotion below, the ripples of anger and disbelief stirring their surface. The Man who was God, claimed He loved them and was their Friend, had healed countless others and yet was not there when they needed Him most.

Have you ever asked that question? God, why couldn't the doctors do anything? Lord, why her? Jesus, why so young, still in the prime of life?

When someone close to us dies, we curse death, we question God and we either give up hope or become motivated to do better in the short time we have left.

British comedian Ricky Gervais posted this on Facebook recently: "When you're fed up or stressed about life, just remember, you will be dead and forgotten soon, so nothing really matters. Have a great day."

Is that really all there is?

Jesus responds to Martha and all of us with a statement then a question: "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" (John 11:25-26)

Do you believe this? It's hard to believe sometimes, surrounded by death. The resurrection seems so far away.

Jesus makes this statement and then He weeps. He also is deeply troubled and affected by the death of His friend. He knows Lazarus will rise again, He has already told His disciples. But He cries because death is not natural, it is not what we were created for and it moves Him. We are right to "rage" against death because death is not right.

Then Jesus commands: "Lazarus come out." The Word that spoke the world into existence has the final say on death. He proves His power by defeating death, destroying darkness and stopping sadness. God is glorified even through this tragic circumstance.

We must remember that Jesus comes. He came to Lazarus even though His enemies wanted Him dead. Even though He is delayed, He has defeated death. Even though it seems that He's running late, He is coming. He cries with us at the unnaturalness of death, its hideous paleness, its hopelessness. Yet He comes. We need to trust His timing and His strength.

Until He arrives, how do we live?

The funeral of baby Grace was beautiful. There was hope and even laughter among the sadness at her eulogy, and the sure belief that we'll see her again. Her short life and the faith of her parents was a testimony to many that day. How do we continue on living in the shadow of death?

Live by believing. It's the only way to survive.

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"Pastor David Asscherick baptises one of the ARISE graduates."

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



A serious offence

Linden Chuang

A few years ago I was working in a factory in Melbourne. The work was sweaty, smelly and—for the most part—completely uninspiring. The people I was working with could also be tough to handle, particularly when they “proclaimed” the name of Jesus.

Whenever something went wrong, I would hear the name of Jesus echo through the factory. My workmates were genuinely nice people, but their affirmations were obviously meant as profanities and not expressions of faith.

Looking back on my six months at that factory, I’m ashamed to say I never once confronted my colleagues on this issue. Shyness and introversion aside, I should have said something. Not to condemn or cause a fight, but to let them know using the name of Jesus as blasphemy really bothered me.

Then again, does it? Am I offended enough by the misuse of the name of Jesus? If somebody were to abuse my late father’s name, I wouldn’t think twice about voicing my displeasure. How much more, then, should I react to my Saviour’s name being abused!

How about you? When you hear someone blurt out an “OMG”, do you say something or ignore it? What about

when you hear such profanities on TV or in movies? Are you offended? Do you even flinch?

Sure, they’re just words—“sticks and stones” and so on. But if we aren’t brave enough to stand for our Saviour in these small scenarios, how are we going to cope when His name is seriously challenged (see Luke 16:10)?

The name of Jesus is like a precious jewel and we should do all we can to protect it. Yet, our defence also must be conducted “with gentleness and respect” (1 Peter 3:15). It can be counterproductive to shove a Bible in the face of a blaspheming stranger. But for people we encounter on a regular basis and have a relationship with—work colleagues, friends and family—there is no excuse. We need to let them know just how precious the name of Jesus is to us.

“Whoever acknowledges me before others, I will also acknowledge before my Father in heaven. But whoever disowns me before others, I will disown before my Father in heaven” (Matthew 10:32,33 NIV).

The name of Jesus is being misused and abused. Be offended . . . be very offended.

Linden Chuang is assistant editor/digital of Adventist Record.

INSIGHT

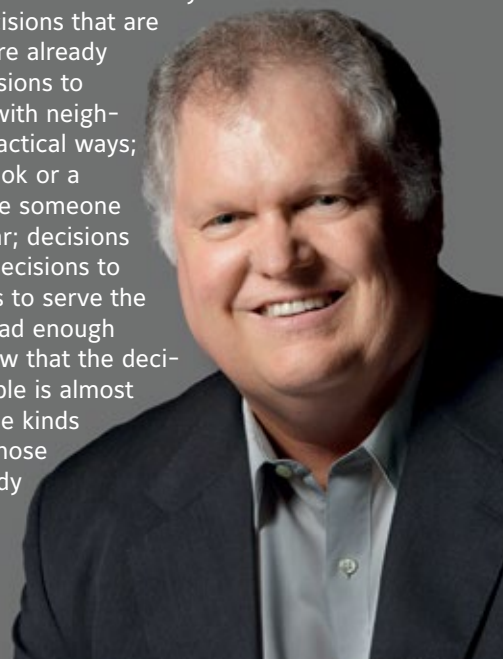
Decisions for disciples in the cities

Sitting in the Executive Committee meetings of the New Zealand Pacific Union this week I listened as the presidents of the conferences and missions shared the plans that are being implemented in 2014 to reach the major urban areas in their respective countries. This is Mission to the Cities.

In French Polynesia 30 evangelistic programs are being run in Faa’a—the city around the airport in Papeete. Most of these will be led by lay people. In South New Zealand there are 18 locations across the South Island where there will be special evangelistic outreach. In North New Zealand our people are concentrating their efforts on the capital of New Zealand, Wellington, which has the lowest proportion of Seventh-day Adventists to population of any major city in New Zealand (1 to 435). In the Cook Islands, a country which has a proportion of one Seventh-day Adventist for every 15 people, the message of hope will be shared in the major commercial district of Rarotonga. In New Caledonia, the Church is about to launch an initiative aimed at the unreached people of the towns and cities in the north of the main island where we

have very few churches and just a handful of members.

We will see many people making decisions to be disciples of Jesus. Just how many decide to do that under the blessing of the Holy Spirit will be directly proportional to the decisions that are made by people who are already disciples of Jesus: decisions to share the love of God with neighbours and friends in practical ways; decisions to share a book or a tract; decisions to invite someone to a meeting or seminar; decisions to share a testimony; decisions to roll up our shirt sleeves to serve the community. We have had enough experience now to know that the decision to become a disciple is almost always motivated by the kinds of decisions made by those who say they are already disciples of Jesus.



Dr Barry Oliver is president of the South Pacific Division.



Clean up

Christian campaign group Family Voice Australia has congratulated internet giant Google for its moves against sexually explicit content. After coming under pressure from Christian and other organisations, Google has removed all pornographic apps from its online store and will no longer accept advertising for sexually explicit material. —*Family Voice Australia*



Under pressure

Christian home-schooling parents in New South Wales say the state government has behaved in a discriminatory manner toward them and has little regard for their beliefs. Last year's crackdown on homeschooling families saw a 600 per cent increase in registration refusals and withdrawals, as well as short, probationary registration periods. —*Eternity Newspaper*



Give life to lifegivers

Adventist Church leaders have spoken out publicly in support of the World Health Organisation's World Blood Donor Day. This year WHO is focusing on the need for blood transfusions by women who experience difficult births. On average, about 800 women die every day from causes related to pregnancy and childbirth. —*ANN*



God on our side

Advertisers' attempts to recruit Brazil's iconic Christ the Redeemer statue to their national World Cup team have triggered a backlash. An inflatable version of the statue wearing Socceroos' colours shocked Melburnians. And Italian church leaders were hot under the collar after a local TV station broadcast an ad depicting the statue wearing Italy's jersey. —*Herald Sun*



Joint submission

Middle Eastern leaders have followed up quickly on Pope Francis's invitation to pray together and have met at the Vatican to focus on peace. Israeli president Shimon Peres and Palestinian president Mahmoud Abbas participated in a historic event where Jews, Muslims and Christians prayed for peace in one another's presence. —*Catholic Herald*



Fallow fields

The Israeli government is encouraging local farmers to resurrect the Old Testament Sabbath year practice, where farmers refrain from planting their fields, one year in seven. Authorities are even preparing to support the farmers financially during the sabbatical year, in order to compensate them for any losses. —*Breaking Christian News*

World Mission Budget Offering 12 July 2014

Everyday nearly 1000 Adventist missionaries serve in more than 200 countries around the world.

Your support of the World Mission Budget Offering on July 12, will help give them resources they need to tell the world about Christ's love.

Thank you for being a part of it!

“Go into all the world and preach the gospel to all creation” — Mark 16:15

ADVENTIST MISSION GLOBAL MISSION

Curry lunch at curry launch

Toronto, New South Wales

"I've always had 'launch a curry' at the top of my bucket list," quipped James Standish. "After tonight, I can finally strike it off!"

The *Adventist Record* editor was among a large group at Toronto church for the official launch of Jomnin, the organisation behind the distribution of Vissot Cambodian curry in Australia. Also there were Adventist businessman Dean Powrie, who spoke about the achievements of the curry venture, and John Menzies of Sanitarium, who provided the technical assistance necessary to bring Vissot to Australia.

And what better way to launch a curry, than to lunch on it? A full spread of curries was provided—for a price. The launch was, after all, about raising money for an Adventist clinic to be built in Cambodia. And, between the cake cutting, curry eating, speech making and chatting, half a crate

load of cash was raised.

"We are very grateful for the wonderful turnout and support," said Ross McKenzie, the medical student who helped found the Cambodian company that makes Vissot. "More than \$A10,000

was generated in sales and investments tonight." Launch organiser Michelle Down said Jomnin now has more than 20 volunteers to help distribute the first crate of curry. "It's fantastic," she said. "This is half-way toward our target."

If you want to be part of the story of bringing jobs and healthcare to the poor of Cambodia, order a distribution pack of Vissot Cambodian curry at: <www.jomnin.org/> or email <contact@jomnin.org>. —*Record staff*



Cake cut to officially launch curry.

PAU awarded HR prize

Port Moresby, Papua New Guinea

Pacific Adventist University (PAU) has received the 2013 Best Non-Government Organisation Award for excellence in human resources management, leadership and organisational effectiveness.

The national awards are a program of the Papua New Guinea Human Resource Institute, an independent body of human resources professionals and academics.

"This is a very major recognition of PAU by the human resource community, and highlights the great work we are doing in this area," said PAU vice-chancellor Professor Ben Thomas, who accepted the award during the Institute's annual conference in Port Moresby.

"I would like to extend my sincere thanks to the HR team and also to all the people managers. You are the ultimate interface with each employee. Your performance in dealing with staff issues and staff development is recognised by the industry. Finally, I would like to thank God for His continued leading and guiding at PAU." —*Kent Kingston*



PAU representatives receive award.

Church leaders look to end youth exodus

Ringwood, Victoria

Adventist youth leaders from across Australia recently gathered at the Australian Union Conference (AUC) headquarters in Melbourne to discuss the ever-increasing problem of young adults walking away from the Christian faith.

According to a study by David Kinnaman (Barna Research) called *You Lost Me*, 85 per cent of 18 to 25-year-old Christians in western societies are leaving church.

"While we don't believe the statistics are this high in the Adventist Church, we do know that whatever the percentage is, it is way too high," AUC Youth Ministries director Pastor Jeff Parker said.

During the two-day meeting earlier this month, youth leaders highlighted a number of areas they want to focus on over the next two years to help keep young adults in church.

The strategy includes a renewed emphasis on local church youth ministry, increased support for the Adventist Students Association, and the re-establishment of the

Institute of Youth Ministry (IYM) for pastors across Australia.

Conference presidents voted unanimously to support the strategy. They also presented to the AUC Executive Committee a proposal for a National Youth Summit to take place in 2015.

The summit will serve as a platform for church leaders to engage directly with young adults in Australia.

"It will be exciting to see what happens as we move forward as a Church united on keeping the youth of our Church from walking away," Pastor Parker said. —*Linden Chuang/Jeff Parker*



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Baptisms a highlight of ARISE grad

Kingscliff, New South Wales

Terry Short, one of 12 baptised at a recent ARISE Bible school graduation at Kingscliff church, shared with the congregation how he has had a traumatic life. He described how a couple of months ago he looked up at the sky and said, "I just want someone to love me." Three days later, two ARISE students came to the door.

"They were standing there offering me a path to peace—*Steps to Christ*—and hearing a testimony from one of the ladies, I decided to snatch the book out of her hand—she nearly came with it," he joked. "From there it has been a rollercoaster of joy, love and understanding, and knowing about God—He already knew me."

Another of the 12, Laurene Edwards, described herself as "your everyday single mother trying to make her way in the world, who has been a lost soul for many years, until some beautiful people showed her a light."

Ms Edwards had been into the "new age" for many years and was confused spiritually. Early last year she asked God to show her the truth, and a few weeks later her mother handed her a flier about upcoming health talks at Tweed Heads South, during the inaugural ARISE Australia program. She attended and then stayed for the prophecy seminar. Her car broke down during the program and she was stunned when a couple of the students turned up on her doorstep offering to drive her each night! Soon she was going to Kingscliff church each Sabbath. "It felt like I'd found what I'd been searching for, for many years. I just felt like I'd come home," Ms Edwards said.

North NSW Conference president Pastor Justin Lawman said: "We're seeing young and old people just getting involved in ministry and confident to do that, knowing that God's going to bless their efforts. I think we live in really serious times in the earth's history and this young generation of people is like nothing I've ever seen before. I can really see that God is doing something special." —*Summer Lockley*



One of 12 candidates baptised.

July 5—19, 2014

READING THROUGH THE BIBLE TOGETHER
ONE CHAPTER A DAY

5 – Ezek. 8	9 – Ezek. 12	13 – Ezek. 16	17 – Ezek. 20
6 – Ezek. 9	10 – Ezek. 13	14 – Ezek. 17	18 – Ezek. 21
7 – Ezek. 10	11 – Ezek. 14	15 – Ezek. 18	19 – Ezek. 22
8 – Ezek. 11	12 – Ezek. 15	16 – Ezek. 19	

Ordination committee completes work

by Barry Oliver/Ray Roennfeldt

The Theology of Ordination Committee—comprising 106 Adventist men and women of diverse ages, ethnicities and professions—has now completed its work.

Set up by the leadership of the General Conference (GC) in September 2012, the committee was appointed in response to a request made at the 2010 GC session in Atlanta. It was given two primary questions to answer: What is the theology of ordination from a biblical perspective?; and, What should the implications of this theology be for Seventh-day Adventist practices, including the question of women's ordination?

In response to the first question the committee initially agreed on a consensus statement on the theology of ordination from a Seventh-day Adventist perspective. This document, together with all of the documents that have been presented to the committee, may be accessed at www.adventistarchives.org/gc-tosc.

The committee spent most of its time considering the second question. Presentations were made looking at many different aspects of the discussion. There were those who presented from a position that supported only the ordination of men, and those who presented from a position that supported the ordination of both men and women. All presentations were biblically based as attempts were made to substantiate each viewpoint on the basis of the teaching of Scripture.

However, despite a thorough process, no consensus was reached and committee members arrived at three viewpoints:

1. Those who believe that only the ordination of men is supported in Scripture have asked that the Church not proceed to permit women to be ordained, and that previous decisions that have allowed women to be ordained as elders and deacons be reversed so that in the future only men are ordained to any office that requires ordination in the Seventh-day Adventist Church.

2. Those who believe that the ordination of both men and women is supported in Scripture have asked that appropriate decisions and action be taken, starting at the GC and proceeding through the divisions, unions, conferences and missions, which allow those organisational units of

the Church that wish to proceed to ordain both men and women to do so, and those organisational units that do not wish to proceed, not to do so. Unity would be preserved by allowing diversity of practice in an area that is not part of the central fundamental beliefs of the Church.

3. Those who believe that male headship is the general pattern in Scripture have asked that this ideal be upheld while allowing that there may be circumstances that allow for exceptions in areas for which there is no universal divine command or salvation imperative. In light of factors such as the priority of mission, the importance of church unity and the principles of Christian liberty, it is recommended that denominational leadership at the proper level may be authorised to decide whether or not to ordain women with no pastor, church employee, organisational unit or local church being compelled to support the resulting diversity.

A survey was taken of the attendees at the final committee to ascertain support for each of these positions. Each person was asked to nominate the position they supported, and if they wished, nominate their second and third choice. The results were as follows:

32 chose Position 1 as their first choice.

40 chose Position 2 as their first choice.

22 chose Position 3 as their first choice.

While there remain many who are opposed or have reservations about the ordination of women to the gospel ministry, it may be significant that approximately two-thirds of those participating were willing to allow the ordination of both men and women, at least in some circumstances.

The next step in the process is consideration of the recommendations by the leaders of the GC who will advance the discussion to the floor of the Annual Council of the GC Executive Committee. From there it will proceed to the GC session in San Antonio in 2015. Please pray that the hand of God will continue to be seen in the consultation process and that He will direct the Church in the decision-making process.

Dr Barry Oliver and Dr Ray Roennfeldt were South Pacific Division representatives on the Theology of Ordination Committee.



Early morning chill

by Leesa Briones

I FIGHT SLEEP IN THE EARLY MORNING CHILL, DEBATING whether to get out of bed. I slide on my slippers. A chorus of birds grows louder as I tiptoe down the hall to check on my little girl. She is breathing quietly under a mountain of quilts. My only concern for the day is planning her birthday party.

On the other side of the world a woman lies awake. Her large, luminous eyes widen every time she hears footsteps. What will happen to her children when her baby girl turns two? Her little girl will understand what a birthday is, but she will not understand what it means to kiss Mummy goodbye for the last time. Will her children be taken by the relatives who accused her of adultery and apostasy, knowing that the Sudanese government would give her 100 lashings and the death sentence?

She pictures her husband Daniel's reunion with his little boy. She hears him cry out, "Martin!" He looks as if he wants to leap from his wheelchair. He embraces his son and cradles his head, protectively. "Be brave, Meriam," the mother whispers to herself, but her heart stabs with loneliness. If only Daniel could have seen the birth of their little girl. "I want to be there for them always, but I won't deny Jesus." She hugs her children in the early morning chill.

Two mothers, so far apart. Is it enough for me to mutter a morning prayer for Meriam?

Jesus' disciple James would disagree. He states: "Even so faith, if it hath not works, is dead, being alone" (James 2:15). James says I need more than words, but how can I help? Perhaps I am not important enough to make a difference. Or can I find a solution between idealistic extremes and well-meaning words? Something I can do for modern-day martyrs—those faithful to Jesus though they suffer and may pay the ultimate price.

I look up the "Voice of the Martyrs" website to find that letter-writing can be a form of advocacy. Benefits of letter-writing are: the prisoner knows they are not forgotten; better treatment; lighter sentences; earlier release times.

I look up a link to Amnesty International. From there I can email, send a letter or even send a text message to

petition the Sudanese authorities. I can also give a donation. Amnesty International estimates more than half a million people are calling for Meriam Ibrahim's release. Ordinary people like me.

I look up ADRA Australia (Adventist Development and Relief Agency) to see what they are doing in Sudan. Poverty and desperation are a factor in the spread of oppressive religions because alongside force, bribery (money, houses, marriage partners and more) is an efficient way of gaining "converts". Supporting ADRA's work to care for and empower the communities of Sudan improves the situation for every Christian living there.

Also, though a hasty prayer may not mean much, there

are whole prayer ministries praying for Christians suffering persecution. Jesus' words come to mind: "for where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20). I see thousands of appeals for Meriam rising to the Supreme Ruler of the universe. I think about what happened to Pharaoh when he ignored God's command,

"let my people go" (Exodus chapters 5–12). I realise God is powerful and will not forget His child in prison but He also gives me the privilege to do my part.

I recall CS Lewis's words in *Mere Christianity* as he refers to "the frightening parable of the sheep and the goats [that] seems to be the point on which everything turns".

"Then shall the righteous answer him, saying, Lord . . . when saw we thee sick, or in prison, and came unto thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Matthew 25:37–40).

* Texts from KJV

<http://www.dailymail.co.uk> "Wife set to hang for marrying Christian US citizen gives birth to baby girl in squalid jail."

<http://www.theguardian.com> "Sudan death sentence woman gives birth."

<http://www.amnesty.org> "More than half a million call to free pregnant woman sentenced to death."

<http://www.vom.com.au> "Pregnant Mother Sentenced to Death."

Leesa Briones writes from Melbourne, Victoria, where she lives with her husband and daughter.



R

HEALTH FEATURE

with special guest Dr Darren Morton

Can air make you fat?

If you look at an “obesity map” of the United States, Colorado stands out as the “thinnest” state. But why? It might be something in the air.

A study has found that people living at higher altitudes are less likely to be obese, even after taking into account their lifestyle practices. The study showed that people living less than 500m above sea level were five times more likely to be obese than those living above 3000m. Unfortunately, the highest peak in Australia is only 2228m and we can't live permanently up there! In Colorado, however, the air gets real thin!

One explanation for why thin air might be thinning is that it causes biochemical changes that suppress appetite.

But there's more to air than just how thin it is. Other researchers are suggesting that rising CO₂ levels in our atmosphere might be contributing to the obesity epidemic. Atmospheric levels of CO₂ have increased by about 50 per cent in the past 50 years, over which time we have seen a doubling in obesity. But even if this 50 per cent increase isn't enough to affect us, the CO₂ levels in the air inside buildings might be as they can be 20 to 100 times higher than outside. Certainly, many of us now spend a lot more time indoors.

What's the take away message? Get outside and go climb a mountain! Or at the very least, open a window when inside. It adds an interesting insight to Ellen White's prescription for good health, which includes “fresh air”.

For more tips follow Dr Darren Morton's blog www.drddarren-morton.com or like him on Facebook!



Beetroot hummus

Preparation time: 10 minutes

Cooking time: 20 minutes Serves: 6

2 beetroot, trimmed, washed and halved

1 ½ cup canned chickpeas, drained and rinsed

3 tablespoons tahini paste

2 cloves garlic, peeled

3 tablespoons lemon juice

2 tablespoons

vegetable stock

3 drops tabasco sauce

1. Microwave beetroot on HIGH for 10-15 minutes or until tender. Slip the beets out of their skin and roughly chop.

2. Place beetroot and all of the other ingredients in a food processor and process until smooth.

3. Serve as a dip with toasted pita bread and fresh vegetables. Serves 6 as a starter.

NUTRITION INFORMATION PER SERVE: 360kJ (85cal). Protein 4g. Fat 3g. Carbohydrate 9g. Sodium 220mg. Potassium 275mg. Calcium 40mg. Fibre 3g.



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

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Anyone but him, please God!

by Linda Brooks

HIS EVERY BREATH WAS A RASPING STRUGGLE. He sucked air into a chest that heaved and swelled like an ancient tide on a decimated beach. He was dying. The only spark left was in his sunken grey eyes.

The ambulance trolley squeaked as it rolled down the corridor of Male Medical. The old man rattled. He was propped up, never to lie flat again. When he spoke, his voice was a strangled whisper. The ambulance men with their big square shoulders chatted to each other; effortlessly young and full of life.

It was late in the day. We settled him into cool white sheets. We spread a woven cotton blanket over his thin frame. He waved it away. The weight was too much. His daughter, a tall, graceful woman with a measured step and quiet control, bent low, her ear close to his mouth to catch his words. I shrank back; I could never do that. To be so close to a man more dead than alive; more departed than present.

I bargained with God. I would do anything, take care of anyone, just not him, anything but that. I was too vulnerable, too human. I was clinging to myself the way the old man was clinging to life. I feared myself more than I feared his death, but I also feared his death; his final journey. How would it affect me watching him die? I had never seen a dead body. That empty building left after the essence of humanity has departed.

God ignored me. At the end of the shift I checked the allocation sheet for the next morning. His name was at the top of my patient list. Given more than I could bear, I railed at God, the universe and life itself. I woke stiff with fear; weighed down with dread. I shuffled onto the ward with leaden rebellious feet and heavy heart. I would attend him first, get this burden out of the way; over with.

He was propped up exactly as he had been the night before. Alive; still. His eyes turned slowly towards me. There was no fear in them to match mine; only calm acceptance. And intelligence; this surprised me. I thought his mind must surely have betrayed him in the same way his body had; but no. I bent to hear his words. I leaned in close to hear death's whisper. He was in the waiting room on the cusp of eternity, and I was trapped there with him. The vibration of his voice felt strange against my ear; so little breath, so little life. He was a shipwreck that refused to sink and leave us surviving mortals to believe in "beauty" and "forever". He was a monument to the futility in us all.

The other nurses seemed far away with their laughing strides down the corridors. The murmur of daily complaint and the metallic sounds of a nurse's world barely reached me. Outside there was bundling of linen, ringing of phones, buzzing of call bells. A doctor's low rumble as he gave

instructions, wheels on trolleys, aromas from the kitchen—these intruded, only a little, then receded.

I ministered to him. His name was Jack. I asked if he wanted a shower or a bed bath. I posed my questions so that a simple nod would suffice. His lips strained at the side—a smile? There was no whimpering despondency in his manner. No hasty frustration in the wave of his hands. I took my time. When he was shaved, cleaned and dressed in new flannelette pyjamas a skeletal hand beckoned me to his ear. A tear was glistening in his eye.

"Thank you," he whispered, "you're beautiful."

I loved him. I hadn't wanted to be near him; now I didn't want to leave. I read to him. I told him about the world outside his door. I nursed him for five days. Five privileged, beautiful days and when he died he took the inevitable piece of me with him, but he left the bountiful gift of the beauty of his spirit. When I next recognised fear in my heart, I would not shrink but accept; embrace. Forevermore I could sit with death, and not tremble. God had taken me to the edge, then freed me. He had not granted my request, but had gifted me with something more—something immeasurably precious.

We took him to the basement morgue, Sam, Estelle and I. Sam was a senior nurse; a tall blond Canadian with a gentle nature. Estelle and I were new and had never been to the morgue. We were skittish and afraid. Sam smiled indulgently at us. All the way down to the morgue in the lift, Estelle and I talked too much; nervous chatter filling the silence.

Sam understood. We told him we were glad it was him with us on our first time and not one of the "mug lair" male nurses taking every opportunity to torment new nurses with practical jokes. He grinned broadly and reassured us, telling us exactly what we would see and experience.

We positioned Jack's body and I patted the sheet with an affectionate farewell. The water pipes in the old building rattled loudly; an exact replica of Jack's breathing. Estelle and I let out identical screams and clung to Sam.

"Well," he said. "This is better than anything a practical joke gets; two women in my arms screaming."

Our screams became hesitant giggles of relief. We walked from the cold room, down the cool corridor, into the warm sunlight, arm in arm. We crossed the gardens, jumping plants and walking on the forbidden grass—defying the rules. We were young; we were alive.

As I looked up, enjoying the warmth of the sun on my face, I remembered my last conversation with Jack.

"God sent you to me," he had whispered.

"No Jack, God sent you to me."



Linda Brooks won the Manifest Creative Arts Festival's Signs Publishing Writing Prize for 2014 with this piece.



Me and my stuff

by Kriselle Dawson

FORTY PER CENT OFF! BUY ONE, GET ONE FREE!
Sale! New season! Clearance!

I'm sure I'm not alone in feeling as though every time I drive past a billboard, find a store catalogue in my mailbox or turn on the television I'm being bombarded with messages that I need more stuff. That the stuff I have is not good enough, not fast enough, not the right colours, not new enough. And many times, I confess, I have succumbed to clever marketing, buying yet another item that I really did not need at an awesome price, rarely considering the broader ramifications of my well-intentioned purchase.

In my ignorance I have somehow managed to overlook our Church's stance on this behaviour. Here's an excerpt from the Church's official statement on the environment: "Seventh-day Adventists advocate a simple, wholesome lifestyle, where people do not step on the treadmill of unbridled consumerism, goods-getting and production of waste. We call for respect of creation, restraint in the use of the world's resources, reevaluation of one's needs and

reaffirmation of the dignity of created life."

When I read this paragraph I was gobsmacked. I had already made some monumental discoveries in the realm of sustainable living and was pleasantly surprised that what I was reading (and now trying to put into practice) was exactly what our Church stands for, yet I'd never heard it from a pastor or read it in Adventist-published material (which is no reflection on what may or may not be out there, just an indicator of my sheltered, materialistic existence).

So why exactly do we as a Church care about our environment? First and foremost, as Christians we affirm the biblical account of creation: "Then God saw everything that He had made, and indeed it was very good" (Genesis 1:31). We acknowledge that everything belongs to God and comes from God, as the psalmist stated so eloquently in Psalm 24:1,2: "The earth is the Lord's, and all its fullness, the world and those who dwell therein. For He has founded it upon the seas, and established it upon the waters." We believe that God set humankind over all of His creation as

its keeper and guardian (Genesis 1:28 and 2:15), and hence we have some inherent responsibility in protecting and preserving it.

A big wake-up call to me was watching a YouTube video about albatross living on Midway Atoll in the North Pacific, about 2000 kilometres from the nearest inhabited island. Twenty tonnes of plastic garbage wash up there every year, with five tonnes of that being fed to albatross chicks by well-meaning parents who confuse brightly coloured plastics for brightly coloured marine animals. Approximately one-third of the albatross chicks die and their decomposing bodies are found to be full of plastic junk—bottle caps, cigarette lighters, toys, etc. The albatross are not the only creatures affected, and nor is Midway Atoll. It just happens to lie at the edge of the Great Pacific Garbage Patch, a marine dump if you will, where plastics get partially broken down, leaching chemicals into the sea, and where plastics at various stages of degradation enter the food chain.

Another ecological consideration is that many of our world's natural resources are running out. As much as 80 per cent of the world's forests have been destroyed or irreparably damaged. Not only does this mean less trees, but it also contributes approximately 20 per cent to world greenhouse gas emissions and means that less carbon dioxide is recovered from our atmosphere.¹ Thirty-five per cent of the trees cut down are used for paper production. Incidentally, world consumption of paper has increased 400 per cent in the past 40 years.² Whoa! Are you sure you really need that one-use paper wrap for your Christmas gifts, or a whole page for a small drawing or even another book to add to your already bulging bookshelf? What about that clean, fresh water you pour into your swimming pool, use to wash your vegetables and hose down your driveway with? Did you know that the Food and Agriculture Organisation of the United Nations is predicting that by 2025 1.8 billion people will be living in countries or areas with absolute scarcity of water?³ Only 2.5 per cent of the water on our earth is fresh water, and of that 70 per cent is locked away as ice and permanent snow cover.³ It kind of makes you think twice about removing the flow control valve on your shower head for a more invigorating shower! What about oil, natural gas and coal? Do we really need to drive to the supermarket to pick up that loaf of bread, or could we walk or ride a bike? Are you sure you need to run the air conditioner rather than open up the windows and turn on the fan? Every choice we make has ramifications for us, others on our planet and even for our progeny.

It is possible in a blessed country such as Australia to forget the domino effect of poor consumer choices, but it is all too evident in other parts of the world. In order for

you and I to enjoy low prices someone, somewhere has to work hard for extremely low wages, typically in an Asian country, possibly a child. In order for us to enjoy clean air someone, somewhere has to breathe in the pollution generated by the factories making the items that we so freely consume. Did you know carbon dioxide emission reductions in rich countries have at least partially been a result of outsourcing manufacturing to China and other developing countries? China has some of the most polluted air on earth with levels being hazardous in some regions for prolonged periods. Perhaps even more disturbing is toxic waste dumped illegally by developed countries such

as Australia in developing countries such as China and India, and in Africa. The toxins contained in the mobile phones, computers, monitors and other electronic goods include lead, mercury, cadmium, arsenic and flame retardants. These are causing harm to both people and their environment. This is a growing world-wide problem as you and I buy and discard more and more electronic goods to keep pace with improvements in technology.

Fortunately we can have an impact through the three Rs—recycle, reuse and reduce. Recycle what is possible—eg. plastic water bottles can have a new life as school bags, aluminium cans can be melted down and used to manufacture yet more aluminium cans, paper can become yet more paper. Reuse those things that can get another chance at life—eg. buy secondhand clothes, use glass jars as kitchen storage containers and for jam, convert an old TV cabinet into a play kitchen for your daughter. Thirdly, and perhaps most importantly, reduce the amount of waste we produce in the first place. This means putting careful thought into every purchase. Do I really need this? Could I spend more on something of better quality that will last longer? Is there a green option available?—eg. a lunchbox made of recycled materials, an item in cardboard rather than plastic packaging, using reusable storage containers instead of plastic wrap for leftovers and sandwiches.

It's time that we as Seventh-day Adventists took a decided stand to live the environmental principles espoused by our Church and ordained by God, Creator of all. ✠

¹ Martin S. Paper Chase. Ecology Global Network. 2011 [cited 10/6/14]. Available from: <http://www.ecology.com/2011/09/10/paper-chase>.

² Faeth P, Weinthal E. How Access to Clean Water Prevents Conflict. The Solutions Journal [internet]. 2012 Jan [cited 10/6/14];3(1). Available from: <http://www.thesolutionsjournal.com/node/1037>.

³ Freshwater Crisis. National Geographic. [cited 10/6/14]. Available from: <http://environment.nationalgeographic.com.au/environment/freshwater/freshwater-crisis>.

Kriselle Dawson and her husband are missionaries at Papua New Guinea Union Mission, Lae, Papua New Guinea.



Gift from on high

Fiji's High Commissioner to India, Vinod Kumar, presented Indian musical instruments to a number of organisations and schools at the LIC building in Suva in late May. The donation to the Adventist Church included a guitar and a *dolak* (drum) as well as a Good News Bible. The Church's Frontline Missionaries team will use these gifts in its outreach to local Indian churches. —*Epeli Bogitini Saukuru*



Praise in Port Vila

The "Sounds of Hope" Adventist Music Festival was held in Port Vila, Vanuatu, June 8-12, with local residents packing the Fresh Wota field for the free evening concerts. The festival featured Adventist choirs and musicians of all ages, and was broadcast live on Hope Channel (for viewers in Port Vila and Luganville) and streamed online. —*Adventist Media: Vanuatu*



Giving thanks

In celebration of National Day of Thanksgiving in Australia on May 31, Raymond Terrace (NSW) church members delivered packages of home-baked biscuits to local bus and taxi drivers, as well as travel agency workers. All gifts were received with great surprise and gratitude. —*Mary Fedorow*



Camp for camp managers

Adventist camp managers from Australia and New Zealand and their families came together at Howqua, Victoria, in May to train, network and, most importantly, relax. "Our camp managers are amazing people," said Australian Union Conference Youth Ministries director Pastor Jeff Parker. "It's a tough job and we could not run camps without their special skill set. More decisions for Christ are made at our campgrounds than any other place in Australia or NZ." The six-day camp, organised by the South Pacific Division and AUC Youth Ministries departments, included a day out in Victoria's high country and talks by Avondale College lecturer Paul Bogacs. —*Jeff Parker*



Mission in Paradise

A team of health professionals led by Solomon Islands Mission (SIM) Health Ministries director, Dr Silent Tovosia, visited Paradise on New Georgia Island in May. The trip was part of a medical tour of the area, with a team of doctors, dentists and nurses from the Taiwanese embassy treating more than 250 people over two days and three nights. Approximately 1000 people also attended the team's evening health lectures. "This [trip] has shown the love of Jesus in a practical way, and opened hearts to the Adventist message," a statement from SIM said. —*TPUM newsletter*



Meal for mums

Narromine church (NSW) hosted a "Mother's Day Appreciation Banquet" on May 10, with mothers of the church being pampered with a four-course meal. Fathers and children served as waiters, and also provided the evening's entertainment. —*Rangi Eiao*



Service down south

Christchurch Adventist School's (CAS) Year 9 and 10 students hosted a Week of Worship at Southland Adventist Christian School (SACS) in early June. CAS teacher Jean Marc Risuleo served as guest speaker for the week, with students performing songs, puppet skits and science experiments as part of the program. The CAS team also spent time with SACS students during recess and lunchtime, and even helped out in some classes. —*Tracey Ling*



Goodbye and hello

The Pacific Tertiary Evangelistic Centre (PTEC) celebrated its final worship service at the University of the South Pacific in Suva on May 31. The young and vibrant congregation, made up of Pacific Island students, families and friends, have met at the university's N111 lecture hall for several years. The church moved into their new home on Grantham Road on June 22. —*Joe Talemaaitoga*

Caffeine's effects

by Paul Rankin

STARTING THE MORNING WITH A CUP OF COFFEE IS a ritual for some and meeting with friends over a latte has become an integral part of our lifestyle. Having grown up a Seventh-day Adventist though, I was taught not to consume caffeinated drinks. This belief was reinforced with quotes from Ellen White such as, "In relation to tea, coffee, tobacco and alcoholic drinks, the only safe course is to touch not, taste not, handle not" (*Ministry of Healing*). In recent years though, a number of people have voiced the opinion that the Church's traditional stand on caffeine is outdated. The Adventist Health and Lifestyle Survey 2012 reflects this, showing that more and more Adventists are consuming caffeinated beverages on a daily basis. Am I missing one of life's great pleasures by adhering to outmoded health counsel? Or are there good reasons to forego a "caffeine fix"?

Caffeine is contained in a wide range of drinks and in some foods too. These include tea, coffee, chocolate and, more recently, the so-called "energy drinks".

Food/Beverage	Caffeine content
Instant coffee (1 tsp/cup)	60–80 mg/250 mL cup
Percolated coffee	60–120 mg/250 mL cup
Instant decaffeinated	2 mg/250 mL cup
Tea	10–50 mg/250 mL cup
Coca-Cola	36–50 mg/375 mL can
Milk Chocolate	20 mg/100g bar
Energy Drinks (eg Red Bull)	80 mg/250mL can

Table 1: Caffeine content of selected foods (source: ANZFA caffeine report, 2001 and Choice Magazine online (Sept, 2001)).

The main effect of caffeine is its ability to block the Adenosine A1 and A2 receptors.¹ This action prevents a person from feeling tired, giving the illusion of endless energy. Furthermore, it can provide an increased sense of wellbeing, happiness, energy, alertness and sociability. Sounds good. However it is not all good news. Caffeine has long been recognised as an addictive drug. Just ask a regular coffee drinker about the withdrawal symptoms when they go for two or three days without a cup of coffee. But what effect does it have on the body?

Caffeine is a stimulant, which is why people use it to keep them awake for long drives or all-night study sessions. This stimulating effect can produce anxiety, jitteri-

ness and sleep disorders. But the effects of caffeine are not just limited to the mental. Italian researchers have found that relatively low doses of caffeine can produce significant cardiovascular side effects, affecting the lining of the blood vessels² in particular. High doses of caffeine have also been shown to cause major cardiac arrhythmias and, in extreme cases, death. A study published in 2013 found a positive relationship between all causes of death and high coffee consumption for men and women under the age of 55. High coffee consumption was defined as four or more cups a day³. Caffeine consumption has also been linked to a number of other health issues, including miscarriages⁴, osteoporosis and incontinence⁵.

A rapidly increasing concern though is the impact of caffeinated energy drinks on teens. While a can of energy drink contains a similar amount of caffeine to a cup of coffee, it is not uncommon for young people to drink 2 or 3 cans per day. We are now seeing high-strength "energy shots" too, containing up to four times as much caffeine as a regular cup of coffee⁶. Last year an article published in the *Medical Journal of Australia* reported that the Australian Poisons Information Centre had received 297 calls about poisoning from caffeinated energy drinks between 2004 and 2010. Most of the calls were for teenagers: 128 required hospitalisation and 21 of these involved signs of serious cardiac or neurological poisoning⁷. The American Academy of Paediatrics has now stated that energy drinks have no place in the diet of children or adolescents due to their stimulant content.⁷

A fundamental principle of Christianity is choice. My research has led me to accept that our Church's counsel to avoid caffeinated drinks still has validity, and I for one choose to enjoy life without the need for a "caffeine fix". ➤

1 Fedorow & Grant. The effects of caffeine on the human body and brain: Australian Research Institute, 2006.

2 Buscemi S, Verga S, et al. Acute effects of coffee on endothelial function in healthy subjects. *Eur J Clin Nutr* 2010; 64(5): 483–9.

3 Liu J, Sui X, Lavie CJ, et al. Association of Coffee Consumption With All-Cause and Cardiovascular Disease Mortality. *Mayo Clin Proc* 2013; (o).

4 Greenwood D, Alwan N, Boylan S, et al. Caffeine intake during pregnancy, late miscarriage and stillbirth. *Eur J Epidemiol* 2010; 25(4): 275–80.

5 Energyfiend. Redline Power Rush. 2013. <http://www.energyfiend.com/caffeine-content/redline-power-rush> (accessed 23 Oct 2013 2013).

6 Gunja & Brown. *Energy drinks: health risks and toxicity*. *MJA* 2012; 196(1): 46–9.

7 Pomeranz JL, Munsell CR, Harris JL. Energy drinks: An emerging public health hazard for youth. *J Public Health Pol* 2013; 34(2): 254–71.

Paul Rankin is an associate director of Adventist Health at the South Pacific Division.

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R MY MINISTRY

Tag team for God

We don't really think about it, but church life is an unending cycle of events. Some planned very well. Some, in candour, not. And if you work for the Church in administration, you can rest assured that you will find yourself planning events – whether that's your talent or not.

But what if your speciality is research and deep biblical scholarship? You'll be planning events. Powerful preaching? Planning events. Developing complex resources or in-depth programs? You'll still find yourself planning events. From camp meetings to camporees, from music concerts to evangelistic series, from spiritual emphasis weeks to highpoint weekends, from retreats to reunions. Events, events, events . . .

I know, because that has been my life for the past 10 years. And, frankly, if I never planned another event in my life, it would be all good!

Fortunately, there is a new alternative. Mother and son team, Caroline and Daniel Laredo, have started 4HG, using their unique combination of God-given talents to glorify Him through organising outstanding events, in addition to their media productions.

"Imagine if all our Adventist events were of the highest quality," observes Caroline. "We know Adventists are flocking to events like the Hillsong Colour Conference. These kinds of events are very professionally produced. Adventists have such a wholistic message. Wouldn't it be wonderful if our events embraced the same level of professionalism—totally for His glory?"

"Obviously, it isn't all about style. Substance is critical," notes Daniel, "but when we look at the way God precisely laid out the elaborate worship services in the Bible, we get the impression that He cares about how things are done. Nothing is second rate. As we're told, God wants us to be the head, not the tail. This takes dedication, skill and focus, only made possible under His power."

Daniel has organised a number of high profile music events in America and Australia and works in print and digital media. Caroline has years of experience organising camp meetings, spent time as a successful retail bank manager, and has worked in television ministry in WA and Sydney. Daniel and Caroline managed the design and promotion for Jose Rojas's recent events in Sydney. To learn more about 4HG, visit: <4HG.com.au>. —James Standish



OPINION POLL

How often do you drink caffeinated drinks?

- ☐ When I really need a boost
- ☐ Never
- ☐ Once or twice a week
- ☐ Daily
- ☐ Multiple times a day

Visit <record.net.au> to vote.



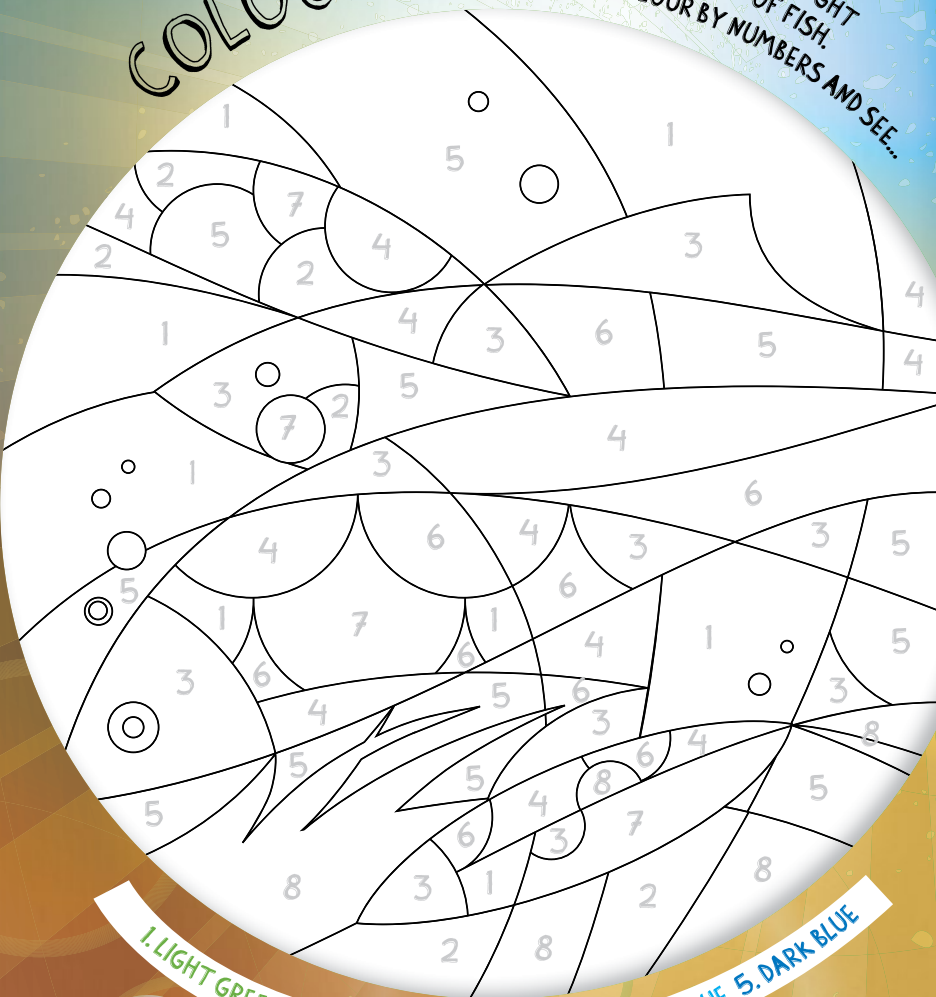
Kids' Space



SHALOM KIDS!

JESUS WAS PREACHING BY THE SEA. THERE WERE SO MANY PEOPLE LISTENING THAT JESUS ASKED TO STAND IN PETER'S BOAT. LATER THEY ALL WENT FISHING. JESUS TOLD SIMON TO PUT DOWN HIS NET IN DEEP WATER.

COLOUR ME IN THE DISCIPLES CAUGHT A WHOLE LOT OF FISH. COLOUR BY NUMBERS AND SEE...



1. LIGHT GREEN 2. DARK GREEN 3. ORANGE 4. LIGHT BLUE 5. DARK BLUE
6. PURPLE 7. YELLOW 8. BLACK

MEMORY VERSE

"COME FOLLOW ME," JESUS SAID, "AND I WILL MAKE YOU FISHERS OF MEN."
MATTHEW 4:19

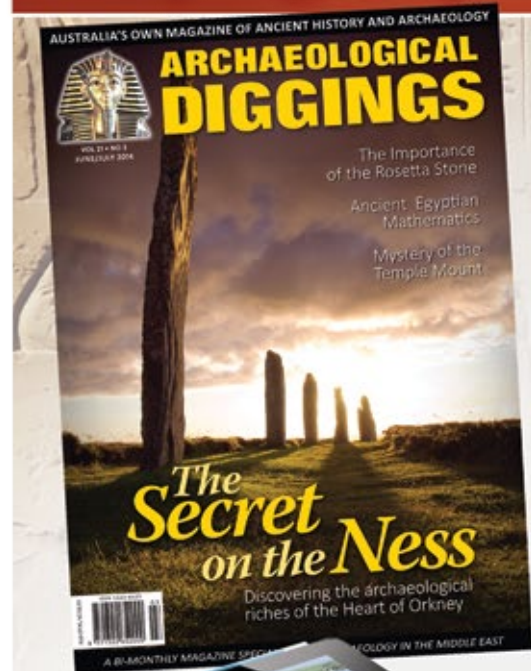
SERVICE MESSAGE

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Pastor Leone Uluitoga Tubuna

I had a very difficult early family life. I was adopted by my uncle—my mum's brother. He and his wife had no children.

I only found out I was adopted when I was seven years old. I was very surprised. When I was nine, my adoptive parents separated. I stayed with my adoptive mum even though she was not biologically related to me. She was heartbroken when my dad left.

I couldn't go to public school as I didn't have a birth certificate, which was required at the time. At nine years old, I went into Grade 2 at the Adventist school. It was the only school that would accept me even though I came from a Catholic family.

As I grew up I remained Catholic—I was the only Catholic in my class. But the Bible classes and worships made a very big impact on me. In grade 8 I gave my life to God and was baptised into the Adventist Church.

After my adoptive parents separated, we were desperate to survive. My adoptive mum had to work. She had high expectations as I was her only child. She gave everything to put me through school.

She was happy when I joined the Church as there was a lot of peer pressure in my village to get into bad things. So it was a move away from that.

In the last years of her life my mum followed me into the Adventist Church. She decided to get baptised but tragically she died beforehand.

I thought about becoming a lawyer but I couldn't afford the fees. So I had to leave school in grade 10.

In 1992 I went to a layman's school and that gave me a desire to be a pastor. I felt the call of God. I felt small, as I hadn't finished high school. But in 1995 I enrolled in Fulton College.

Now I'm the district director for Fiji's Nadi District. We have three pastors in this district, 18 churches that meet in three languages—Fijian, Hindi and English.

I'm a dad now myself. I love my children and I'm determined that they don't go through what I did. My wife and I have three daughters. One of them is adopted just like I was. She was my niece. She's 23 years old now. From my hardship, I always aimed to treat her with the same love and care as my biological daughters. Just like my mum treated me.

I loved my mum very much and I still miss her today. —with James Standish



MYSTERY HISTORY



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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.

CHURCH CULTURE

Brian Lemin, NSW

Though I found the article "Why don't Adventists wear blue tassels?" (Feature, May 31) interesting, it was disturbing in some respects. Many Adventists will not be impressed with the statement: "... eating meat is not a sin—as even Jesus ate meat".

I checked in vain the 19 references to find even one Spirit of Prophecy quote. Why would we quote as "authorities" rabbis and scholars from what we used to call "the fallen churches of Babylon"? Did Jesus eat meat? Yes He did. Would He eat meat today? I don't believe He would.

The Bible says we are to eat and drink "to the glory of God" (1 Corinthians 10:31). I stopped eating meat 35 years ago—long before I became a Seventh-day Adventist—because of the evidence of medical science.

If the author had checked the inspired writings of God's last-days' prophet, I don't believe he would have concluded "meat eating is not a sin". For non-Adventists it is not a sin because they do not have the light that we have. "To him that knoweth to do good, and doeth it not, to him it is sin" (James 4:17). God warns us through His prophet, "Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing" (*Counsels on Diet and Foods* 384). "Those who eat flesh meat disregard all the warnings that God has given concerning this question . . . They have not the slightest excuse for eating the flesh of dead animals" (CD 383).

We have been given a tremendous amount of light on the subject of health reform.

Is meat eating a sin for those who have had inspired counsel on the subject? "It is as truly a sin to violate the laws of our being as it is to break the ten commandments" (CD 17).

CELIBATE VEGANS?

Rebecca Winfield, NSW

I was very disappointed to read "Why don't Adventists wear blue tassels" (May 31). Celibacy and vegetarianism, which are nowhere commanded in the Bible, were promoted, while God's expressed commands were belittled and swept aside.

The reference given to support celibacy (Matthew 19:10) was misquoted. Jesus never contradicted what He said in the beginning: "It is not good that the man should be alone." Furthermore, this article has the audacity to imply that Jesus lived only a "minimal" life, while we, by being vegetarian, can live the "ideal" life. The term used, "merely ideal", is an oxymoron.

The blue tassels are to remind one of God's law given on beautiful blue stones from His own throne. We could all do with little reminders to show our love for God throughout our daily lives and blue tassels have infinitely more depth and meaning than commercialised rubber WWJD (What Would Jesus Do?) bracelets.

SET OUR JAWS

Name supplied, via email

The letter "Spot on" (June 7) resonates profoundly. As a minister currently serving three churches, having served in 11 others since I first began the journey of gospel ministry and church leadership, I found the writer's perspective very apt.

While we all can agree with

our words, it is in our practice that we fall.

Currently of the three churches I serve we have a large backdoor (exodus) issue due to "saintly gossip"—and blame is invariably assigned to everyone/everything else, but never ourselves.

This has been the case for all but three churches/companies I have served in thus far. But rather than allowing this to let us be discouraged, let us all set our jaws firmly and humble ourselves before the Lord and be part of the solution not the problem. Let it not be that we are the ones for whom the love of many [for God] grows cold (Matthew 24:12).

RIGHTFUL PLACE

Sandy Schofield, NSW

Every morning my two daughters and daughter-in-law, who I love very much, wake up to a world that discriminates [against] them because of their gender. What is most troubling about this is that Christian churches are often found leading [that discrimination].

The Bible acknowledges women as prophetesses, judges, queens, teachers, mothers, leaders, coheirs, counsellors, warriors, etc. So it is disturbing to me that in our Church organisation, women are not qualified to ordain elders or deacons; or serve as presidents.

In these momentous times we need women to step up into their rightful place alongside men in every area of our Church organisation. We need to take Paul's words in 1 Corinthians in context (Proverbs 14:6).

My prayer for the Biblical Research Committee is found in Ephesians 1:9-13.

POSITIONS VACANT

■ **Corporate chaplain—Sanitarium Health & Wellbeing (Berkeley Vale, NSW)** is seeking applications for the role of corporate chaplain to lead, inspire and enhance the company's Christian culture and its alignment with the ethos and mission of the Seventh-day Adventist Church through pastoral care and counselling for its employees and the delivery of the company's Life Matters programs. In providing pastoral care and spiritual counselling the corporate chaplain will need to build effective and engaging relationships with people of all faith backgrounds. The successful applicant will demonstrate a heart for ministry and people through an approachable and caring attitude with an enthusiasm and passion for promoting Christian service and values. The person will also demonstrate an understanding of people management in a business context; be an engaging communicator; be able to work strategically, effectively and independently as a leader; and will be organised in the delivery of programs. The role reports directly to the Corporate Communications manager and operates from Sanitarium's head office on the NSW Central Coast. This role is funded by the North NSW Conference. Sanitarium has a philosophy of sharing and celebrating the infinite value created in all of us and desires that people experience wholistic health and wellbeing—body, mind, heart and spirit. The role of the corporate chaplain is an important part of our culture program. To apply please send your cover letter and resume to <humanresources@sanitarium.com.au>. Applications close **July 30, 2014**.

■ **Principal—Central Coast Adventist School (Erina, NSW).** Seventh-day Adventist Schools (NNSW) is seeking an enthusiastic educational leader, with a passion for the mission of the Seventh-day Adventist Church, for the adventure of learning, for the vibrancy of young people and focused pursuit of excellence. The school seeks a leader who is ready to build on the foundation of a recently completed growth cycle, and to consolidate the school's identity as a school of significance on the Central Coast of NSW. For more information visit <www.ccas.nsw.edu.au> or contact Marilyn Hansen, Associate Director, Seventh-day Adventist Schools (NNSW) Ltd, via email <marilynhansen@adventist.org.au>, phone (02) 4944 3223 or mobile 0410 626 936. To apply, please email letter of application and CV, with referees, to Marilyn Hansen, <marilynhansen@adventist.org.au>. Only applicants from Australia and New Zealand will be considered. Applications close **July 31, 2014**.

■ **Deputy principal—Kempsey Adventist School (primary campus).** Seventh-day Adventist Schools (NNSW) Ltd (Kempsey) is inviting applications from enthusiastic educational leaders for the position of deputy principal (primary campus) at KAS commencing January 2015. KAS is a 550 pupil pre-Kindergarten to Year 12 school located on the mid-north coast of NSW. Further information in regards to this position, including a copy of the position description, can be obtained from the KAS principal via email at <principal@kas.nsw.edu.au>. The appointing body reserves the right to fill this position at its discretion. Applications should be forwarded to Marilyn Hansen (Adventist Education—Associate Executive Director) via email at <marilynhansen@adventist.org.au> or by post to PO Box 7, WallSEND, NSW 2287. The appointing body reserves the right to fill this position at its discretion. Applications close **July 31, 2014**.

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



WEDDINGS

Forster—Cooke. Frank Forster, son of Geoffrey and Arlene Forster (WA), and Carolyn Cooke, daughter of Colin and Margaret Fraser (NSW), were married 9.2.14 in Silvan, Vic. Frank and Carolyn will live in Perth.

Rob Steed



Keath—Stocker.

Daniel James Keath, son of Colin Joseph and

Pamela Joyce Keath (Gobur, Vic), and Cherie Rosalind Stocker, daughter of William Robert (deceased) and Glenice Rosalind Stocker (Lilydale), were married 5.1.14 at the historic Ripponlea House and Gardens, Elsternwick.

Graeme Christian

Szabo—Akturk. Zoltan Szabo, son of Jozsef Szabo (Hungary) and Aranka Iro (Kalorama, Vic), and Esen Fulya Akturk, daughter of Mehmed and Neriman Akturk (Point Cook), were married 6.3.14 at Lyrebird Falls, Kallista.

Morrie Krieg

systems. She was an outstanding English teacher at Hawthorn and Nunawading high schools and at Lilydale Academy where she was the senior mistress for many years. Connie was a committed Adventist and her many Christmas programs and other special functions drew big crowds.

Tony Campbell

Long. Norman, born 23.10.1922 in Surry Hills, NSW; died 28.11.13 in Hornsby Hospital. He is survived by his wife, June; his children and their families, Ken and Wendy Long (Sydney), Jenny and Wayne Spyve (Brisbane, Qld) and Carolyn and Wayne Sherriff (Sydney, NSW); his grandchildren, Deni-Ka and David Collingwood, Jay-min Spyve, Nathan and Emily Sherriff; and great-grandson, Jonathan Collingwood. Norm's greatest joy was his family. His church, Asian Aid and many individuals were the beneficiaries of his generous nature. The last few years were a time of diminishing health and strength, and in the last two years he lost his sight, but he never complained. We look forward to the day when he will be reinvigorated and renewed.

Stephen Bews

OBITUARIES

Chesney, Constance Anne (nee Wright), born in 1933 in Cowra, NSW; died 16.4.14 in Melbourne, Vic. On 19.5.1958, she married David Chesney. She is survived by her husband (Melbourne, Vic); her children, Deborah, Sue, David and Judy (Melbourne); and grandchildren, David, Will, Laura, Chris, Stephen, Daniel, Michael and Nicole. Connie taught for 29 years in Adventist schools and three at state high schools and her efforts were greatly appreciated in both



McBean, Gwynneth Elaine (Elston-Hurdle), born 4.11.1922 in Calcutta, India; died

12.5.14 in Sydney Adventist Hospital, Wahroonga, NSW. Gwynneth's British army father died from tuberculosis when she was a young girl. She attended Vincent Hill College, India, and then joined her mother to teach elementary school children. During World War II, Gwynneth

VOLUNTEER

■ **Volunteer builders needed for fly'n'build to Solomon Islands.**

Atoifi Hospital is looking for experienced builders to construct a church hall on its premises. The purchase of the materials will be fully funded so Atoifi is just in need of a building crew to complete the project before the end of the year. For more information or to express your interest please email Peggy via <peggykendall9@gmail.com>.

■ **Volunteers for fly'n'build to Fiji.** We are looking for an experienced plumber and general labourers for a fly'n'build to Fiji, September 3–18, 2014. For more information or to register your interest please contact Anna Downing through the contact details below.

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>.

enlisted in the army and returned to England, surviving the German bombing of London. In the late 1950s she emigrated to Australia. While working as a volunteer at Neringah Hospital, Sydney, she met Donald McBean. They were married by Pastor Ronald Rice at Cooranbong, NSW, and became associate members of Fox Valley Community Church. Gwynneth was passionate about God's creation and the good news of the gospel.

Milton Hook

O'Neill, Marianne (nee Keni), born 16.2.1932 in Lau, Fiji; died 12.5.14 in Redcliffe, Qld. She married Lance Anthony. She is survived by Patrick O'Neill (Gosford, NSW), Rex O'Neill (Brisbane, Qld), Marilyn Van Der Valk (Brisbane), Lyndon O'Neill (Brisbane) and Jesse O'Neill (Tauranga, NZ). Marianne Loukau Keni O'Neill, beloved wife of Pastor Lance O'Neill and mother to many. Laloma Mum till Jesus comes.

Wayne Krause

Rayner, Alan John, born 20.10.1935 in Maryborough, Qld; died 28.4.14 in Dandenong, Vic. In 1958, he married Mavis Brice. He was predeceased by his son, Peter, daughter, Leanne, and brothers, Andrew and Ralph. He is survived by his wife (Keysborough); his sons, Kelvin (Greensborough), Darryl (Melton), Barry (Colac), Stephen (Keysborough) and their families; nine grandchildren; and six great-grandchildren; his brother, John and his family; and the families of his late brothers. John was a minister for many years and even after being relieved of his ministerial post he continued to preach regularly. He was a deep and insightful student of God's Word. His four sons united in their testimony to their father as a man of faith and enduring, unconditional love. John had chosen the hymn, "My faith has found a resting place", to be sung at the service, a testimony

to his understanding of God's amazing grace. John is greatly missed.

Rob Steed, Morrie Krieg

ADVERTISEMENTS

Greater Sydney Conference Constituency Meeting notice.

Notice is hereby given that the Twenty-eighth Constituency Meeting of the Greater Sydney Conference of the Seventh-day Adventist Church will be held in the auditorium of Mountain View Adventist College, 41 Doonside Road, Doonside, August 23 and 24, 2014. The program will commence on Sabbath, August 23 with registration at 3pm, followed by a praise and inspirational program including closing Sabbath. The seating of delegates and the Constituency Meeting, to include proposed constitutional changes, the presentation of administration and departmental reports, and financial statements for the years 2010 to 2013, will commence at 7pm and will continue on Sunday, August 24. The officers, executive committee, appointments committee, nominating committee and

constitution committee of the Conference for the next quadrennium will be elected at this Constituency Meeting.—A Raethel, General Secretary

Law firm in Melbourne:

McMahon Fearnley Lawyers Pty Ltd. Areas of law include the sale and purchase of property, litigation, commercial transactions (including shareholder and partnership agreements, franchising and leasing), wills, estates and probate applications. Adventist lawyers include Lloyd McMahon and Michael Brady. Please call (03) 9670 0966 or email <mb@mcmahonfearnley.com.au>.

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—Martin Luther King

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