



Southeast Asia Union Mission

MESSENGER

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IN FOCUS:

SABAH MISSION

WALDENSES

Amazing Year 2000

The year 2000 has come to a close. A new year is ahead of us. Friends, it is time for us to celebrate and make new resolutions for the coming year. As we celebrate, however, let us remember those who are less fortunate than we. A little kind word and a small gift will mean much to them. As Jesus said, "Inasmuch as ye have done it unto the least of these my brethren, ye have done it unto me. Mat. 25:40.

In this issue Pastor Robin Riches, President of Southeast Asia Union Mission, reminisced the leading hand of God in the various Missions in the last five years. Many amazing events have taken place becoming memorials to what God can do through us.

Pastor Konis Gabu, Communication Director of Sabah Mission, reported many events that have taken place in Sabah, East Malaysia.

Pastor Oberholster, Director of Publishing reported again about the Amazing Waldenses and what these faithful colporteurs can do when God is by their side. Thanks for pioneering the project.

Dr. Siriporn, President of Mission College, made a report about the amazing new college for the Union of Southeast Asia that is mushrooming in Thailand. She also wants to extend an invitation to everyone to visit the beautiful campus and see the miracles that have taken place.

Thank you too to our faithful writers, Dr. Amy Ng and Miss Soontharee Tantrarungroj, for their contributions in this issue.

This Messenger Magazine is distributed free to church members and friends. However, donations are welcome to assist in defraying the cost of printing and postage.

We wish everyone a very Happy New Year.

Mr. Lee Chin Beng
Assistant Editor

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Cover page: Students at Mission College in Muaklek Thailand. Mission College is blessed with almost 600 students, 60 of whom are from overseas. On the cover page standing from left to right are: Err Khelex Mahani from Malaysia, third year English; Vo Doan Nguyen Tanh from Vietnam, first year Christian Studies; Sophorn Prim from Cambodia, first year English; Myrna May Biswas from Bangladesh, first year Mathematics; and Kannika Insom from Thailand, fourth year Accounting.

Praise God! From Whom All Blessings Flow

By Ps. Robin D. Riches, President of Southeast Asia Union Mission



Ps. Robin D. Riches

On March 6, 1996 the Government of Singapore publicly announced its decision to acquire the Union properties along Upper Serangoon Road. With one stroke of a parliamentary pen the Church faced the loss of the Youngberg Hospital, and the need to relocate the Union office, Publishing House, Wellness Centre, College, College Church and SDA High School. As a consequence, much of the last five years - for the Union administration at least - were spent meeting with government officials, lawyers, contractors and consultants. This is not what any of us would have chosen to do. However, we now find ourselves well positioned to move into the next five years with greater strength and keener focus.

The Union moved into the second floor of its new office premises at 798 Thomson Road in December 1998. The completed building was handed over one year later. The Wellness Cen-

tre, recording studios, guestrooms and auditorium are now located conveniently under one roof. The Publishing House was moved to Kuala Lumpur in 1997, where it could better and more economically serve the majority of our literature evangelists. The Union College was transferred to Muak Lek, Thailand. We thus exchanged three acres of campus in Singapore for 250 acres in a most beautiful rural setting. The new complex is something of which this Union can be proud.

At the time of acquisition the Union was unofficially counseled by the Singapore Land Office to develop the residential property on Woodleigh Close - or lose it. We acknowledge God's guidance in consequent events. We found a buyer and closed the sale while prices were at their peak - just one week before the Asian financial "crash" sent land values tumbling by up to forty percent.

These events naturally brought great distress to the Church in Singapore. We can now thank God for them, however, because from the upheaval there has come growth and far greater financial and institutional strength.

Baptisms for the past five years have averaged approximately 2,300 each year, Membership growth has been uneven, but has averaged 3.5 percent per annum, growing from 55,500 at the beginning of 1996 to 66,000 by June 2000. Church growth in Cambodia has grown by 220 percent during the same period - from 1,400 members to 3,100. Laos now has one organized church and 18 companies, with a total of 450 members. Vietnam has had average annual baptisms of 265, and now reports 7,000 members. It is appropriate to record here our appreciation for the two Mission officers and their small pastoral force for their courage and faithfulness in keeping the Church alive and growing in Vietnam during twenty-five very difficult and testing years. Most of the 1,300 baptism reported were the result of a ministry that, for the most part was carried on secretly. A steady growth in Sabah, Sarawak and Thailand has been maintained throughout the five years. In an increasingly materialistic environment growth in West Malaysia and Singapore has been slow and elusive, however.

Global Mission has financed 152 projects throughout the Union since the beginning of 1996, for which the world Church provided over S\$1 million. One special programme was a brainchild of the Publishing Department - the Waldensian Project. Young people were recruited as pioneers to go into new territories. By selling literature they were able to maintain themselves and, at the same time, make contacts throughout the community. As a result, in just two years 243 people were baptised. Another on-going GM project is the Adventist World Radio daily broadcast into Vietnam. Thousands of listeners are now keeping the Sabbath as a result. These numbers will continue to increase and provide the Church with growing inspiration as it watches God at work in a very formidable environment.

During the recent Union Session a few personnel changes were made. Lawrence Banyie was called back to Sarawak as the Mission President. His place as Youth and Communication Director has been taken by Simon Siew. Dan Walter has replaced Samuel Money who, later on in the year, will go to West Malaysia as Director for the Indian work. Sally Phoon was appointed as Education and Women's Ministries Director. Phoon Chek Yat has taken over the Ministerial Association, and Edmund Liah has assumed responsibility for the Health and Stewardship Departments. Braam Oberholster remains with the Publishing Department and Dorothy Walter with Family and Children's Ministries. We have a good team of leaders and are excited to have such a qualified group.

And what of the future? We expect even more challenging and productive years ahead as we plan and work together for what is beyond our perceived ability to accomplish. We ask God for an urgent restlessness to do much more than we have ever done before, and to view average progress and growth as unacceptable.

Most importantly, God calls us to reach our entire world for Christ. That may not seem possible. However, the early Christian Church faced an impossible task with faith and vision, and succeeded. So did the pioneers of our own Church a century and a half ago. When God gives us dreams He also enables us to fulfill them.

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SAUM BIBLE CONFERENCE

By Konis Gabu, Communication Director, Sabah Mission



Delegates to the Bible Conference

August 1 - 5, 2000, the SDA Retreat Center in Kundasang was packed by delegates from the Mission of Thailand, Peninsular Malaysia, Singapore, Sarawak and of course from Sabah. These delegates came to attend the SAUM Bible Conference that was conducted by a team from the Adventist Theological Society headed by Dr. Norman Gully, its General Vice-President, also Professor Peter vanBemmelen (Professor, Andrews University Theological Seminary), Dr. Ed Christian (Professor of Religion, Kutztown University of Pennsylvania), Dr. Ganoune Diop (Professor of Theology, Southern Adventist University, Tennessee) and Dr. Gordon Christo (Academic Dean, Dean of Religion, Spicer Memorial College, India). Also in attendance was Dr. John Duroe, Ministerial Secretary of the Division, who gave the closing devotional. Earlier Pastor Joshua Mok, Secretary of SAUM, gave the opening address. Topics presented dealt with the following titles:

1. Reaching out to Muslims
2. Our Foundation
3. Soteriology (Salvation)
4. Atonement
5. Eschatology

An open forum was conducted after the series of presentation by the lecturers. For two evenings the Singapore Mission Officers presented a seminar entitled "Natural Church Development".

PATHFINDER FAIR 2000



Pathfinders in Action

Would it rain this time? This question is always asked each time the Sabah-Wide Pathfinder Club is to be held. And rain it did, when the fourteen clubs from all over Sabah gathered at the Public Works Department headquarters in Kinabatangan on the 25th to 27th August, 2000. Only about six hundred pathfinders were able to attend the fair this time. The reason is that Kinabatangan is quite a secluded area for most of the more than sixty clubs all over Sabah. We do not have a church in the area yet. Most of the people in Kinabatangan have never heard about Pathfinding, let alone the Seventh-day Adventist church. They know about boy & girl scouts but not Pathfinders. Well, now they not only know the Pathfinder club but our church as well. It is hoped that in the not distant future a church will be planted in Kinabatangan.

The community development officer, who is a Christian, not a Seventh-day Adventist, in officiating the fair commended the "never fading spirit" of the Pathfinders although some were soaked by the rain during the night. He was pleased and felt honored that Kinabatangan was chosen for the first time as the venue for the fair.

At the end of the fair the Kota Marudu Pathfinder Club was judged the overall Club Champion.

411 SOULS BROUGHT TO CHRIST

By Konis Gabu, Communication Director, Sabah Mission



The evangelistic meetings held at Goshen Adventist Secondary Adutorium, conducted by Dr. Hendrik Sumendap on August 6-19, 2000, resulted with more than four hundred souls accepting Christ either through baptism or by profession of faith.

These souls were the fruit of months of untiring effort of the laymen and district pastors of the Kota Marudu, Damai-Tandek, Tagaroh, Marak Parak, Kipopogong, Pitas Pulau Banggi and Parapat Districts.

The nightly average attendance of the meeting was two thousand five, not including children. The theme of the evangelistic meeting was "Reminder of Hope". The meetings start with inspirational presentations by different choirs from the various districts and with pastor Samuel Money from the Union giving "Health Screen" presentations. Special music followed before the inspiring messages of Dr. Sumendap.

On the Sabbath of August 19, the baptismal candidates were carried on trucks, pick-ups, and vans to the river, which was one and a half kilometer from the school Auditorium. Hundreds of members hiked to the river to witness the baptism. It took about two hours for the seventeen ordained pastors who were around to baptize 411 souls on that day.

The millennium choir comprised of more than three hundred voices (a combination of all the choirs in the Kota Marudu area), gave an uplifting presentation at the close of the ten night meetings. Praise be to God for the good harvest!

ADRA KOREA COMES TO SABAH



On October 12 to 25 ADRA Sabah became host to twenty ADRA Support Groups from Korea. The group was led by Pastor Koo Hyun Suh, ADRA KOREA Director as well as Communication and Religious Liberty Director for the Korean Conference of Seventh-day Adventist.

The group came as an answer to a proposal request by ADRA Sabah to fund Gravity Water System projects for four villages, namely Tulung, Mantob, Polod and Libodon. ADRA Korea not only helped fund the project but also organized a group to implement one of the

projects themselves.

They also came with more than twenty boxes of medicine and used clothes. One of the group, a general practitioner in medicine led two dentists and seven nurses which formed a medical team to attend to patients. For five days they visited five villages and gave free medical help to about two thousand villagers who came either for treatment of their ailment or tooth extraction.

Another team of ten stayed for one week in Tulung village to help the villagers to put up the gravity water system. At the end of the week they had completed laying about 2-kilometer lengths of polypipes and an eight by five foot concrete tank for water storage. Some of the Mission Departmental Officers namely Pastor Mahani Gindol, Mr. Nelton Bingku, Mr. Sukung Gadaun and Pastor Nelver Sikul helped ADRA Sabah Director, Mr. Konis Gabu in coordinating the group during their entire stay.

Before the group left for Korea, they visited the Kinabalu National Park, Hot Springs, Dantai Adventist Camp, Manukan Island and the Sabah Museum.

"On behalf of the Mission, thank you, ADRA Korea Support Group, for coming to Sabah"

MISSION PRESIDENT CONDUCTED

TWO DISTRICT REVIVALS

By Konis Gabu, Communication Director, Sabah Mission

For fifteen nights from October 21 to November 4, 2000, Pastor Mansor Gingging, our Mission President, conducted spiritual revival meetings at the Tun Fuad Community Hall in Kiulu.

The average nightly attendance was 800 people. The rain that came almost every evening did not dampen the spirit of those who hunger after the word of God. They came on foot, motorcycle, cars and vans to listen to the inspiring messages from the President.

November 4, which was the final day, on Sabbath, 96 souls were led to the Tuaran river for baptism. We praise God for the outpouring of the Holy Spirit which led them to except Jesus Christ as their personal Saviour.

FACTORS TO THE SUCCESS OF EVANGELISTIC MEETINGS

By Pastor Laini Gura

- 1. One church member for one non-member.**
Six months or more, before an evangelistic meeting is conducted, as encouraged by the Mission, every church member was to teach one non-member. Most churches tried to follow the method. As a result of the cooperation of the church elders and other officers and with the members at large we found out that we not only reached but exceeded our goals for baptism.
- 2. Bible Lending Scheme.**
Together with the series of the "Bible Speaks" lessons we use the method of lending a Bible to each Bible Student. The Bible being lent would be owned by the students upon completion of the lessons.
- 3. School Teachers of our Church and Secondary Schools were Involved.**
Every school was encourage to hold a special Bible Class that would be geared for the evangelistic meetings. A very excellent example is what the Primary and Secondary School teachers in Goshen did. Thirty souls were brought to Christ from the two schools during the evangelistic meetings.
- 4. Free Meal.**
Bible students from far places were given free meals before they left every night. Some were given free lodging and food during the entire ten days meeting.
- 5. Involvement of Church Officers.**
Many of the church officers got very involved in the running of the evangelistic meetings. Their involvement actually started six months prior to the meeting and every night during the entire evangelistic meetings.
- 6. Prayer Bands.**
All pastors with several church elders who were involved held prayer bands as early as 5:00 a.m. daily. They prayed for the baptismal classes and for the safety of the nightly meetings. The blessings reaped from these prayer bands and the undivided cooperation among the church officers brought 411 souls through baptism.

CAMP MEETING

By Konis Gabu

The Camp Meeting held in Goshen on September 6-10, 2000 was a success. According to Pastor Nelder Sikul, Sabah Mission Secretary, in his welcoming address it is the first of its kind in recent years in the Sabah Mission. The guest speakers that turned up were Pastor Bobby Sepang (SSD Stewardship Director), Pastor Daniel Walter (SAUM Ministerial Director), Mrs. Dorothy Walter (SAUM Home and Family and Women Ministry's Director), Pastor Samuel Money (SAUM VOP and Sabbath School Director) and all the local Mission Personnel.

Each of the locals who were requested to give seminars came. It was indeed a learning experience for those five hundred plus who voluntary came from all over the Mission territories. They erected their own tents at specified areas of the Goshen Schools Campus.

The evening meetings attracted more than a thousand members of the Kota Marudu areas. The nightly "Special Feature" items which preceded the Keynote Sermons added to the attraction of the meeting.

Saturday afternoon, September 10, the Goshen Auditorium was fully packed as it was "Festival of Praise" time. More than a dozen Singing Groups from far and near came to join in the festival. Everybody in the audience participated in the respective song reading led by Mr. Nelton Bingku, Music Coordinator of the Mission.



Interview with Pastor Nelver Sikul:

SABAH SDA MISSION NEWLY ELECTED PRESIDENT

By Mr. Konis Gabu, Director, Communication, Director, Sabah Mission

Pastor Nelver Sikul hails from a humble Adventist family from Kampung Bayag, Kiulu about 12 miles from the Sabah Mission Headquarters at Tamparuli. A few weeks after he was born (October 20, 1949) Nelver became very sick and was dying. His mother prayed for a miracle to happen and that she would entrust Nelver for His service if he answered her petition. God granted her prayer.

Little Nelver was sent to a Government Primary School but was later transferred to an Adventist School and on to Sabah Adventist Secondary School until he graduated in 1970. He applied for work in the Mission and was accepted to teach in one of the church Schools in the Mission. A year later was called to become a pastor and since then he was transferred from one district to another. All in all he pastored eight districts between 1972 to 1989. In 1990 Pastor Nelver was selected as the Youth Director in the Sabah SDA Mission then to Personal Ministries as well as to the Sabbath School Department. He was chosen as the Mission Executive Secretary in 1995 until recently at the Union Quinquennial meeting he was voted to the Mission Presidency taking over for Pastor Mansor Gingging, who requested to be relieved, effective from 2001.

Pastor Nelver received his Bachelor Degree in Ministry at Southeast Asia Union College in Singapore in 1985. He obtained his Master's in Church Leadership at AIIAS in March 1998.

The writer had a brief interview with Pastor Nelver Sikul as follows:

Writer: Pastor Sikul, as the new President of the Sabah SDA Mission, in what role do you see yourself?

Pr. Sikul: *I see myself as a team captain as in a football game, I believe in doing, or rather, achieving things together.*

Writer: What positive area of work in Sabah would you like to see strengthened and how?

Pr. Sikul: *I would like to see every school in the Sabah Mission to be strengthened, everyone of our schools, has to properly organize a parents and teachers association. We need to identify additional projects for the school to get rid of their perennial financial syndrome. In the area of evangelism, we need to mobilize the church leaders, especially the Elders, Deacons, Personal Ministries, and Sabbath School Leaders to be on their toes.*

Writer: Are there any weak areas that need strengthening and how?

Pr. Sikul: *The spirituality of many of our church leaders is in question. The Mission Department needs to aggressively conduct advisory meetings with their counterparts at the church and District levels. I am also intending to implement a Church Elders Advisory to the president. We need to continue to conduct nurturing programs at the church level. Church elders and deacons to visit family members. Small group ministries need to intensify.*

Writer: During your term of office, what do you envision to accomplish in Sabah?

Pr. Sikul: *I would like to see to it that our intention to become a Conference is attained.*

Writer: Are there any threats that might hinder the work in Sabah?

Pr. Sikul: *Many of the Church leaders are not wholly committed to their obligation to God. Our Schools are affected by the ever changing government educational system. Some schools may be forced to close as they are without much support.*

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"I Will Rebuild Them"

By Miss Soontharee Tantrarungroj



Delegates to the Bible Camp

The first Mission-wide Bible Camp organized by the Youth Department under Thailand Youth Director Pastor Phakdee Tawino was held at Petchaboon Garden Hills in Petchaboon Province on October 15-19, 2000. One hundred fifty youth from churches all over Thailand registered for this Bible training course. This is the first time in the history of Thai Seventh-day Adventist activity in which the programs were professionally organized and all lectures given were in Thai with no translation needed. All participants stayed in fully air-conditioned rooms with delicious vegetarian meals served throughout their stay. Lecture hall was fully air-conditioned and well equipped. Although rooms are furnished with television sets no one seemed to care for it because interesting topics and activities fully occupied their time. Five main topics of 3 to 4-hour lectures each were designed for this Bible course. This is equivalent to a one-credit semester class works. Pastor Samuel Paul of Bangkok Adventist Hospital Church had a series of "To Know God" for each morning worship while Pastor Konkrit Imkamon of the Bangkok Adventist Chinese Church took care of the worship before bedtime each evening. He emphasized the importance of a sanctified life and re-conversion. Dr. Kittiporn Tantrarungroj of Bangkok Adventist Chinese Church lectured on the importance of Bible health principles and emphasized that one should be proud of being an Adventist. Pastor Boonrat Moolkaew, Chaplain of the Bangkok Adventist Hospital taught the topic of death and resurrection. Associate Professor Soontharee Tantrarungroj's topic was on the Law of God and the Sabbath. The history of Sabbath from creation down to redemption until the earth made new was emphasized. History of the establishment of the Seventh-day Adventist Church was taught by Pastor Songrit Dejvinyarn of Mission College while Pastor Surachet Insom also from the same College related how Ellen G. White was called by God and the importance of Spirit of Prophecy.

Ten small discussion groups each led by pastors from different churches actively discussed such topics as Sabbath, the State of the Dead, Unclean Food, the Law of God, and other topics currently affecting our young people. There were question and answer sessions with Mr. Danai Akadsupa, Principal of Ekamai Adventist School as moderator. These sessions were greatly enjoyed by the young people. Bible texts relating to the lectures were assigned for memorization. Bible prizes

Prophetic Guidance Seminars in SAUM

By A. J. Oberholster

During two weeks in September 2000, four Prophetic Guidance Seminars were conducted in the Southeast Asia Union. One in Bangkok where more than 120 delegates attended, one in Malaysia with about sixty in attendance, one in Sarawak with more than seventy delegates, and one in Sabah with more than sixty delegates. The delegates were mostly the local pastors and administrators, with some church elders in some places. Every body agreed that this was a seminar worth while attending.

Dr. Teofilo Ferreira, an associate director of the E G White Estate, did an outstanding job in explaining the real purpose of the Gift of Prophecy. His balanced approach to this important topic was totally different and very enlightening. His question periods were very popular with the delegates and there did not seem to be an end to all the many questions.

Dr. Ferreira's father was a Catholic priest. One day a lady came to confess where father Ferreira was on duty. She brought two books with her and she wanted to know from the priest if it is alright for her to read these books. Father Ferreira took the books home with the intention to read them and give an answer to his church member. One of the books was The Great Controversy. He read the book and became convinced of the truth in God's Word. He resigned from the priesthood and became an Seventh-day Adventist pastor. It was a Spirit of Prophecy book that brought him the light. Let us never underestimate the power of the printed page!

A CD-ROM with all the E G White books on are available at present at a very reasonable price. Place your order with your SOP Director today. The price is only US\$ 60.00 plus postage of US\$6.00. Please pay with your order.

Pastor A J Oberholster is the Director of Spirit of Prophecy of SAUM.

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were given to all who could accomplish the standards set by the committee. As a result, 45 Bibles were given out. On the opening night, the Youth Director called upon the young people to make the right choice for deciding what is good for this life and for life eternal. During the closing sermon, he again challenged the youth to give all their heart to God. As a result, all of the young people who had not given their heart to God stepped forward and made their decision for Chris; while the rest of the group rededicated their lives to Him. Last but not least, the Thai youth wish to convey their sincere thanks to friends and Adventist institutions in Thailand for their support that made this Bible camp successful and memorable.

Miss Soontharee Tantrarungroj is an Associate Professor at the Faculty of Medical Technology, Mahidol University in Bangkok.

The Amazing Waldenses in Action

By Pastor A. J. Oberholster

The Waldenses are a group of selected young people who receive on-going training in making friends and preaching the gospel through books. They are sent as pioneer literature evangelists to areas where there is no, or very little, Adventist presence. It is required from each young person to serve for a minimum of twelve months. There are at present more than thirteen groups of Waldenses serving in the Southeast Asia

Champion Literature Evangelist



Peter Chong, Champion Literature Evangelist in the Southeast Asia Union, sold books to the value of more than Rm 100,000 in the first ten months of the year 2000. We need more dedicated church members to follow in his footsteps.

Union. You can find them in Sabah, Sarawak, West Malaysia, and in Thailand. These dedicated young people are real soul-winners for the Lord.

In their goals for 2001 these Waldenses focus on entering ten specific un-entered areas. Four in Sabah, two in Sarawak, two in Peninsular Malaysia, and two in Thailand. In the year 2000 they



Waldenses going "Abroad"



Church LE Club Results

were responsible for the establishing of eight new congregations in un-entered areas in this Union. We see more and more results as more and more dedicated young people enter the ranks of the Waldenses. In the picture above is a group of four Waldenses who are the first to be flown to a country away from their home. They will be away from home for twelve months, facing many challenges, and enjoying the blessings that go with soul-winning. Earlier this year a group of fourteen Waldenses went to an area. They started visiting people, making friends, giving Bible Studies, and soon had a good interest. One of the group held evangelistic meetings every night for three weeks for their new friends. Many of them came to learn about Jesus and His love. After three weeks a pastor was called to come and meet a group of sixty-seven people who were ready to follow the Lord. Two other Waldenses were sent to an area where there used to be a SDA Church, but it had to close because of strong opposition from another religious group. The two Waldenses started by knocking on doors. The opposition was strong. They were not let into the homes of the people. What could they do? They remembered their training, put on their working clothes and offered themselves as helpers to the local farmers in their rice fields. It was harvesting time and the farmers were very happy to have extra help from two strong young men. They made friends and when they started knocking on doors again they were welcomed in with open arms. They sold many books and made many friends this way. Now the SDA Church is open again every Sabbath and a fine group of people are worshiping there every week. Church Clubs is another way to involve young people in the Waldenses program. Several congregations are now interested in organizing their young people into Church Clubs. These Clubs work in villages in the surrounding area of the church on Sabbath afternoons and on Sundays. One such Club was responsible for the organizing of three new congregations in the year 2000. These Waldenses young people are very excited about their work as soul-winners for the Lord. In the year 2000 we have had more than 240 souls baptized as a result of their work. The Waldenses program could help our church young people to use their energy and talents in some worthwhile work for the Lord and thus keeping them in the church. Once an LE, Always an LE. Nothing more, Nothing Less, Nothing Else.

Pastor A J Oberholster is Publishing Director of SAUM.

REFRESH MY SOUL

By Dr. Amy Ng



Delegates to the PEM CAMP

I attended the Malaysian Mission -Wide Camp Retreat held at Penang Ferringhi Beach Resort Hotel from 24th to 26th November 2000. The theme was "Refresh My Soul".

It was a very pleasant stay for me. The speaker was the National Education Director of the Australia Union Conference, Dr. John Hammond. He had lived in Penang for 12 years in his childhood till age 16. He could still remember many places in Penang. His father used to work in Penang Adventist Hospital as a physician.

Dr. John Hammond was a good story-teller. The Bible passages he shared from the life of Jesus and Queen Esther particularly attracted our attention.

Did you know that someone who met Jesus had his name meaning "lightbulb"? He was a prominent and respectable man. He sought for Jesus to meet the need of another individual who was dear to him. (Mark 5:21 to 43)

Dr. John Hammond told "The Adventures of Lightbulb" which highlighted the intersection of two healing events. The woman with an issue of blood for 12 years; and the synagogue ruler who had a 12-year old daughter who was critically ill.

The speaker related that this synagogue ruler might have been responsible for putting that sick woman out of the synagogue. He may also have administered several priestly cures to that woman but all were unsuccessful.

Dr. Hammond often asked, "How's your imagination? Are you with me?" I could imagine the agony of that ill woman and the troubled synagogue ruler.

I learned that Jesus brought this woman to the stage where she had no more pride and nothing else apart from God. As she reached out to touch Jesus in faith, she felt the power of healing in the body was healed from her sickness at last!

I was reminded that nothing is unexpected to Jesus. Though there was an initial delay—in moving with the crowd and in speaking with the healed woman, Jesus was prepared and waiting for the moment to encourage the synagogue ruler.

The synagogue ruler had to maintain his faith in Jesus, even as he had taken an initial risk of coming to Jesus for healing of his daughter. He could lose his prominent position in society by associating with Jesus. Yet,

GOD'S TOUCHING HANDS

By Dr. Amy Ng

It was with many mixed feelings that I stayed over in Penang after the Mission-wide camp to attend the Quad -Mission Women's retreat also held in at another beach resort hotel, from 1st to 3rd of December 2000.

During times of aloneness, friends and acquaintances and new friends from the previous weekend in Penang, were there and they were an encouragement to me.

Dr Linda Koh, the director of Women's Ministries of the Southern Asia Pacific Division, shared that we are God's hands of love, mercy, healing, blessing and creation. We are the visible expression of His hands.

I could also see hands of creativity when I saw my room mate busy connecting with many ladies from the Women's Ministry of Sabah. The hands of creativity were also seen during the cultural night. There were costumes and cultural dances, and so much cultural heritage in the backgrounds of all these women from Sabah and Sarawak.

I saw hands of praise and worship. A girl, from Johor Bahru, who could hardly speak English, sang songs that truly praised God and she was full of expressions of love for the Lord. That reminded me of Dr. Linda Koh's talk. She told us that Jesus is moved by our magnificent love and unselfish love is the hallmark of heaven.

Using multimedia, Rosina Civera shared with us "How to Deal with grief; and How to improve relationships with Adolescents." She spoke from her own personal experiences.

I was glad that I went to the retreat. I realized that Women's Ministries is about women encouraging women, and creating opportunities for more ministries.

Dr. Amy Ng is a member of the Balestier Road Church in Singapore.

he considered saving his daughter more important.

I was reminded to see myself in the picture with Jesus. Jesus is the only true Healer. He is the only one who can save us. I need to ask Jesus for forgiveness for my sins.

P. S.: Jarius means emitter of light, in Hebrew. Jesus spoke in Matthew 6:14,16, "You are the light of the world...let your light so shine before men, that they may see your good deeds and praise your Father in Heaven."

MISSION HOSPITAL, BANGKOK

By Bruce Wolpin



From left to right: Mr. Theerayut Assavapisitkul, New President of Mission Hospital; Mrs. Mullika Koh, Vice President of Nursing - Bangkok; and Mr. Robert W. Burchard, out-going president.

After the crash of the economy in Thailand, the survival of Bangkok Adventist Hospital and Phuket Adventist Hospital were in doubt. The Board of Directors of Bangkok Adventist Hospital asked Mr. Robert Burchard to come as consultant to evaluate the feasibility of merging the two hospitals and to assist in their restructuring. Mr. Burchard had been a vice president for Adventist Health System (AHS) in the U.S. that included stints as President of Manchester Hospital in Tennessee, President of Park Ridge Hospital in North Carolina, and the CEO of the Appalachian Cluster of four AHS hospitals. Mr. Burchard retired from AHS in January 1997. Mr. Burchard, and his wife Ann, arrived in Thailand in April 1999 to stay for six months on a volunteer basis.

On June 30, 1999, Mr. T. Y. Billones retired as President of Bangkok Adventist Hospital and the Board appointed

Mr. Burchard as its President. At the request of the new Administration, Adventist Health System sent several consultants during the last half of 1999 to help with the reorganization of the hospital. The Board approved a new organizational structure in September 1999, which significantly flattened the administrative structure and improved the efficiency of the hospital.

In July 1999 the Southeast Asia Union Mission merged the two hospitals under one Board of Directors with a total of 250 beds. In 2000 the names of the hospitals were changed from Bangkok Adventist Hospital and Phuket Adventist Hospital to Mission Hospital, Bangkok and Mission Hospital, Phuket. "Mission Hospital" has been known to the local community as a result of the many "missionary" doctors, nurses, and staff who have served over the years.

The merger of the two hospitals and the new names are just a few of the changes that have taken place. New bylaws were adopted for both of the hospitals and the medical staff, helping to bring organization and added efficiency to the hospital's operations. As a result of these changes, the medical staff now elect their own staff officers, and the Chief of Staff, which is a new position.

Neil Wayne Bayeta, Jr. is the Chief Operating Officer (COO) for Mission Hospital, Phuket and reports to the Hospital President. Mr. Bayeta is responsible for the day-to-day operations of the hospital and, also serves as the Chief Financial Officer for the Phuket operations.

Recruitment of a permanent hospital president had begun while the reorganization and merging of the two hospitals was underway. In October 2000, Mr. Theerayut Assavapisitkul was appointed President and will begin work on January 1, 2001. Theerayut grew up in Bangkok and attended the Ekamai International School through grade eight and then went to the United States where he attended Shenandoah Academy and Walla Walla College. Theerayut earned his MBA from Western Washington University and then worked at Castle Memorial Medical Center in Hawaii for eight years before returning to Thailand in 1996. For the last three years he has worked as the associate director of Bumrungrad Hospital in Rayong.

In December 2000, Mrs. Nursia Supunavong retired as Bangkok Adventist Hospital's Vice President for Nursing. Mrs. Mullika Koh, a graduate of Mission Hospital School of Nursing, has accepted the position to serve as the new VP for Nursing. She has most recently worked at the White Memorial Medical Center in Los Angeles, California. God's leading has been evident in bringing the new administrative team members to help lead the hospital into the future, and with the reorganization completed, the Adventist hospitals in Thailand are well positioned for service and mission.

Mr. Bruce Wolpin is VP Finance of Mission Hospital.



Mrs. Nursia Supunavong (center) at the farewell function.

YOUTH ON FIRE FOR THE LORD

By Mrs. Maggie Tan



*Pastor & Mrs. Onn Liang & Family
Loma Linda Chinese Church Pastor*

Loma Linda Chinese Church had its beginning as a small group of pioneers met in the Loma Linda University, Cutler Hall each Sabbath. As the group increased in size, there was a felt need to have their own church building, as the pioneers, among them Dr. Fred Lam and Dr. Benjamin Lau, actively contacted people for donations, and their dream was realized when Loma Linda Chinese SDA Church was dedicated in 1982 with pastor Edward Ho as its first pastor. Today, membership has risen to 350+, and our active youth and young adults plan to increase this membership through various activities.

This group of Sabbath School as early as speakers to further in- They meet as cell groups singing, praying, fast- and discussing Bible pers every first and third Outreach Vespers at the cated next to our church. ing on Wednesday home. They participate cheer to Loma Linda pital every Sabbath af-



Loma Linda Chinese Church Youth Young Adult 2000

They hold garage sales to raise funds for seminars and have invited notable speakers such as Samuel Pippin and Peter Gregory to conduct these seminars. They help in conducting Vacation Bible School each summer, attracting 150+ children to these fun-filled activities at VBS. They recently held a Canned Food Drive to help people in need and to bring some joy at Thanksgiving time to the homeless.

It's not all work and no play for this active group though, as they do have fun together on Game Nights and Friendship Nights when they invite non-SDA friends to enjoy fellowshiping with them and to taste the nutritious food prepared for them.

Future plans include colporteur and caroling in December. They also plan to assist Pastor Onn Liang's (Church Pastor) Crusade in March of 2001.

Praise the Lord for our active Youth and Young Adults! Truly, they are the catalysts for our church leadership and spiritual growth as they speak eloquently at the adult/senior Sabbath School programs. We salute you, our dear Youth and Young Adults of Loma Linda Chinese Church!



Loma Linda Chinese Church Youth Young Adult 1999

Mrs. Maggie Tan is a member of the LLC Church in Loma Linda

young people meets for Sab- 8:30 a.m. They invite spire them each Sabbath. (spiritual support groups), ing, memorizing Bible texts, topics. They meet for Ves- Friday nights and conduct Attera Retirement Home lo- They meet for Prayer Meet- nights at Alistair Huong's in Sunshine Band, bringing University Children's Hos- ternoon.

Flood in Haad Yai, Thailand

By Soontharee Tantrarungroj

The flood in Haad Yai that came in the middle of Tuesday night on November 21 and flooded the town until Monday November 27, 2000. The lowest grounds were first to be flooded and the last to get dry. The town was submerged for five days.

On the average the water level was 1-3 -meter high. The water rushed at high speed into the town in the middle of the night. As the water was rising no one knew how high it would rise. All they could do was to pray that God would send angles to protect each and every one of them. Praise God for His protecting care. All church members, school children and their family were safe.

At the church, the water flooded the social hall and Sabbath School class rooms with the small library of books, and the kitchen. Inside the church all the songbooks and Bibles were also destroyed. The new wall fans, the PA systems, the curtains on the pulpit, the pews and table were all under water. The raised platform for the pulpit was also destroyed. Especially sad was the piano. This is the second time the piano was submerged. It just fell apart! It may be beyond repair. This piano was repaired 12 years ago with funds sent by friends from the United States.

The report from Haad Yai Church went like this: "We tried to clean the church and the school but it's a big job for us. Most of us are women; so it's a very difficult job. We tried to clean the church for 4 days, but it's not yet finished and we are now very tired because we do not know how we will get everything back. But we know God have good plans for us."

As for the Thepamnuay Primary School, part of the wall of the school compound fell down. Now they are putting up a temporary fence so as to keep people from stealing. The school van was totally underwater. The school office on the ground floor of the building was destroyed. Teachers were able to save some important documents and a computer. All other things: teaching aids, books, library are gone. The kindergarten facilities (not to mention anything, just imagine what they need) are also gone. The cafeteria facility are partly destroyed. The school ground and the church ground are full of mud.

The English Language school is on the second floor of the Thepamnuay School kindergarten building. They are safe and sound.

The students also need our help. Their houses are around the school area. Some of their homes were totally submerged under water. Most of them are not well off. We have to help them, too.

The church and the school had stood on its own all these years to help support the spreading of the gospel. But in such an emergency they need extra help from outside to revive. They need to repair many things. If you could help them in anyway either financially, physically or spiritually, please remember them. Please send your donations directly to Thailand Mission.

The Seventh-day Adventist Church work started with a medical institution by Dr. and Mrs. Ronald C. Gregory

Praise God. Continued from page..... 3

We have a vision. We caught it from Ellen White. Writing about the end of time she says: "I saw jets of light shining from cities and villages, and from the high places and the low places of the earth, God's Word was obeyed, and as a result there were memorials for Him in every city and village. His truth was proclaimed throughout the world." 9T 28, 29.

Notice: when Jesus returns His people will be present and active in every village and city of Southeast Asia! If this is true, if we consider Ellen White to be the voice of God for the Church today, then we are all under a huge obligation to break out of the ordinary and routine to pray and plan for the extraordinary. Memorials to God in EVERY village and city! THAT must be the vision that drives us, and forces us to put behind us our small and limited plans and develop large ones for the "regions beyond."

Listen, again, to Ellen White: "In a few places too much has been expended, while many, many cities have been left unwanted and unworked. All this is against us . . . I seem to hear the voice of God day and night saying, Go forward. Add new territory. Enter new territory . . . and give the last message of warning to the world. There is no time to be lost." Evangelism pp. 60, 61

Just think of it! Every rural congregation searching for neighbouring villages where the Truth has not yet taken root, and then planning to establish an Adventist presence there; every city saturated with the Adventist message; every school and hospital working to establish memorials to God within the sphere of its influence; every member reaching out to their unsaved and unchurched neighbours! I am convinced that the Church can make this its main focus for the coming years we will tap into resources and personnel as never before. We will discover again the spirit of the pioneers. Members will be challenged to learn and to work. Workshops and seminars will come alive with relevance. A generous spirit will be seen. And there will be miracles of growth. Memorials in every village and city! God has promised it. Ellen White foresaw it. We can experience it.

Praise God from whom all blessings flow!

in 1949. The church itself is about 40 years old but it is maintained in good condition and very neat. We were the first to establish a hospital in what then was just a small town. Today Haad Yai is a very big town. Sad to say the hospital was closed many years ago. However the church and elementary school is still functioning by the grace of God. The school is under the supervision of the church board. All of the teaching staff are members of the Seventh-day Adventist Church. We are hoping to expand the school curriculum to high school level in the very near future. If we do that the school will need your financial help too. From Haad Yai church we have many prominent workers and professionals working both locally and abroad—pastors, teachers, medical doctors, dentists, pharmacists, engineers, business managers, accountants, nurses, and many more. The work is small and humble but the results are big and glorious in the sight of God.

By Miss Soontharee Tantrarungroj, Associate Professor, Faculty of Medical Technology, Mahidol University, Bangkok, Thailand

MISSION COLLEGE: THE DAWNING OF A NEW ERA

By Siriporn Tantipoonvinai, RN, Ph.D.



Siriporn Tantipoonvinai, RN, Ph.D.
President of Mission College.

The Mission College that is emerging at Muaklek, Thailand, as the major institution of higher learning for the Southeast Asia Union Mission, represents the merging of three institutions with strong and rich roots: the existing Mission College in Muaklek, Southeast Asia Union College, Singapore, and Bangkok Adventist Hospital School of Nursing. Today we have reached a new era and a new hallmark in working and uniting together with a common goal of serving God and the Church in preparing young people in Southeast Asia, and around the world, to carry out the Gospel commission.

Planning and Providing Facilities, Equipment & Logistic Support. In providing programs, facilities, equipment, and other logistical support for the implementation of the mandate, every component had to meet stringent international standards. For this reason, an experienced local

developer-consultant, Pro-en, was contracted to coordinate the efforts. For the past 30 months, Mission College has experienced a major building program that has transformed the campus into a small town. Projects completed include three new residence halls, and married student housing that will accommodate up to 700 students, faculty homes, information-resource center, a science complex, administrative building, sports facilities, and a religion center that incorporates a church.

Collaborations with US Universities. To strengthen the academic programs of Mission College, agreements of collaboration have been signed with Walla Walla College, Southern University, and La Sierra University for them to send professors to teach at Mission College in the specialized areas.

Establishing Spiritual Influence. Plans were also laid to establish a Christian ethos on campus so that Mission College would become a bastion for the Seventh-day Adventist Church in Southeast Asia. Students attending do not only acquire academic and professional knowledge, but have their faith strengthened and their soul-winning skills honed as well. Steps are being taken to recruit exchange students with our Colleges in the United States to come as student missionaries who will also become regular students of Mission College. Further arrangements with other colleges and universities such as Avondale College, Australia, Shamyook University, Korea and Japan Union College, will also be established.

Looking Ahead. Master Plans and Strategic Plans to carry Mission College for the next five years have been drawn up, which hopefully will bring the college to new heights of excellence. At the last Constituency Meeting which met on November 27, 2000, a number of specific recommendations were made to implement and supplement the plans that have been made. One of the recommendations that would be of interest to everyone is the projected plan to raise the College to University status. We will take the baton from SAUC, and we will continue the growth of the institution.

In Thankfulness: We want to express our thankfulness to our pioneers and leaders who had the vision of establishing Mission College. We also want to thank our constituency for the support given. Most of all we want to thank our Lord Almighty for His leading hand in the development of our college which has become a monument of which we can be proud.

An Invitation. I want to extend an invitation to all alumni and friends of SAUC, Bangkok Adventist School of Nursing, and Mission College to come and visit our beautiful campus in Muaklek, Thailand to see and witness the transformation and miracles that have taken place.

May God bless you.

Siriporn Tantipoonvinai, RN, Ph.D., President of Mission College.

SAUC ALUMNOTES

(Thailand Alumni)

By Mrs. Maggie Tan

CHAI TECK SEN ('75) completed his A.S. in Commerce in 1972 and his B.A. in Education in 1975 at SAUC. He is currently completing his M.A. while working as the Ekamai Campus Supervisor. His wife, Yanisa, has an A.S. in Secretarial Science and is an U. N. Secretary. They have an only child, Boon, aged 13 in the 7th grade.

JOHN (CHAN) ('66) has a B.S. and M.A. in Engineering and a Ph.D. in Resource Economics from the University of Florida in 1977. His wife, Mallika, has an M.A. in Mathematics from the University of Florida in 1976. John is a professor in the School of Management, Asian Institute of Technology, Bangkok. They have two grown children, son Jon and daughter Janejira.

CHEW SZE TED ('69) graduated from the Liberal Arts diploma course from SAUC in 1969, received his B.S.E. from Mountain View College in 1973, and his M.D. degree in 1988. His wife, Annie Funda Dagting, received her B.S.B.A. degree from Mountain View College in 1973. She is currently self-employed. Ted is now on the faculty of Mission College in Muak Lek, Thailand. They have two children: son Tedson is a third-year college student in Engineering-Computer/Electronics. Daughter Annon is a second-year student in Computer Science.

LAWRENCE CHU graduated from SAUC in 1971. He received his B.A. from Avondale College in Australia. He taught in the secondary school until 1973 then went to Andrews University for his M.A. He served as Administrator at the Ekamai International School, and currently teaches Bible at EIS. His wife, Edith Hiu, received her B.S.C. in Medical Secretary, worked as secretary to the SAUM Secretary in Singapore, and is currently the Coordinator of the kindergarten at Ekamai. This kindergarten is her pride and joy.

LEE CHIN BENG ('69) took the Commerce course at SAUC, and went on to earn his BBA in 1972, and then his M.A. in Business Administration in 1997 at Bangkok University. He is currently the Controller and Business Manager at Mission College Nursing Campus in Bangkok. He married **VARINEE VORACHAKREYANUN** ('75) who graduated with a B.S. in Secretarial Science, and a B.A. in Education from SAUC in 1975, then received her M.A. in Curriculum and Instruction from AIAS (Adventist International Institute of Advanced Studies) in 2000. She is teaching English as a Second Language at the Ekamai International School. They have two children: Frederick Milton is in his fourth year Dentistry at Songklanakar in University in HaadYai and Brian is in his second year Medicine at Srinakarinviroj University in Bangkok. Varinee and

Chin Beng are very happy serving the Lord in His vineyard.

SAMUEL LIM ('67) received his training as a Radiologic Technologist at Washington Adventist Hospital and is currently working at Suburban Hospital in Bethesda, Maryland. His beautiful daughter Shanna is 23.

JOHNNY RUEH ('67) graduated with a B.S.C. degree from Mountain View College in 1970, M.B.A. in Church Administration from Adventist International Institute of Advanced Studies in 1994. He is currently the Associate Director for Finance at Ekamai International School in Bangkok. His wife, Cecilia Agdon, has her B.S.C. from Mountain View College and her M.Ed. in Curriculum from AIAS, and is teaching at Ekamai International School. They have two children: Jeannette Christine is a nurse at Washington Adventist Hospital in Takoma Park, USA; John Christopher completed his psychology degree from South Western Adventist University in Texas.

NOORHAYAN DAUD WANNUR SALEAH received her Bankers Diploma from Associate of Bankers, London, and is currently Head of Trade Services at Deutsche Bank in Bangkok.

SIMON SIM received his bachelor's degree in Business from Avondale College in 1990 and was with SAUC as Business Manager and instructor until his move to Muak Lek where he is now the VP for Financial Administration at Mission College. He has since received his M.B.A. from Andrews University in 2000. He also has his C.P.A. from Australia. His wife, BONG MUI SIANG ('93), received her B.Sc. in Mathematics from AU in 2000. She is teaching at Mission Adventist International School, Thailand. They have a 6-year-old son Shannon Benjamin.

PULKIAT SIRIWATANA ('68) graduated with an A.S. from the Science & Mathematics at SAUC, received his B.Sc. from North Western State University of Oklahoma, and his M.B.A. from Sasin-Chulalorkorn University. He is a lieutenant in the Thai Military Bank PLC and is the Assistant VP for Telecommunication, TMB.PLC. His wife, Col. Pongrutee, is an officer in the Thai Army in the Ministry of Defence. They have two sons: Pongkiat is in second year college and Premkiat is a first-year college student.

SOMSAK SONGPUT ('82) graduated with a B.S. in Education from SAUC. He is a teacher at Ekamai International School. He and his wife Jantip have a 5-year-old son named Patarapong.

THU SENG FATT/MANOT THUTYAKOON attended Malayan Seminary/SAUC from 1947-53. He returned to Thailand after completing his Senior Cambridge and became a highly successful businessman running his leather chemical business. He married Bangorn who helps in his business. They have three children: Ann has her M.B.A. from American University and is

Continued on page...16

SAUC Alumnotes. *Continued from page...15*

helping to run her Dad's business. Kay has an L.L.M. degree in Law and is a consultant in a law firm in Bangkok. Mark is studying for his M.B.A. in Thailand.

Wichitra Jittapa Winitkoonchai ('75) graduated with a B.S. in Education from SAUC and received her M.A. in Education Administration and Leadership from La Sierra University. She is the Director of Admissions & Records at Mission College in Muak Lek. She has two adopted daughters: SUNITA graduated with a B.S. in Office Administration at SAUC in 1995 and took Graphic Design from Riverside Community College in California. She is now working as secretary for Regional ADRA - Asia. Praparat Cherie graduated from Walla Walla College and is working as secretary to the President at a Japanese-Thai Company.

BEATRICE YEO KITTIYA-KOOTANASAN ('71) completed her A.S. in Commerce at SAUC in 1971, her B.S.S. at Philippine Union College in 1975, and her M.A. in Education from AIIAS in 2000. She is the Principal for Student Administration at Ekamai International School. Her husband, Chaiwat Kootanasan, received his B.S.C. from Philippine Union College in 1975 and his M.B.A. from Bangkok University. He is the Credit Manager at Bangkok Adventist Hospital. They have two children: son Marvin finished Industrial Engineering from Thamasat University and is now the Export Manager in an air-conditioning factory. Daughter LeAnne is in her last quarter of Business Administration in Mahidol University International College in Bangkok.

URGENT NEEDS AT MISSION COLLEGE!

Mathematics and English Teachers. If you have the following qualifications: SDA, a masters or doctoral degree, two years of teaching experience and good recommendations, you are welcome to apply. Please contact the President of Mission College.

Email: spt@saraburi.a-net.net.th
or mcadm@mission-net.com

URGENT NEEDS AT RAMKHAM-HAENG ADVENTIST INTERNATIONAL SCHOOL IN BANGKOK!

English speaking teachers K-12. US curriculum, good salary and benefits. Contact the Director, email: sriudom@mozart.inet.co.th

EIS Teachers Graduated

By Mrs. Perla Camagay



(Left to right) Mr. Gabriel Claveria, Mr. Nelson Gentapanan, both math teachers; Mrs. Nan Shwee, former EIS teacher; Mrs. Varinee Lee, ESL teacher; Mrs. Rosy Agdon, keyboarding teacher; Mrs. Beatrice Kootanasan, principal for student administration; Mrs. Bupha Pinwanit, registrar; Mrs. Dulina Dawat, 2nd grade teacher; and Mr. Litton Thomas, chemistry teacher.

Six teachers and two administrators of Ekamai International School in Bangkok Thailand graduated on October 8, 2000. All completed the Master of Arts in Education degree from the Adventist International Institute of Advanced Studies (AIIAS), Philippines. These are the first graduates from Ekamai International School (EIS) since it opened its AIIAS Distance Learning Center in 1995. Twenty-four more teachers from EIS and the Bangkok Adventist Church School enrolled for the summer courses last June and July.

Mrs. Perla Camagay is Principal for Academic Administration of EIS.



Prevention Is Much Better Than Cure

By Laura Nyirady

In our modern times we expect instant gratification for all of our wants and needs. When everything is disposable or temporary, when a quick fix, a take-out meal and drive-through banks are the normal way of life, it becomes a major challenge to take the time, effort and consistency that is required to attain and maintain optimal total wellness. When individuals would select to undergo coronary artery by-pass surgery rather than make life-style changes, when more people are aware of the need to exercise and eat healthy foods and yet there is more obesity in the developed world today than ever before, when people are searching for happiness and ways to feel good but are continuously discovering that their search is in vain, the Seventh-day Adventist Christians have an excellent opportunity to stand up and demonstrate to the world how they truly believe that their "body is the temple of God".

David understood how intricate and awesome the human body is when he wrote the following words in Psalms 139: 13-16: "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well". Our creator has endowed us with an incredible body to live in and it is only through this amazing creation that He can communicate with us and impress us with His messages of truth, forgiveness and salvation. When we fail to keep our bodies in optimal condition, we are limiting the channels through which the Holy Spirit can work. In spite of that truth, most people take much better care of their cars than they do of their bodies. They are very careful to put in the correct type of gasoline and oil, to check all of the gages and indicators before driving, and to take their cars to qualified mechanics for maintenance as needed. At the same time they take little thought about the type of fuel they are stuffing into their expensive, non-replaceable bodies, or about the lack of exercise which their heart, muscles, and bones so desperately need in order to keep functioning at prime levels.

Most of the diseases that afflict modern people today are related to our life-style choices, and are, therefore preventable. As a society gets wealthier and more educated, the diseases of malnutrition, infections, and poor hygiene are replaced by the diseases of inactivity, overeating and affluence. The leading cause of death, worldwide, is now heart disease with cancer as a second place runner-up. Both of these killers are strongly related to the way that people choose to live, eat and exercise. Ellen White warned us in *Ministry Of Healing* that "We cannot be too often reminded

that health does not depend on chance. It is a result of obedience to law" (p.128). Throughout her writings on health and how to prevent diseases, she stresses some major concepts, which, if practiced consistently, will lead us to and keep us in optimal health and wellness. Current research today is supporting the advice given by Ellen White over one hundred years ago. Weimar Institute, located in Northern California, USA, has summarized these eight major principles into an acronym now widely known as the NEWSTART program. Each letter of this ingenious title represents an important lifestyle principle, which, if practiced consistently, will help to strengthen our immune systems and protect us from many of the leading diseases such as heart disease and cancers.

N=Nutrition; eat a plant-based diet which is free of animal products and high in fresh fruits, vegetables and whole grains, naturally high in fiber and low in fat.

E=Exercise; get at least 30 minutes of vigorous exercise three to five times a week.

W=Water; drink six to eight cups of water daily for the average person.

S=Sunshine; sunlight helps to heal, is necessary for the skin in order to produce vitamin D, and is a mood elevator. Moderation is important to prevent sunburn.

T=Temperance; avoid the use of alcohol, tobacco, or other harmful products, using balance in all things.

A=Air; breathe deeply out in the fresh air

R=Rest; rest and relaxation is important for rejuvenation. Seven to eight hours of sleep each night helps to restore the body.

T=Trust; Trust in Divine power is the most important element of all of these principles. This trust keeps body, mind, and spirit in tune with its Creator.

It is the privilege of the Seventh-day Adventist Christians to have known these principles for over one hundred years, which therefore gives us a huge responsibility to not only practice these sound principles of healthful living, but to share them with others. Many Adventists today have become lax in their health habits while the world is becoming more concerned and aware of the benefits of daily exercise and of eating a vegetarian diet. It certainly is more prudent and wise to prevent the diseases which are prevalent in the world around us, rather than suffer the pain and expense which they cause.

Laura Nyirady, RN, MSN, CFNP is Associate Professor of Nursing at Southern Adventist University. She was on Sabbatical leave at Mission College for almost five months. Thank you Laura for your contribution.



AN EFFECTIVE YOUNG ADULT MINISTRY

By A. Allan Martin

Christ has given young adults an identity. It isn't a badge or a little plastic sleeve on a string. It is something internal (Eph. 3:16), something metaphysical that gives us supernatural abilities to believe (Eph. 3:17), to love (Eph. 4:1-3), and to dream (Acts 2:17, 18).

In this world it's no small task to believe. Jesus has empowered Christian young adults to exhibit faith, and faith really sticks out in our world. A belief in the midst of unbelief is powerful. I feel God has called young adults to be true believers. Beyond knowledge, our belief is based on something far more existential, more at the core of us. So instead of looking at a badge for our identity, people can look into our eyes.

And in our eyes they will see love. Love that we don't even understand. All right, so it sounds a little goofy, but authentic love is scarce these days. Sure, there's lots of utilitarian love and sexual love and hedonistic love. But you'll be hard pressed to find Christlike love among our peers. Christ has, however, given us an identity that is characterized by an ability to love. To love the unlovely. To love the enemy. To love the lonely. To love ourselves. It is a love that is both noun and verb. Young adults whose eyes exude love have hearts that act on it. People are drawn not only to our eyes but also to our actions.

In our actions we can reveal our dreams. I am convinced that Acts 2:17, 18 is talking about us. Christ has called our generation to dream the dreams and envision the visions that will bring about His return. Not only prophetic dreams; Christ is using our creative dreams, our holy ambitions, and our powerful visions to transform our world. A revolution is happening. Not like a political campaign, this movement is spiritual, and I get the keenest sense of this when I chat with young adults. God is molding our dreams, and I am taken back by how powerful and parallel these visions are. In local, regional, national, and global ways Jesus is using young adult dreams and visions to change our world and bring about the next.

I believe that young adult ministry is like an extension cord. Christ is the power that surges through us; every bit of our wiring is filled with His Spirit. Our ministry is to be a conduit by which others are empowered by His love. Paul says that Christians (I take that to mean all believers, not just pastor types) are new creatures who are given the ministry of reconciliation (2 Cor. 5:17-19). So to translate liberally, in the same way Christ plugged in to God and served as our extension cord to God Paul is saying we are extension cord ministers, connecting others to Christ. This is key. God is not opting to do this thing called ministry without us. He is doing it "through" us. And to me that makes lots of sense.

As good as some of our churches are, I feel very few young adults will step into a church without someone they know and trust going with them. As eloquent as

some of our preachers are, I feel very few in our generation respond to a talking head as well as they relate to a personal relationship with you or me. As sound as our doctrines are, I feel very few of my seeking friends and associates are convinced about Adventist Christianity unless they see what my beliefs are doing to make my life attractively different. God's approach makes a lot of sense. In the same way He used Christ to connect with you and me, He is calling us to connect with our peers, allowing His powerful love to surge through us.

So young adult ministry as I see it is based on the power of relationship. Creating relationships of integrity not only with believers but also with seekers is something that young adults do every day. It's reality. The other reality is that sometimes Christian young adults opt to disconnect from the Power Source during the workweek so as not to be spiritually "live" in their secular circles. But my sense is that our ministry is based on the idea of empowering ourselves to be who we have been called to be—extension cords. To be connected 24/7. I, like my peers, am drawn to people and places where I feel connected, where I feel safe to be vulnerable, where I can sense there is a power bigger than myself. That was what was so magnetic about Jesus Christ. And Christ is what is so attractive in Christian young adults and the communities we create.

I like to think of the Christian community created by young adult ministers (that's you and me) as being made of Silly Putty. Some may have thought of the church at one time being like a wooden Peg-Board that only certain-shaped pegs had rigid slots to fill. Only square-shaped pegs could fit in, only certain forms of ministry, only certain types of roles.

Not our church. Ours is one in which each believer is able to take their unique shape, stick themselves into our Silly Putty church, and find a perfect fit. Our Christian community is able to lift even those with comic-strip-like gifts right off the page and into our church. Silly Putty can do that. Paul talks about a variety of spiritual gifts, ministries, effects, but the same Spirit (1 Cor. 12:4-7). In my mind, the Holy Spirit is the Silly Putty of our church that, even with the diversity of our gifts, is the unifying common denominator that embraces us all.

So we embrace our diversity and welcome every form and shape of spiritual ability. Why? Because we need it. Paul's metaphor of the body is so on target (1 Cor. 12:14-27). Who wants a body of all noses?

But further, we embrace each other because, like a body, we need each other. The living out of our Christianity is not an act of isolation; it is an act of communion, an act of relationship, an act of interdependence. It is community. Young adult ministry, in my view, is the admission on our part that we need each other and are willing by His Spirit to be the church. Our worship happens not only between the opening and closing hymn, but in the midst of our lives. In our fragmented and divorced world I want to be part of a Silly Putty community that sticks together. I want to be where I fit in. I want to be where I am needed. I want to be where I can relate. I want to be lifted right off the page. Silly Putty can do that.

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BLESSINGS FROM FOOT WASHING

By Ed Christian

The key to receive blessing in the ordinance of foot washing is our attitude. If we want the Holy Spirit to fill our hearts during the ordinance of humility, we can start by making it a solemn preparation for the symbolic reception of Christ's body and blood during the Communion service. If we want to feel His presence, we must be willing to become as humble and open to emotion as little children. Like an Aeolian harp set on a windowsill, played by the slightest breath of a breeze, we must sit quietly and be willing to let the Spirit move us.

We can prepare for the foot washing during the days before Communion Sabbath by thinking about the humility it represents, by asking forgiveness of those we have hurt. Perhaps the best choice of a person with whom to participate is the person we least get along with in the church. We could call the person up, tell them we're sorry, ask them to share the ordinance of humility with us. What Christian could say "no" and what enemy could remain unmoved?

We will be more open to the moving of God's Spirit if we reverently, without speaking, enter the room where the ordinance will take place. As we wash each other's feet it is helpful to concentrate on the act and its symbolic meaning, relishing the thought that we are both ministering to and accepting the ministry of a human who is as sinful as we are and yet, through Christ's sacrifice, also as perfect as we are in the sight of God. We can think of the time Christ did this for His disciples. And as we do, we can open our minds to God's Spirit, letting forgiveness flood our thoughts.

After we've finished, it's a sweet thing to put our heads together and pray quietly in turn, asking God's forgiveness and thanking Him for the opportunity to open ourselves to each other and to Him. This prayer, so often neglected, yields a wonderful feeling of closeness.

We will be further blessed if, as we return to the sanctuary, we remain silent. As we wait we can sit with eyes closed, thinking about Christ's suffering, His sacrifice, His presence. As we eat the bread and drink the wine we can wait, every nerve a quiver, for the overwhelming force of Christ's Spirit filling us.

If we do these things in this way, we will feel Christ's Spirit. It will settle on us, dwell in us, and lead us to love one another as Christ has loved us. Ellen White writes: "The soul will be uplifted. We can partake of the Communion with a consciousness of sins forgiven. The sunshine of Christ's righteousness will fill the chambers of the mind and the soul temple. We behold the Lamb of God, which taketh away the sin of the world." DA 651.

This is what the ordinance of humility, along with the Lord's Supper, is all about. Once you've experienced it in this way, once you've beheld the Lamb of God, it will seem like a foretaste of heaven.

Ed Christian chairs the English Department at Kutztown University, Kutztown, Pennsylvania. © 2000, Adventist Review.

Young Adult. Continued from page....18

So you have an ID card, an extension cord, and Silly Putty. What are you going to do with them? That's the synergy question of young adult ministry. This spiritual revolution is not about some big religious program or some great event. It is not about a dramatic change in some organized religious institution or the election of some visionary young adult to regional office. It is about you and me deciding to take what God has given us—an identity, a mission/ministry, and each other—and live it out 24 hours a day, seven days a week.

I am convinced that your role in young adult ministry is vital and just as important as anyone else's (1 Cor. 12:22-25). You know your own struggles to love yourself as Christ loves you. You know someone who doesn't know Christ who may see Him only through your eyes. You know a Christian sibling who is hurting and needs your support. And if I were a gambling man, I would be willing to bet that no pastor, no church program, no religious tract can address these issues better than you. So I would consider you indispensable to young adult ministry in this regard. God gives you the power; Christ gives you the call; the Holy Spirit gives you the support. Card, cord, and putty? Go ahead. Save the day.

A. Allan Martin is cofounder of dream VISION ministries, a parachurch agency dedicated to empowering and nurturing young people in Christian lifestyle and leadership. Web site, <http://www.tagnet.org/dvm>. © 2000, Adventist Review.

Amazing Grace. Continued from page....20

natives. As parents, we personally went to the school to talk to the principal, but she was too busy to see us. Registration for JC was soon to end and a decision had to be made. The Lord led us to seek help from the previous secondary school vice-principal. The vice-principal personally called the principal of the junior college, stood as a guarantor and even offered to quarantine my son and help to administer the college exams on the secondary school premises. Again, God did not disappoint those who trust in Him.

Today, the principal of the JC has not only permitted my son to observe the Sabbath, but has also extended this special privilege to all other Adventists studying in the college.

On looking back, I realized that the Lord had put me through continual tests to prepare me, so that when I became a mother, I was able to support my son when he was and is faced with the same tests. Did I know then? No.

We just continue to trust Him as He has promised in Romans 8:28 "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."

Dr. Dolly Koh-Goh, is a member of the Singapore Chinese Church. Adapted from SAM CROSSROADS.

Amazing Grace

By Dolly Koh-Goh

Are trials and tribulations good for us? Do they make us a better person? A better friend? A more mature Christian?

How do we survive when we are being tested? It is difficult, very difficult. Sometimes we feel that the world is crumbling down and we ask ourselves, 'why me?'

Let me share with you just one of several continual tests that the Lord has allowed to happen in my life-as a student, a fresh graduate looking for a job, a professional, and a mother.

The Lord has commanded us to "Remember the Sabbath Day to keep it holy..." I am sure all of us can memorize it. However, the implications are multifold.

As a student, I encountered exams scheduled on Saturdays. The principal was supportive when I explained to him about my faith and I was allowed to take the exams on Monday.

When I returned to Singapore after my postgraduate studies, I started to look for a job. I had good job offers but I either turned them down, or had job offers retracted when I asked for Sabbath privileges. After months of such experience, I wondered if I would ever find work in Singapore. The ordeal became a little more trying each time. However, it helped me to re-examine myself, my relationship with God and the reason for observing the Sabbath. My faith was strengthened each time. After nine months, God provided the best job for me.

As a senior manager of a company, I am faced with requests to work on Saturdays. One such time was when we had to make decisions on retrenchment. Tensions were high in the office. Not attending such important meetings could mean losing one's job. However, standing firm for the Lord became 'easier' because of past experience. You just know that the Lord will provide. I spoke to the president of the company and explained my belief. The Lord again intervened. The meeting times were changed to after sundown on Saturdays. Again my trust in God was rewarded.

As a mother, how do I support my son who faced the same Sabbath test? While at junior college, he had exams for two subjects scheduled on Saturdays. Failure to sit for these exams would definitely mean no promotion to JC2. Previously, in the secondary school he encountered exams on Sabbath but the VP and the principal always made special provisions for him to be quarantined and take his exams after sundown on Saturdays. This time he approached his JC teachers who were supportive, only to learn later that the principal had ruled that 'no special arrangements' will be considered. Exams will be held on Saturday as scheduled.

We presented the matter in prayer to the Lord. We were prepared to switch to another school or find other alter-

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