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# Sabbath School

SECOND QUARTER 2024

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EDITOR'S NOTE:

## The Adventist health advantage

Glenn Townend  
President, South Pacific Division

“

There was a time 20 years ago when I thought I was healthy because I basically followed Adventist health principles and I hadn't been to a doctor for years—there was no need . . . [my] results were shocking.

The Adventist Health Study in the USA is old news. With 96,000 participants since 1974, the ongoing study has shown that Seventh-day Adventists live 11 years longer on average and experience a high quality of life in their later years. The Adventist population in Loma Linda were determined by Dan Buettner to be one of six “blue zones” where there are many people who live an active life more than 100 years old. There is no doubt Adventists have a health advantage. But what is that advantage?

Our basic knowledge of health principles is even older news. Some believe the advantage is this knowledge, originally drawn together by Ellen White from the 1860s onwards. Today we have many programs—NEWSTART, Creation Health, CHIP (Complete Health Improvement Program), LMA (Live More Abundantly—a Pacific version of CHIP), ELIA with the seven principles of wholistic health and others—that emphasise the elements of a healthy life. These include plenty of fresh air; getting out into nature—whether beach, mountain, forest, river or lake to exercise or reflect on life; sunshine for vitamin D (but not too much UV); a plant-based diet (the more natural and less processed fruit, vegetables, nuts, grains in any diet the better, with plenty of colour variety); water—at least eight glasses a day and good washing and hygiene; activity in work including at least 30 minutes walking; rest (a good 7–8 hours sleep each night) but also time to stop and reflect weekly with the seventh-day Sabbath; and trust in the loving almighty God. These are simple and basic health principles. Many know them but don't follow them. All over the world there is a basic interest in health and many others outside our faith community are coming to similar scientific conclusions regarding life practices that bring health. Such knowledge alone is not an advantage.

I recently participated in a combined churches discipleship conference in the USA with some other pastors and lay people from our denomination. All of us Adventists heard other Christian leaders acknowledge the grace of God in the Sabbath and many publicly recognised the benefits of having a Sabbath for physical, emotional and mental health. Not all of them followed the seventh-day Sabbath but some did. Sabbath is an advantage that others are picking up. So, what is the Adventist health advantage?

There was a time 20 years ago when I thought I was healthy because I basically followed Adventist health principles and I hadn't been to a doctor for years—there was no need. Until I needed vaccinations to go on a Mongolian Mission trip. Before the doctor would vaccinate me they ordered a thorough health check. The results were shocking—high blood pressure, high cholesterol, overweight, poor fitness . . . The doctor made these plain to me and said I needed to make changes to my lifestyle immediately.

It was then that I found the relevancy to health of one of my favourite verses—2 Timothy 1:7: “For God did not give us a spirit of timidity (or fear) but of power, love and self-discipline.” The health information scared me but the action came from the Holy Spirit. All Christians can have the advantage of being filled with the Holy Spirit. We have the power of choice and spiritual power to do more than we can imagine with the Spirit within (Ephesians 3:16–20). We have love; we love God and our neighbours as ourselves, and we are to love our bodies as they are God's gift to us (Ephesians 5:28,29). If we love ourselves, we will look after ourselves in all aspects of health. And we have self-discipline, a spiritual determination to form habits that build life one choice and step at a time (Galatians 5:23).

When I heard the doctor's news, I immediately made a choice to walk with my wife every morning for at least 30 minutes, to drink mainly water (fruit juice, soft drink and hot drinks are a rarity), and to stop eating so many cakes, biscuits and carbs. It was a challenge but as each habit embedded in my lifestyle, I have added more health tips and principles. I feel better than I did 20 years ago. For me the Adventist Health advantage is the Holy Spirit who gives us the power, love and self-discipline to make it a reality. What do you think?



INSIGHT:

## Remember God's Word is everlasting

Eddie Tupa'i  
New Zealand Pacific Union Conference  
president

"We also thank God continually because, when you received the word of God, which you heard from us, you accepted it not as a human word, but as it actually is, the word of God, which is indeed at work in you who believe" (1 Thessalonians 2:13). As a boy growing up in Aotearoa New Zealand, I remember being sick, stuck at home. At the end of an agonisingly long week in bed, my dad came home excitedly bearing a beautifully wrapped gift to cheer me up. With eager anticipation he watched as I unwrapped a brand new, recently released New English Bible.

I treasure that memory and think of it regularly—a snapshot in my mind of my father's delight; the recollection of carefully turning fresh, crisp pages of Scripture; of discovering the power of God's Word anew through a contemporary translation.

The apostle Paul gifted the recipients of his letters with memories that were always encouraging and sometimes confronting. 1 Thessalonians 1 and 2 is one example. Paul reminds the church of when he proclaimed God's Word, of when they received God's Word, and praises God for the transforming truth of God's Word in their lives. Over three consecutive Sabbaths Paul and Silas had proclaimed the good news of Jesus to the people of Thessalonica. He reminded the church how they had explained and proved that Jesus, the Messiah, had to suffer, be crucified and rise from the dead. They had opened up familiar Scriptures with a renewed understanding by pointing to the reality of who Jesus is, and what He had done.

Though many rejected God's Word and persecuted them, Paul focuses on highlighting that those of this Grecian city who readily received Paul's gospel proclamation, reflected the transforming power of God's Word for all levels of people. Some of those who joined Paul and Silas had Greek origins. Both women and men were converted and welcomed. People from the ordinary walks of life to the aristocracy joined the burgeoning Christian movement. Paul's reminder to the Thessalonians is a memory jog for us today. God's Word is at work in us who believe. May we regularly receive the proclamation of God's Word as it is preached and practiced; knowing we may suffer for our faith. Yet, remembering that God is faithful, His Word is everlasting and by Spirit He continues to do a good work in each of us today.

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Participants dedicated 131 hours to visiting local residents.

## LEs impact Sydney suburb during training

📍 **Wahroonga, NSW** | Record staff

Literature evangelists (LEs) from Australia and New Zealand completed a two-week training program in Sydney to enhance their skills in connecting with communities and boost Christian literature distribution. The session included practical canvassing in the community, resulting in numerous interactions and literature distribution.

The LEs spent their first week at Adventist Media in Wahroonga (NSW) where they listened to presentations and participated in interactive learning for new independent book distributors. The trainees learned how to connect with new people quickly, make sales and familiarised themselves with the products. During the second week, the group was mentored at Windsor Adventist church, putting their lessons to practical use by going out into the community.

"The training was very insightful and encouraging," said first-time LE attendee Sarah Cangy, who has volunteered full-time for a year. During the three

days of canvassing, she received more than \$A1500 in book orders.

Another attendee, Avondale theology student Malcolm Humphrey, received more than \$A700 in donations for books. He is currently working towards a literature evangelism scholarship.

During the community outreach phase, participants dedicated 131 hours to visiting local residents, resulting in book orders from 69 homes and a total literature purchase worth \$A2713. The group also distributed 330 copies of free literature, prayed with 20 people, visited one former Adventist, received one Bible study request and shared invitations to an evangelistic seminar.

According to literature ministry coordinator Brenton Lowe, "one contact even ended up attending the church's Sabbath service".

"Each statistic represents a family whose life has been influenced in some way because of the LEs' visit," said Mr Lowe. "Thank God for their faithfulness."



Church and government leaders at the opening of the new media centre.

## Adventist Media hub to share hope in Vanuatu

📍 **Port Vila, Vanuatu** | Daily Post Vanuatu/Record staff

The Seventh-day Adventist Church in Vanuatu celebrated the opening of its first media hub, introducing Adventist Radio Vanuatu 107.5 and Hope Channel TV on February 25.

Vanuatu Mission (VM) president Pastor Charlie Jimmy emphasised the launch as a step forward in spreading hope and faith across the islands. He highlighted the Church's commitment to working alongside the government to promote cultural identity and improve healthcare.

The new Adventist Media Centre is expected to be a key resource in meeting community needs by offering a range of programs that focus on spiritual growth and health awareness.

Prime Minister Charlot Salwai, present at the opening, emphasised the government's support for church initiatives, reflecting on the country's values of faith in God and Christian principles. He praised the Adventist Church's efforts to launch media outlets as a milestone for Vanuatu.

Adventist media in Vanuatu started with the establishment of the media communication department in 2011, with assistance from ADRA Vanuatu, and the subsequent milestones such as the broadcasting licence granted to Hope Channel Vanuatu in 2012.

The journey faced challenges, including Cyclone Pam in 2015, which led to the destruction of TV disks, transmitters and broadcasting equipment.

VM sent a production team to Fiji in 2016, acquiring 300 local content programs for Hope Channel. A temporary studio was constructed in 2017, and in 2021, the mission applied for funding for a permanent media centre building, with construction commencing in 2022.

Hope Channel International president Dr Vyacheslav Demyan welcomed Vanuatu to the global network of Hope Channel stations. He expressed support for Vanuatu's unique cultural identity and the potential for its media to have a positive impact on society.



This year shirts feature Indigenous artwork by artist Susan Doolan.

## Indigenous artwork on new STORMCo shirts

📍 Ringwood, Vic | Kimberley McMurray

The youth ministries department of the Australian Union Conference (AUC) has begun rolling out their new STORMCo shirts for 2024 which feature Indigenous artwork by artist Susan Doolan.

Service To Others Really Matters (STORMCo) is an initiative that allows youth and young adults to visit communities and serve others, with the goal of presenting Christian faith in action by building long-term relationships.

Ms Doolan described the meaning behind her artwork: “[The] circles represent gathering places, [the] cross represents Jesus, the Bible is there because they teach the youth from the Bible, colours represent the land, footprints are the leaders walking to the gathering place.

“These are the different age groups

coming together and learning about Jesus.”

This year, the AUC has produced 1877 shirts for teams across Australia to wear while serving the community.

AUC youth ministries director Pastor Jeffrey Parker said, “I am so proud of all our STORMCo teams. Each team member volunteers at least a week of their time to reach into a community outside of their own.

“The impact of STORMCo is beyond measure. This seed-planting evangelism that is done by our youth and young adults reaches deep into communities that are hard to reach any other way. The youth departments across Australia praise Jesus for our committed youth and young adults who go forward in His name.”



New Tasmanian Conference CFO Kelvin Wood and his wife Pam.

## Tasmanian Conference appoints new CFO

📍 Glenorchy, Tasmania | Juliana Muniz

The Tasmanian Conference has appointed a new CFO, Kelvin Wood, who was formerly as business manager for Adventist schools on the mid-North coast of NSW.

“We are very pleased to have Kelvin join the team,” said Tasmanian Conference president Pastor Rick Hergenhan. “We look forward to working with him to carry forward the mission of the Church, making disciples who make disciples here in Tasmania.”

Mr Wood replaces outgoing CFO Pastor Cosmin Dan-Marica, who has served in the role since 2017 and accepted a call to serve as field pastor in the South Queensland Conference.

“We thank Cosmin and his family for their dedication to the Church and its mission in Tasmania, particularly his passion and commitment to our schools. We wish them all of God’s blessing as they take up their new appointment,” said Pastor Hergenhan.

With a diverse professional background, Mr Wood’s experience in finance began with positions such as accountant, payroll supervisor and office manager. His journey in the education sector started in 2009 at a Christian

school in Victoria, where he initially worked as a senior finance officer and office manager before taking on the role of business manager from 2014 to 2020.

Serving in Adventist education since 2020, Mr Wood commented on the new challenge of serving the conference for the first time. “The position is not one I thought I would ever be asked to do, [but] I have always let God lead and [I] go where He thinks I can help. As I say when I am asked how long I will be at a place: I am here for a season, and where I go is up to God.”

Mr Wood is married to Pam, and they have five children and seven grandchildren.

“My wife is very supportive of my work and as we discussed the call, we thought it would be a new challenge and experience. There was a lot of prayer that went into it and fleeces laid out. We have never explored Tasmania; it is a place we have talked about visiting. All my children have been supportive of where I go, and Tasmania is another place they can visit,” he said.

Mr Wood commenced in the role on March 18.



Lauren Webb, Sukeshinie Goonatilleke and Pastor Dwain Esmond at the book launch.

## Bright new book launched with ABC team

📍 Howqua, Vic | Lauren Webb

Adventist Book Centre (ABC) managers and staff from across the South Pacific Division celebrated the launch of *As Bright as the Stars*, Sukeshinie Goonatilleke's second book of stories from the Reformation. The book was launched in an afternoon of immersive activities at their annual ABC Sales and Marketing Seminar at Camp Howqua (Vic) from February 23 to 28.

Written in a similar style to the author's successful debut book *Sisters in Arms*, *As Bright as the Stars* presents four new stories exploring the themes of discipleship and personal evangelism during the Reformation. "Stories of the Reformation tend to focus on individuals," Mrs Goonatilleke said. "Rarely do we look at the connections between these individuals. But the ideas of the Reformation spread because people shared what they learned with others. Discipleship and personal evangelism were crucial."

The title of the book comes from Daniel 12:3, which compares "those who turn many to righteousness"—disciples who disciple others—to brightly shining stars.

ABC representatives explored these themes in a series of activities on the Sabbath afternoon of their program. One of these activities focused on the power of personal stories. After hearing the story of Ursula von Münsterberg, a 16th-century woman who sparked a movement of runaway nuns when she published her testimony of illegally fleeing a convent, bookshop staff shared their own stories with one another.

New ABC manager Kinson Yamahune, from the Sepik Mission in Papua New Guinea, told colleagues how God called him to serve at the ABC four times before he accepted. "This seminar confirmed that it is not just about learning how to sell books, but about learning how to spread God's love to my customers and help them to prepare their lives for Jesus' soon return."

The ABC seminar also included presentations from Pastor Dwain Esmond, associate director of the Ellen White Estate, Dale Galusha, Pacific Press Publishing Association president, Mrs Goonatilleke and fellow author Danijela Schubert, along with presentations of new books from Signs Publishing, Pacific Press and Stanborough Press.

Reflecting on the launch of *As Bright as the Stars*, Signs Publishing book editor Nathan Brown commented, "The stories we share are important. They encourage us as we share our faith and hope with others."

*As Bright as the Stars* is available now from Adventist bookshops in Australia and New Zealand or at <[bit.ly/3vaUhA6](http://bit.ly/3vaUhA6)>.

## making headlines

### Solidarity market

In Italy, a group of non-profits including ADRA Italia have opened the Il Bardo Solidarity Market, a real minimarket run by volunteers for struggling families to do their daily shopping. One hundred families can purchase food, personal and household products using a card with credit in points, with a limit that can be spent in four weeks.—ANN



### Building faith

Forty-one students from Andrews Academy (US) spent 10 days of their holiday laying walls for the new Agape Adventist church building in the Dominican Republic. After years of worshipping in whatever space they could find, the 45-member congregation are grateful to have their own building. The students also ran a Vacation Bible School for local children and an evangelistic series for adults.—IAD

### Bible blitz

In a South Korean church of 80 members, 58 completed reading the Bible in 2023, with the oldest participant being 92 years of age. Led by Pastor Park WooByoung, the Geumcheon Haneulsaem Adventist church aimed for 30 minutes of daily reading, tracking progress on the church bulletin board to support one another.—NSD

### Reviving the oldest hymn

The First Hymn Project is resurrecting "P.Oxy 1786", the world's oldest Christian hymn discovered in Egypt. Dating back to the 200s AD, it features both lyrics and music, including a reference to the Trinity. Renowned musicians Ben Fielding and Chris Tomlin are involved in reviving the ancient melody for modern audiences, aiming to reintroduce this piece of Christian history to churches worldwide by Easter 2025.—Eternity



## Taking Pathfinders international

Thirteen volunteers from Australia and New Zealand are preparing to travel to Cairo, Egypt, from June 21 to July 7 to host a Pathfinder Camporee at the Nile Union Academy. Only established in Egypt in 2014, Pathfinders lacks support from local churches. As a result, the Egypt field relies on foreign leaders to train and equip their local leaders. Youth liaison Dr Nick Kross said, "I see real value in supporting our church family in other Divisions where the Pathfinder movement is still in its infancy." In addition to covering their own costs, the group have been asked to raise \$A15,000 to support the ESF, as they have access to limited resources. To contribute, visit <a href="http://bit.ly/ESFCamporee">bit.ly/ESFCamporee</a>.

—**Kymerberley McMurray**



## "Live" from Memorial

Avondale Memorial Church experienced a mission-focused Sabbath school service in the format of a live radio show on Sabbath, February 24, featuring hosts of Faith FM's show *Looking Up*. North NSW Conference-based presenters Pastor Danny Milenkov, Charissa Torossian and producer Shell Southwell engaged the congregation with discussions on prophecy, end-time events and the study of Psalms. The hour-long presentation, mirroring the *Looking Up* program, included an interview with Pastor Terry Johnson, president of the Australian Union Conference, who provided insights into the Church's membership decline and growth across Australia. According to Mrs Southwell, Faith FM regularly runs programs in churches. "It is a great way to promote the station and have the joy of fellowship," she said.—**Joy Butler/Ray Boehm**



## Cardiac ward

A spiritual blessing was held at Sydney Adventist Hospital (the San) on Tuesday, February 27 to mark the relocation of the hospital's cardiac ward. The unit has moved to a new home on the same floor as the existing cardiac services, meaning that all inpatient cardiac services are located on the same level. The San has been leading the way since 1979, when it became the first private hospital in Australia to perform advanced cardiac surgery. Today, more than 3700 cardiovascular surgeries take place at the San each year.—**Alexandra Ristway**



## Media equipped

Twenty participants from local churches across Vanuatu completed a three-day Leadership Media Training course at the Epauto Media Conference Centre, Port Vila, from February 26 to 28. Hope Channel South Pacific director Pastor Wayne Boehm and Trans Pacific Union Mission communications coordinator John Tausere covered a range of topics, including media team management, innovation, emotional intelligence and media ethics.—**Juliana Muniz**





## New classroom

Mizpah Adventist High School in Vava'u, Tonga, celebrated the opening of a new classroom on March 11.

Valued at TOP150,000, the new facility is designed to enhance student engagement and develop 21st century skills. The classroom—fully furnished with online resources—was officially opened by Minister 'Etuini Mo'unga, president of the Beulah Ex-Students Association in the United States, which funded the project.

New Technical Vocational Education and Training (TVET) teaching and learning resources were also launched. Costing TOP20,000, these resources are aimed at providing quality home economics education and were funded by the school through key stakeholders including the Seventh-day Adventist Church in the district of Vava'u and wider church communities in Tonga.

"This new, promising approach to learning advocates engaging learning environments where learning spaces are intentionally set up to encourage flexibility and group work," said Dr Elisapesi Manson, education consultant for Adventist Schools in Tonga.

The initiative aligns with the findings of a school improvement needs assessment study conducted in 2021. Identified areas for enhancement included the development of 21st century skills and the incorporation of TVET disciplines into the curriculum.

—Record staff

## have news to share?

Send info and photos to <news@record.net.au>



## In a class of their own

Wahroonga Adventist School (Sydney, NSW) is celebrating the success of its 2023 student graduates. Thirty-four Year 12 students sat for the Higher School Certificate (HSC) exams with one Year 11 student also undertaking a HSC subject. More than 38 per cent achieved an ATAR (Australian Tertiary Admission Rank) of 80 or above; the top ATAR was 96.15. One student had their artwork nominated for ArtExpress, which recognises outstanding student artworks. 2023 was the third year of HSC students completing their studies at Wahroonga, with students consistently performing at a very high academic level. The 2023 results placed the school first for all Adventist schools in New South Wales.—Record staff



## Pooch therapy at school

Darling Downs Adventist College in Toowoomba, Queensland, recently announced the certification of its two therapy dogs and their handlers. The dogs, who joined the campus as puppies, have completed their training on-site and are now fully certified to participate in various learning activities with the students. According to college principal Heidi Mazz, having therapy dogs interact with students enhances educational and emotional wellbeing and helps them develop responsibility, empathy and nurturing skills. "We have seen a positive difference in the mood of children when they interact with the dogs during learning activities. We value the development of children's wellbeing along with their social education as highly as we value academia," said Mrs Mazz.—Gail Ormsby

# There is power in the prayers of our children



Springwood church, Queensland, recently concluded its annual prayer week centred around the theme of intercessory prayer. Gathering over two Sabbaths and four additional times throughout the week, people of all ages (13-80+) came together to pray, express gratitude and intercede for one another. Robynne Roussos, our prayer ministries coordinator, observed the powerful presence of the Holy Spirit during these gatherings, bringing blessings and stories of prayer that altered the destinies of nations and individuals.

Medical doctor Rhys Cameron, known for his musical contributions on the piano or keyboard at Springwood church, recently shared a story about his two-year-old son, Jasper, and the power of his prayers.

After weeks of dealing with an unknown painful injury in his wrist, Rhys received confirmation from a CT scan that he would need surgery as one of his carpal bones had rotated. The kind of surgery that would require upwards of six weeks recovery.

Between the busyness of a newborn baby, a curious and energetic two-year-old and the demands of work, six weeks would be a long road to recovery. Rhys decided not only to commit the situation and injury to God in prayer, but to ask Jasper to pray. Jasper would lay his hands on Rhys each night and pray for God to heal Daddy's wrist, then he would rub in some special cream.

The follow-up appointment with the hand specialist was quite the surprise. After getting a second scan (an MRI) to confirm the extent of the injury, the specialist said that it was quite perplexing: the injury wouldn't require any surgery and the ligaments were all intact. Surprising and unusual for the surgeon, but not to us. Something has made all the difference between the first and the second scans: prayer.

**Kristiina Somerville**

Communications secretary, Springwood church, Qld.





## New Sabbath school curriculum: *Alive in Jesus*

The new *Alive in Jesus* Sabbath school curriculum is soon to reach the hands and hearts of our children. Families with new babies and toddlers will be the first to experience the new curriculum, which is being developed by the General Conference Sabbath school department. The Babies (birth–12 months) and Beginner (1–3 years) lesson guides are set to launch globally in January 2025, with other levels to follow. The beautifully illustrated and highly engaging Sabbath school study guides will be available for kids, parents and Sabbath school teachers through local Adventist Book Centres. All resources will also be available online. *GraceLink* will be phased out and no longer produced or resourced as the new *Alive in Jesus* curriculum is rolled out.

Children's ministry directors from across the South Pacific Division (SPD) are thrilled and very motivated to enable families and churches to effectively utilise these new resources. Seventeen church leaders met at the Australian Union Conference (AUC) office in Melbourne on March 7–8 to be trained by Nina Atcheson, the curriculum manager.

The *Alive in Jesus* curriculum incorporates best educational practices and a deep understanding of faith development to enable parents and Sabbath school teachers to lead kids into a dynamic, mission-focused and lifelong relationship with Jesus. The Bible is the foundation of the new curriculum, with three key pillars of grace, character development and mission.

Colleen Savage (NNSW) said she is so impressed with the new curriculum. "They have really thought about everyone's needs, cultures and backgrounds," she reflects. "The best thing is that it keeps pointing our kids to Jesus' love and grace through exploring Bible stories and service to others. It couldn't have come at a better time for our churches."

Sylvia Mendez (AUC) observed, "We are excited by what we saw and can't wait to be part of the rollout starting in 2025 for Babies and Beginners."

"Kids in New Zealand today need hope, direction and a purpose," said Pastor Ben Martin, South New Zealand Conference president. "The *Alive in Jesus* curriculum offers all three as pillars of lessons, which excites my ministerial team."

Ruthy Batu (Central Papua Conference) said, "*Alive in Jesus* is a 'rich' curriculum that makes the Bible stories come alive. It enhances biblical literacy and provides a pathway for children to make appropriate decisions for baptism."

"We were challenged to consider what our churches would be like without children's Sabbath school," reflected Agnes Kola (Papua New Guinea Union Mission). "It struck me that *Alive in Jesus* is an essential key to the future of our Church."

"For us in the Trans Pacific Union Mission," said Loleth Worwor, "our children will be led to become vibrant disciples of Jesus through the *Alive in Jesus* curriculum with the help of the Holy Spirit." Tafonga Pita (TPUM) added, "Nina's training presentations gave us powerful insight into why we have Sabbath school and how we can bring about growth in grace, character and mission."

Feedback from parents has already been overwhelmingly positive. In January 2023, five churches in the SPD were included in a global pilot of the curriculum. Data was gathered from around the world to help shape the resources. More than 95 per cent of the 826 global respondents indicated that they really appreciated *Alive in Jesus*. One parent from the SPD stated, "This new curriculum is beautifully written and illustrated. I love that there is something to read every day." Another reflected, "There's so much variety in the activities. The object lessons were fantastic! Having the craft laid out for us was awesome."

Pastor Uili Mauga (Victoria) says, "I love that this curriculum encourages parents to be involved in their children's spiritual growth." Pastor Daron Pratt (Greater Sydney Conference) says, "*Alive in Jesus* will be a game changer for our kids. We all need to invest in this resource." Pastor Andrew Olsen (WA) agrees: "I love the practical, hands-on elements that are included in the *Alive in Jesus* curriculum."

You will hear more about this new curriculum in coming months. For now, check out the inspiring overview brochure, video and lesson samples at <a href="http://aliveinjesus.info">aliveinjesus.info</a>.

Ask your church pastor, head elder and worship leaders to screen the promotional video for this exciting new curriculum, which is available on the website, during your next Sabbath worship service.

Sven Ostring



## Food and faith: a recipe for church planting

**D**o you know of anyone we can help with food?" This simple question is the cornerstone of Pastor Abby Aviles' outreach efforts in Perth, Western Australia.

If residents decline food assistance, Pastor Aviles asks another question: "Would you be able to help us?" If they agree, they become part of the 3H Club, with "H" standing for Happy Home Helper. Participants are provided with cardboard boxes to fill with grocery items, collected weekly.

The club addresses an important need as people struggle with cost-of-living pressures. It also fosters community connections and relationships. Monthly barbecues in local parks further strengthen these bonds.

These activities play a crucial role in Pastor Aviles' church planting work. He has established five church plants in Perth, beginning with the Filipino International Fellowship at Riverdale. This initial plant led to the birth of two more plants: Hope Spring Fellowship in Kwinana and Living Waters Fellowship in Carlisle. Subsequently, two more plants were added to the family: Southside Fellowship at Port Kennedy, stemming from Hope Spring; and the most recent addition, South Lakes Fellowship at South Lake, born from Living Waters.

"The beautiful thing is this: through the 3H Club and the barbecues we develop relationships with people, they trust you, we are no longer strangers to them, so this has led to opportunities to pray with people and invite them to our church plants," Pastor Aviles says.

"Sometimes we spend a lot of money on church campaigns aiming to attract people when we could have used that money to buy food and develop relationships. And this is what we are doing now, and it's been a real blessing to see the results."

Prayer forms the foundation of his church planting work. The other essential requirement: people willing to help.

"I cannot plant a church on my own," he says. "The reason I'm blessed with church planting is because God has provided me with just the right people. And to date, I am still a learner



in church planting." Weekly care groups are the "engine room" of the church plants. It's where new contacts are encouraged and nurtured.

"The beautiful thing about planting a church is you get to see where the Lord is leading and it's very affirming, not only for me, it's affirming for the church plant," he shares. "Just make yourself available and watch for a miracle to happen.

"You will not experience that if your concept of church is just go to church, sing a song, have lunch together, laugh and be happy, and go home."

Pastor Aviles had a non-conventional pathway to ministry in Australia. After migrating from the Philippines in 1987, he applied for a ministerial role, however there were no jobs available. Instead, he worked as a psychiatric nurse for 17 years—a job he credits for giving him valuable life experience that been helpful for his ministry.

"Being a psychiatric nurse helped me understand people better," he shares. "It gave me a better perspective."

Now in his 20th year of ministry, he doesn't have any long-term plans—it's all in God's hands. "My ministry revolves around the idea that I don't put God in my diary, I put myself in His diary."

**Tracey Bridcutt**

Communication director, South Pacific Division.

# The 10

## Symbols to reflect on at Easter

### **Palm branch**

A symbol of victory and peace used to honour Jesus.

"The next day the great crowd that had come for the festival heard that Jesus was on his way to Jerusalem. They took palm branches and went out to meet him, shouting, 'Hosanna!', 'Blessed is he who comes in the name of the Lord!', 'Blessed is the king of Israel!'" —John 12:12,13.

### **Bread**

During the last supper, Jesus shared a meal with the disciples before His crucifixion. With rich symbolism from Passover, the unleavened bread represents God's deliverance of His people. Jesus infused it with more meaning. "And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me'" —Luke 22:19,20.

### **Wine**

Jesus also shared a cup of wine with the disciples during the last supper. "Then he took a cup, and when he had given thanks, he gave it to them, saying, 'Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom'" —Matthew 26:27-29.

### **Cross**

A symbol of God's love for us through the sacrifice of His son. "So Jesus said, 'When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me. The one who sent me is with me; he has not left me alone, for I always do what pleases him'" —John 8:28,29.

### **Tree or wood**

Other than the cross made of wood, Jesus' sacrifice restored our access to eternal life, symbolised by the tree of life which was lost because of Adam and Eve's disobedience. "He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed" —1 Peter 2:24.

### **Crown of thorns**

Intended to humiliate and degrade, His crown of thorns was the consequence of our sins. "When Jesus came out wearing the crown of thorns and the purple robe, Pilate said to them, 'Here is the man!'. As soon as the chief priests and their officials saw him, they shouted, 'Crucify! Crucify!'" —John 19:5,6.

### **Nails**

A stark reminder of the pain Jesus endured for us. "After they had nailed him to the cross, the soldiers gambled for his clothes by throwing dice" —Matthew 27:35 (NLT).

### **Empty tomb**

Jesus conquered death, which meant we could have life. Thank you Lord! "Early on Sunday morning, as the new day was dawning, Mary Magdalene and the other Mary went out to visit the tomb. Suddenly there was a great earthquake! For an angel of the Lord came down from heaven, rolled aside the stone, and sat on it. His face shone like lightning, and his clothing was as white as snow" —Matthew 28:18-22 (NLT).

### **Lamb**

A pure sacrificial offering, representing Jesus and His act of love for us. "The next day John saw Jesus coming toward him and said, 'Look! The Lamb of God who takes away the sin of the world!'" —John 1:29.

### **Foot washing**

An act of humility, love and service which Jesus participated in with His disciples during the last supper. "If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you also should do just as I have done to you" —John 13:14,15 (ESV).





# Wrinkled hearts

the story of a third culture kid

**I**t started with a runway. I sat on the plane at age seven, watching a world I loved disappear out a tiny window. I discovered a silent funeral within myself, my soul mourning the loss of half my heart, left behind in the islands. Don't worry, my wise, nine-year-old sister assured me. Your heart will grow back but with lots of wrinkles. They're memories, so you can always remember. This was when I discovered that it could hurt being a third culture kid, the title given to a child growing up in a culture other than their parents' culture.

Fiji was my third country and the first home I remembered. My dad was a pastor and theology teacher, and so moving came with the job. While I acknowledge the privilege of being able to experience different cultures, it came with its challenges.

Walking through Sydney after we landed, I wasn't so sure I liked it. I

missed the palm trees, colourful markets and tangy smell of the city mingling with the mangroves. Sydney was big and strange, but we weren't staying. We were moving to the country of my birth, the United States of America. My sister and I were excited. We knew Australia wasn't home, though our Polish parents always called it such, so we felt for sure that America would be.

All thoughts of humidity and sunshine were abandoned when we landed, coatless and shivering. During the mad dash through the crowded slushy streets of Chicago, my thoughts were a jumble of fear and wonder, my lungs painfully breathing in the cold air and breathing out steam. *I'm a dragon*, I remember thinking.

The months passed and the seasons changed, a drastic difference to the wet and dry seasons we were used to. When the first day of school arrived, the

teacher welcomed me at the door and showed me to my seat.

"You're new. Where did you move from?" a girl asked.

"Fiji," I said.

"Fiji?" She frowned. I paused, thinking quickly. "Australia," I said. It made more sense.

When our yearly international food fair arrived, I was thrilled with the opportunity to dress up.

"Are you going to wear your Australian costume?"

"No, I'm going to wear my Polish one," I explained.

"You're Polish too?" She was confused, and I opened my mouth to explain where I'd lived and the language I spoke, but my friend knew the complicated story that was coming and rolled her eyes. Not this again! I stared at her, silent, hurt, but she changed the subject.

One day in Sabbath school, we



learned about heaven being our true home. As Philippians 3:20 says, "Our citizenship is in heaven" (NIV). The teacher handed around small paper passports in which we wrote our names and drew little self-portraits.

"Look, Mumma!" I beamed when she came to pick me up. "I'm a citizen of heaven!" At about 10 years of age, I thought about heaven being my real home for the first time. This comforted me, as on Earth I didn't know where home was.

As a young teenager at summer camp, our theme song was "Where I Belong" by Building 429, and I sang the words with all my heart: *All I know is I'm not home yet / This is not where I belong / Take this world and give me Jesus / This is not where I belong.*

I drifted from this promise, though, a typical teenager desperately wanting to fit in with my peers. But I didn't feel

American, not with Australian parents who spoke Polish at home. So, I decided that Australia was my home.

When I finished high school, our family made plans to return to Australia. I was excited, with visions of sunshine and kangaroos and living by the ocean. But as I said my goodbyes to the cornfields and fireflies, and as I hugged the friends who had become like sisters, I felt my heart cracking again. Once again, I watched my world disappear out the aeroplane window. Once again, I left half my heart behind.

My grandparents met us at the airport with balloons that said "Welcome Home". My sister cried and pushed them away. I just felt numb. While glad to be back in Australia, I grieved leaving America. I struggled through the first couple of years, especially as the pandemic disrupted our lives, and slowly realised that Australia was not the magical country I had constructed in my hopes of finding belonging. But my heavenly citizenship was long forgotten. The song from summer camp lay in an ignored playlist as I looked to people and the world to make sense of my confusion.

Then I moved to Poland for a year, to volunteer as an English teacher in the first Adventist school in Poland. I thought this would help me reconcile with this part of my identity. "You are Polish, through and through," my grandparents had always exclaimed. "It is your heritage, your blood." But here in Poland, though my work is fulfilling, and I enjoy discovering this part of my history, I am very much a foreigner.

So where do I belong? I'm slowly realising that maybe it's time to stop asking this question and return to my 10-year-old self, so assured, gripping a paper passport in my hands. Maybe this feeling of not belonging serves as a good reminder that Earth is not my home, not until Jesus returns to make things right. What if I were to root myself not in a place, but in a Person? What if I truly meant the words of the song I once sang with such confidence? *Take this world and give me Jesus . . .*

CS Lewis wrote in *Mere Christianity*, "If I find in myself a desire which no

experience in this world can satisfy, the most probable explanation is that I was made for another world."

This quote speaks to my heart, but I'm still figuring out what it means to lay to rest my desire to be tied to a culture and country, and to look instead to Jesus for the source of my identity.

I've used this analogy of a wrinkled heart with my story as a third culture kid, but there are many ways in which you might feel like you don't belong. Maybe you're an immigrant, or maybe you have a disability. Maybe you've always felt like you're on the edge of what everyone else seems to be a part of. There are also many ways to lose half your heart. You may have had to leave a beloved place behind, or maybe you've had to leave beloved times behind. Or maybe you've lost someone you love. This is part of living in an imperfect world, and as we deal with things others may not understand, our hearts grow back, wrinkled with experiences and memories. But there is Someone who understands, and who always holds us close through the hurt.

So, to those of you who have healing hearts, for whatever reason, I want to remind you of the promise that there is so much more than this world. We have a permanent place waiting for us where we will belong for all of eternity. As Jesus promises in John 14, "My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you may also be where I am" (v2,3).

Remember, Jesus didn't belong on Earth either. He was rejected by those He came to save and held the weight of humanity's sin on His heart so that we might have the chance to one day be in our true home with Him, a home with the people we have loved and lost, a home that will remain steadfast and true, a home where our wrinkled hearts will no longer hurt.

**Ashley Jankiewicz**

teaches English in Poland and has a passion for sharing Jesus through her writing.

# THE END OF FREE WILL

If you were to walk into your favourite café today and, after ordering a sensible cup of herbal tea, you glance over to the pastries cabinet, you'd be met with a number of tantalising choices. You tell yourself that all you need is your tea; after all, lunch is only two hours away and you don't need the extra calories. But then, the pain au chocolat on the top shelf starts screaming your name, as does the blueberry danish underneath it. Or, tempting you to go rogue, throwing out all pretences of propriety, that slice of burnt basque cheesecake begs you to order it. Every good impulse inside you begs you to reconsider. A slice of cheesecake with a camomile tea won't work, and you know it. And yet, inexorably, like a moth to a flame, you open your mouth and with a sense of

foreboding and guilt you order the cheesecake. Then, for good measure, you change your cup of tea to a Belgian hot chocolate. After all, that pairs much better.

If I were to ask you to reconstruct the series of decisions that changed a simple order of tea to a decadent slice of cheesecake and indulgent hot chocolate, would you be able to? Better yet, could you justify it to yourself, were you able to separate your baser urges from your more high-minded health ideals? Chances are, if you were to pose the same question to philosophers, theologians or social scientists, they'd have a range of theories as to why you chose what you chose. Some may point to social conditioning, original sin, your "shadow" or any number of other factors. If, on the other hand, you were to ask professor of biology and neurology Robert Sapolsky, he'd tell you that you didn't have a choice at all. He'd say that everything you've ever done or ever will do has already been set in stone and that you're merely an actor playing a part that's already been written. If you think I'm being hyperbolic, I'm not. In his book *Determined: Life Without Free Will*, Sapolsky claims that "all we are is the history of our biology, over which we had no control, and of its interaction with environments,



over which we also had no control, creating who we are in the moment". Try printing that on a t-shirt. I don't think you'd sell many. Which decisions, he asks, are not influenced by your parentage, ancestry, the weather, your health, politics, plus about a million other tiny factors. "Find me the neuron," he demands, "that had an action potential for no reason, where no neuron spoke to it just before."<sup>1</sup> In other words, what part of a person's brain contains the potential to act independent of any previous experience, influence or suggestion? Every newborn giraffe, every lover's kiss, every earthquake, every political assassination—every single act of change is brought about by factors outside the control of both humans and nature. Like a clock wound by invisible hands, everything has been, well, determined.

As a Christian and Arminian, the concept of free will is incredibly important to me. That you and I are free to choose how we live our lives—and faith—is fundamental to my faith, as well as the faith of millions. The notion that we are mere products of our biology, ancestry and environment is likely a bridge too far for most believers. Curiously, Sapolsky doesn't engage the theological perspective in *Determined*. That is, aside from a small footnote in the first chapter where he lists several tired theories on God and the nature of His agency in the universe. Outside the book, I've heard him trot out the familiar arguments against religion. Namely, that religious affiliation is largely geographical. In other words, you're more likely to be Evangelical Christian if you were born in Lebanon, Kentucky, and more likely to be Muslim if you were born in Beirut, Lebanon (sadly, there's no Kentucky in Lebanon). It's a familiar refrain, though it doesn't consider outliers like immigration or evangelism. It's tempting, as a Christian, to simply dismiss Sapolsky. After all, how can a secular biologist, in good faith, grapple with theological truths Christians have held for centuries? I'm talking specifically about sin, the satan, the Kingdom of God, atonement and most audaciously, the resurrection of Jesus. However, I think if we entertain

the notion of hard determinism, if but for a moment, it may have something to teach us about faith.

To me, the most compelling aspect of Sapolsky's theory is how our life is affected by a multitude of factors outside our control. From our hereditary, culture, family upbringing, down to our DNA, these all affect any number of positive, and negative, proclivities. Whether you are prone to addiction, or obesity, or anti-establishment thinking, or heart disease, or pessimism; they all come pre-loaded. Your genetic code is just as likely to turn you into a kleptomaniac as it is to give you male pattern baldness. Sorry kid, it's just your luck of the draw. The biblical writers seemingly agree when they speak of the problem of sin. The prophet Jeremiah famously lamented the nature of the human heart, calling it "deceitful beyond cure" (Jeremiah 17:9). The apostle Paul in the New Testament echoes this by saying, "Sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned" (Romans 5:12). Though we aren't to blame for Adam's sin, we all share in its consequences. The fate of humanity, seemingly, determined. As Paul says a little later, "The wages of sin is death" (Romans 6:23).

And yet, I contend that the way of Jesus upsets the rigidity of hard determinism and invites us into a way of being human that can change even our strongest genetic preconditioning. One chapter after the previous passage in Romans, Paul reflects: "I do not understand my own decisions. For I do not do what I want, but I do the very thing I hate" (Romans 7:15). Sounds like hard determinism to me. I don't understand why I'm prone to certain behaviours—behaviours that I hate. I'm sure all of us can relate. "Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!" (7:24,25) The "wages of sin" is death, "But the free gift of God is eternal life in Christ Jesus our Lord" (Romans 6:23).

The good news of Jesus is that we don't have to surrender to our predetermined nature. The sinful body we all live in is destined for death. It is the

logical endpoint for all of us if we allow our code, handed down to us from our ancestors, to run the program to its conclusion. Through Jesus, we are not just offered a chance to have our sins forgiven; we are offered the opportunity to re-write our internal code. "And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses . . ." (Colossians 2:13) If hard determinism is all there is to our life's trajectory, how do we explain Christianity? How can we explain drug addicts never getting another craving when they give their lives to Jesus? How can we explain a young person breaking free from generational dysfunction to become the first person in their family to get a university degree? How can we explain former atheists having such radical transformations that they become devoted Christians? Sapolsky might cynically assert that the latent potential lay within the individual, the individual's environment and/or the individual's ancestry to create such a change, even if the potential was invisible to all, including the individual. I'd argue, as many theologians more sophisticated than me also would, that the process of responding to Jesus and becoming a disciple is a much more mysterious, yet nevertheless just as profound, process. As New Testament theologian NT Wright says of the crucifixion and resurrection of Jesus: "The larger reality is that something has happened within the actual world of space, time, and matter, as a result of which everything is different."<sup>2</sup> The world cannot continue as usual because as a result of Calvary, the world has changed. By extension, the people who follow Jesus have also been changed through the resurrection and now participate in changing the world. I don't know about you, but that's the kind of world I want to live in.

1. Robert Sapolsky, *Determined: Life Without Free Will*. Penguin Random House, 2023, 14.

2. NT Wright, *The Day the Revolution Began*. HarperCollins, 2016, 156.

**Jesse Herford**  
associate editor, *Signs of the Times*.



## Lessons from the valley of the Shadow

Jesus was a wanted man. He was aware His time of ministry was fast coming to an end. He had set His face toward Jerusalem and the showdown that would take place there with the forces (both natural and supernatural) that wanted to put an end to Him. The Gospel of John gives us an insight into how Jesus was feeling and teaching at this time but our own human experience can reach out across the divide of time and space to imagine.

I'm sure you've experienced the calm before a soul-crushing experience. A deadline approaches, bad news is coming. A trail difficult and devastating is before you and you're not sure where you'll find the strength for it. Perhaps it's the funeral of a loved one, a doctor's appointment to receive test results or a court date. Darkness and fog swirl around the corners of your perception as you fight to put one foot in front of the other or to fight back tears or to fight for breath.

In John's recounting of events, he—more than any other disciple—puts flesh on the bones of those hours between the ominously named "last" supper and the events of the cross. Many of us find ourselves in those uncertain hours of waiting for the hammer to fall, as Jesus did in the garden and as the disciples did during the dark Sabbath hours. God feels distant or even dead and we don't know where to find the strength to carry on.

How Jesus spent those hours is informative and, if we meditate here for a moment, possibly even transformative.

### SERVE OTHERS:



Jesus chose this time to wash the feet of His disciples. It was a common practice in a dusty, rural setting to wash your feet before dinner or when coming in from wandering, but Jesus took it upon Himself to wash everyone else. If you or I knew we were about to face what He did, we might be a bit self-absorbed, wrapped up in our own thoughts, eager to skip the service aspect. Let everyone deal with themselves, we might think. We've got to prepare what we're going to say at this important dinner. But no. To Jesus, this was important, serving others even in the shadow of death. "I have set you an example that you should do as I have done for you. I tell you the truth no servant is greater than his master, nor is a messenger greater than the one who sent him" (John 13:15,16).

### PRAY FOR OTHERS:



The worst challenges in my life usually bring me to my knees. My prayers are more regular and seem more desperate when things are not going well. Just before an important decision or after a disheartening disappointment, I'm seeking wisdom, answers and help. Yes, Jesus prays for Himself, but only that God will be glorified through Him. He spends much more of His time praying for others, first for His disciples and then for all who believe. In His most difficult moments, Jesus prayed for me, that I would be with Him and see His glory (John 17:24). It's amazing.

### BE WITH OTHERS:



Many of us withdraw from others when the going gets tough. Stress and pressure can cause us to isolate from others, a vicious cycle that breeds loneliness and poorer health outcomes. I'm guilty of this myself. I tend to try to carry every heavy load alone. And stress is exacerbated by isolation. Jesus did spend time in His last moments alone but He also made sure He was surrounded by His closest friends. He urged them to love one another (John 15:12), He encouraged and comforted them (John 14:1-3; 15-30), He prayed for them, ate with them, and even made provisions for His mother to be looked after when He knew He would no longer be able to (John 19:26,27).

Jesus spent His darkest hours with a focus on others. If I live my life with the same focus, perhaps the next time I face trials, I will be better equipped to face them like Jesus did.

**Jarrod Stackelroth**

editor, *Adventist Record* and *Signs of the Times*.



# Conversations

## Unanswered prayer

Re “The prayer of a faithful woman” (Feature, March 1). The focus of the article was the power prayer has to move God, “to move mountains, part seas and bring the dead back to life”.

I want to respond with an “Amen” to the challenge of the article. But I crave quietly for an article on unanswered prayer. Where do members go who prayed fervently for a sick loved one only to stand by their graveside? What about ministers and elders who’ve never seen an anointing result in a physical healing? What about the guilt felt by your readers when they read the conclusion: “What opportunities, what miracles, what power might we see in the world if only we were to be a people of prayer.”

Do our current prayers have no value when we see no tangible result? Many dedicated Christian writers have struggled with this real question, like Philip Yancey in *Reaching for the Invisible God*, and I ask you to share some of their journey with us in *Record*.

**Jim Zyderfeld**, *via email*

## All called

The article “I Missed My Call to Ministry” (Feature, March 1) made me

very sad. The writer says that if he had become a pastor his life would have been different. It may very well have been. But it may not have been better. There are many ways of doing ministry, and being a pastor is only one way. He may have had many of the same struggles even as a pastor. God doesn’t want us to look back at our past choices with shame or regret. He wants us to live for today and tomorrow. Elijah’s faith failed after hearing that Jezebel wanted to kill him, but when he eventually stopped to listen to God speak to him with a still, small voice, he was immediately given a job to do. We can all do ministry, no matter where we are. When Elisha was called to be a prophet he was ploughing his father’s field.

Ellen White writes in *Prophets and Kings* that, “Because they are not connected with some directly religious work, many feel that their lives are useless, that they are doing nothing for the advancement of God’s kingdom. If they could do some great thing how gladly they would undertake it! But because they can serve only in little things, they think themselves justified in doing nothing. In this they err. A man may be in the

active service of God while engaged in the ordinary, everyday duties—while felling trees, clearing the ground, or following the plough. The mother who trains her children for Christ is as truly working for God as is the minister in the pulpit.”

**Jennie Mowbray**, *NSW*

## Character speaks

I’m encouraged to see South Pacific Division leaders participating in a series of quarterly leadership development workshops. Yet of equal importance would be their consideration of the place of Christian character in leadership, ie the qualities of justice, grace and mercy. While the first area of knowledge represents one’s professionalism, the second speaks to one’s spirituality. May God bless those that lead us.

**Paul Richardson**, *NSW*

*Correction:* Unfortunately, the article “Assassins in the court” (March 16) had a few lines drop over at the end of the print version. The editors apologise for this mistake and encourage you to read the full article at <[record.adventistchurch.com](http://record.adventistchurch.com)>.

# Hello Kids!

# Kids' Special

We share God's saving grace with others.



## Live Man Walking



Jesus rests in the tomb over Sabbath. Then, on the morning of the first day of the week, He is raised to life. Isn't it awesome that the God of the universe loved us so much that He sent His only Son into our world to save us! Jesus stooped so low as to be born a human being so that He may show us through His life, death and resurrection the way of salvation.

## Who Am I?

DRAW A LINE TO CONNECT THE ANSWER TO THE IMAGE

(HINT: DRAW A STRAIGHT LINE TO THE DOT IN EACH SHAPE)

The first PERSON to see Jesus when He rose from the dead?

The first DISCIPLE to see Jesus when He rose from the dead?

The first HEAVENLY BEING to see Jesus when He rose?

The first PEOPLE to NOT see Jesus when He rose (they were blind)?



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FIND THE COLOURED WORDS IN THE MEMORY VERSE IN THE FIND-A-WORD ABOVE

### MEMORY VERSE

"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead" (1 Peter 1:3).

# HE HAS RISEN





# Eggplant and sweet potato (kumara) dahl

Serves 4

Prep 10

Cook 20

A squeeze of lemon adds zing and summery freshness to this aromatic veggie-packed dahl. It is also high in fibre to help you feel good on the inside by keeping your digestive system moving.

## Ingredients

- 1 cup dried red lentils
- 1 medium sweet potato/kumara, peeled and diced
- 1 small eggplant, diced
- 1 cup light coconut milk
- 3 cups salt-reduced vegetable stock
- 1 tbsp curry powder
- 1 tsp turmeric powder
- 2 tomatoes, diced
- Juice and zest of 1 lime
- Olive oil, for roasting and sautéing
- 1 onion, diced
- 2 cloves garlic, minced

## Tip:

- This is also a great recipe to use up vegetable scraps leftover in your fridge.

## Nutritional Information (per serving)

ENERGY	CALORIES	PROTEIN	FAT	SATURATES	CARBOHYDRATE
1590kJ	197	15g	13g	5g	42g
SUGARS	FIBRE	CALCIUM	SODIUM	IRON	POTASSIUM
14g	13.4g	106mg	517mg	6.1mg	925mg

## Method

1. Preheat the oven to 200°C.
2. In a large pot, heat some olive oil over medium heat. Add onion and garlic, and sauté until translucent.
3. Add curry and turmeric powders to the pot and cook for another minute, stirring constantly.
4. Stir in lentils, sweet potato/kumara, coconut milk, stock and diced tomatoes. Bring to a boil, then reduce the heat and simmer for about 15-20 minutes or until tender.
5. While the dahl is simmering, spread the eggplant on a baking sheet, drizzle with olive oil and season with salt to taste. Roast in the preheated oven for about 15 minutes or until the eggplant is golden and tender.
6. Once the lentils are cooked, remove the pot from the heat. Stir in lime juice and zest. If it is too thick add some water to achieve the desired consistency.
7. Gently fold in the roasted eggplant. Serve in bowls, garnished with toasted coconut flakes, fried shallots and coriander leaves, if desired.

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## Obituaries

**ATTWOOD**, Barrie Carlyson, born 12.7.1941 in Glen Huntly, Vic; died 10.2.24 at Ladys Pass. He is survived by his daughter, Julie Reeves; son, Alan Beaumont (Los Angeles, USA); and sister, Marea West (Vic). Barrie lived a full life.

Daniel Maher



### DAVIDSON,

Norman (Normie) George, born 10.12.1950; died 18.11.23 in Prince

Charles Hospital, Brisbane, Qld. He was predeceased by his parents, Cath and George; and his niece, Sarah. He is survived by his daughters, Angie, Rena, Emma, Hayley and their husbands; son, Karl; 10 grandchildren; sister, Jenny and Barry Wort; and nieces, Rebecca, Leah, Jessica and their families. Norm was a meticulous builder, who lived at Byron Bay, Grassy Head, Tucabia and South West Rocks, NSW. He was infatuated with big fast motorbikes, rotary Mazdas, motor sport and surfing—a lifelong passion. Norm was kind and generous. He loved his Lord, his family and his friends. He now sleeps, awaiting Jesus' return.

Adam Cinzio

**HIVON**, James David (Jim Vlado), born 28.11.1934 in Belgrade, Yugoslavia; died 12.6.23 in Coffs Harbour, NSW. He is survived by his wife, Margaret (nee Hays); son, David and Jenny (Melbourne, Vic) and daughter, Sarah and John Lockton (Sydney, NSW); grandchildren, Jessica and Ashlee (both of Melbourne, Vic); and sister-in-law Lili Valjan and family (Nambucca, NSW). Jim was baptised in the Rome church while a refugee in Italy before migrating to Australia in 1959, joining his sister, Nada in Melbourne. He remained true and faithful to his Lord all his life with a firm belief in the soon return of our Lord and Saviour.

Matt Atcheson



**JAQUES**, Dennett (Denny) Edgar, born 1.1.1951 in Auckland, NZ; died 18.2.24 in the Tweed Heads

Hospital, NSW, after a long battle with his health. On 1.12.1975 he married Alison Hann in the Hawera church, NZ and they enjoyed 48 years together. He is survived by his wife (Tweed Heads, NSW); sister, Glenis Cartwright (Orewa, NZ); sons, Trent and Naomi (Gold Coast, Qld) and Brett (Tweed Heads, NSW); and daughter, Chloe and Will Kent (Melbourne, Vic). Denny loved his five grandchildren, expecting one more in June. He spent a large part of his life as a landscape gardener and was known for the perfection he demanded. He loved his God, was a faithful church member, serving in various church offices. A model husband, father and grandfather, he looked forward to the second coming of Christ.

Vern Parmenter, Quinton Betteridge



**OTTO**, Elsie May (nee Elliott), born 20.12.1925 in Ayr, Qld; died 23.1.24 in Belmont, NSW. On

19.7.1947 she married Bill, who predeceased her in 1987. Elsie is survived by her children, Kay and Lynn Mitchell (Cranbourne, Vic), Bill and Wan (Valentine, NSW) and Carol (Home Hill, Qld); nine grandchildren; and 11 great-grandchildren. Elsie and Bill were living in Bundaberg operating a service station when they became Adventists. Pastor Bill was the preacher and Elsie was the musician and the coordinator of many successful mission programs. They lived and served in South Queensland, South Australia, South New South Wales and South New Zealand conferences. In her later life, Elsie continued to share her musical skill and was an encouragement to all.

Kevin Amos, Ernst Williams

**RIJAVEC**, Febronija (nee Tamas), born 2.2.1946 in Durvevo, Serbia; died 19.2.24 in Gattton, Qld. She was predeceased by her first husband, Srecko Ninčević in 1979. Febronija is

survived by her husband, Goran (Gattton); daughter, Mary-Ann Vaessen (Ipswich); sons, Daniel and Kylie (Toowoomba) and Felix and Quin (Cooranbong, NSW); grandchildren, Kaiya, Miles, Clay, Lucia, Levi, Bodi, Jett and Jazz; and siblings, Julian Tamas, John Tamas and Marija Stojkovic.

Febronija was a very talented lady with a huge heart for Jesus and others. Although she never attended school, she learned to read and write using the family Bible. Her love of learning led her to speak four languages as well as to read and write them. Being a great cook, she never turned anyone away. Febronija was a loving wife, mother, grandmother and friend to all.

John Rabbas

**THOMPSON**, Garry Ross, born 3.2.1931 in Sydney, NSW; died 1.10.23 in the Sunshine Coast University Private Hospital, Qld. He is survived by his wife, Norma; children, Marcelle, Jeanette and Darryl; as well as their families. Garry was a devoted husband, father, grandfather and great-grandfather, who loved God and his church family. He was firm in his beliefs and in whom he believed. Towards his final years Garry was a member of the Maroochyodore church. Garry fell asleep in the Lord and is looking forward to Jesus' return.

Francis Pule

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Juliana Muniz

### Assistant editor

Danelle Stothers

### Editorial assistant

Olivia Fairfax

### Copyeditor

Tracey Bridcutt

### Graphic designer

Theodora Pau'u

### Noticeboard

Julie Laws

### Letters

editor@record.net.au

### News & photos

news@record.net.au

### Noticeboard

ads@record.net.au

### Subscriptions

subscriptions@record.net.au

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### Website

record.adventistchurch.com

### Mailing address

Adventist Media

Locked Bag 1115

Wahroonga NSW 2076

Australia

+ 61 (02) 9847 2222

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