

JUNE 20 2015

# Adventist Record

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## TRYATHLON SERIES SETS NEW WORLD RECORD page 8

LIFESTYLE THE BEST  
MEDICINE page 9

THE SPIRITUAL WOUNDS  
OF ABUSE page 10



# What is the Christian view of *marriage?*

*Signs of the Times* magazine investigates the origins of marriage, reaffirming its special status as a creation of God not subject to cultural inclinations and changing times. "The Marriage Act" gives a positive Christian view of marriage and is now available as part of Signs Ministry's Goodwill Flyer series.

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## Depression Recovery Program coming soon

Wahroonga, New South Wales

A formal partnership between US physician Dr Neil Nedley and Adventist Health will see refreshed Depression Recovery Program resources arriving in Australia and New Zealand from September.

Dr Nedley claims a 98 per cent response rate for his residential depression interventions, which combine the healing effects of cognitive-behavioural therapy, light therapy, Omega-3, exercise, a plant-based diet and spiritual activity. The community-based Depression Recovery Program draws on this success and makes many of the same insights and tools available to groups meeting in church halls or other venues.

Dr Nedley denies that his program is intended to replace psychiatric medication in every case but it's clear his emphasis is on holistic care.

"Science is now showing that nutrition and lifestyle can actually intervene in the treatment of disease," he said. "There is a role for surgery, there is a role for medication in certain diseases; but there's also a much more powerful role for nutrition and lifestyle measures than many Western-trained doctors actually realise."

Individual local Adventist churches in the South Pacific region have previously connected with their local communities by running Depression Recovery Programs—liaising directly with Nedley Health Solutions in the United

States to do so. The positive results of these programs lent a buzz to Dr Nedley's appearance at the jointly badged Complete Health Improvement Program (CHIP)/Depression Recovery Program summit held at Avondale College (NSW) in February.

Similarly to the process undertaken when Adventist Health acquired CHIP, the Depression Recovery resources are being updated to reflect the latest research and given a fresh new design.

"They had hoped that this material would be available in April," said Dr Paul Rankin, associate director for Adventist Health. "However there were some hiccups along the way. I had a telephone conference with Dr Nedley several days ago and he has promised me that the material will be available in Australia on September 1."—*Kent Kingston. Adventist Health is taking enquiries from churches and other community groups hoping to run Depression Recovery Programs. Email <healthinfo@adventist.org.au> or phone +612 9847 3333.*



Dr Neil Nedley speaking at the CHIP/Depression Recovery summit in February.

## Adventists purchase Norfolk's TV station

Norfolk Island, Australia

HopeChannel will now be broadcasting free-to-air on Norfolk Island, following the purchase of Norfolk Island Television by the Greater Sydney Conference (GSC).

"It is both exciting and an answer to prayer that as a Church we are able to broadcast HopeChannel free-to-air into every part of Norfolk Island, both homes and tourist accommodation," GSC president Pastor Michael Worker said.

"We will also be operating the local community channel NITV. We pray that many people will come to know Jesus as a result of this ministry."

Norfolk Island has a population of approximately 1500 people and a tourist population of another 500 on average.

The TV station has two channels that are received by every television set on the island, including all hotels and resorts. But until recently, the content was limited to tourist information, historical material and commercials.

Gary Summerscales, an elder of Norfolk Island Seventh-day Adventist Church, believed the channels were not being utilised to their full potential. He had been responsible for changing television on Norfolk Island from analog to digital and he had a strong desire to use television as a means of spreading the gospel message. He began experimenting with different content such as nature shows and light religious programming. He received positive feedback but was then told to stop as the owners had decided to sell the station.

Following this decision, a number of Christians approached church pastor Dion Fourie and suggested they band together and buy the station.

"This never appealed to me as I couldn't see how we could possibly agree on the type of material we would broadcast," Pastor Fourie said.

Instead he contacted the GSC, which purchased the station after much prayer.

"This is great news for the people of Norfolk Island and great news for the Adventist Church," said Neale Schofield, CEO of Adventist Media. "But it is only a foretaste of what is to come. We aim to have HopeChannel in every home throughout the South Pacific Division."—*Vania Chew*



Norfolk Island Adventist Church.



## Halfway there

James Standish

It was an unusually drab and drizzly day for Sydney when we packed up the office and headed to Kipling's for lunch. Kipling's has three drawcards: the spicy tacos, the dark, flourless chocolate cake, and, on a day like this, the roaring fire.

We ensconced ourselves in the overstuffed red leather chairs by the fire, and thus began a most satisfying luncheon. It wasn't just the chilli lime on the crisp tacos or the creamy ricotta-stuffed zucchini flowers; it was the easy depth of the conversation that made the lunch memorable.

We talked about our favourite books. We laughed about our strangest experiences. And we dreamed about our next travel adventures.

About the time the bitter chocolate cake arrived, one of my younger colleagues asked for my sage advice.

It's a reasonable question to ask a man of a certain age. And, it turns out, I'm about to become such an age. This is the final editorial you will receive from me in my 40s, as sometime between the time I'm writing, and the time you're reading, my chronometer clocks over to 50.

Sometimes you learn the most from your mistakes. And I've made my share. Maybe the biggest was that I wasted my 20s on being far too responsible and sensible. Yes, I got a first-rate education and matured through complex responsibilities. But there are lots of ways to mature that would have been more risky, and also more interesting. Starting a business, working in an exotic location, getting involved in politics or policy advocacy, pursuing an artistic passion. Any of them.

Instead I spent my 20s playing it safe. That's seldom a good formula in life. Instead, take the plunge to pursue your highest dreams in your 20s. It's never going to be easier.

There are plenty of other mistakes, the greatest of which were times when I failed to be generous in thought or action. It's remarkable how quickly the things we struggle for shrink into obscurity. Turn the other cheek. Go the extra mile. Let God work out the rest. I wish I always had.

There are also a few things I got right. While most of my friends left the Seventh-day Adventist Church, I stayed the

course. Not because it was easy. But because I love Christ and I know I could never be at peace if I turned my back on Him. And I know in my heart that this Church has the closest thing we have to truth on this earth.

I've got a bit of grey hair now and so do my friends. The results of our decisions are in. And I don't know a single person—not one—who is better off for abandoning the faith. And I know many who are far, far worse.

From alcohol problems to gambling addictions, from marriage issues to criminal indictments, my former Adventist friends have paid an enormous price for leaving their first love. Extraordinarily in this age, I even have former-Adventist friends who took up smoking. One of my best friends who became a smoker died of a heart attack in his 40s. I miss him terribly. But it's not just the obvious problems; there is something deeper. There is a disquiet among those who leave the Church that speaks of an unsettled soul.

A close friend, who is a partner at a very prestigious law firm, wrote to me the other day. The firm's gorgeous offices sit in the trendiest part of Washington, DC. She told me she was discussing with another one of the lawyers "all the interesting adventures you have had since leaving" the law firm.

They're right. The day I followed God's call, walked out of the law firm and left behind the gilded life it promised, was the day my professional life really began. I love my work for the Church. And the strange thing? Despite earning a small fraction of my law firm income, God has given me everything I could ask for materially—and even better, He has surrounded me with love. His love. And the love of my beautiful wife and children.

So what is the sum of this old man's advice? Don't listen to the knockers. Don't fall for the temptations. Don't be timid. Have complete faith in God. Take all the risks He leads you to. And enjoy life in His grace to the full. You'll never regret it.

*James Standish is editor of Adventist Record.*

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



## Bigger than the bubble

Linden Chuang

"It's barbaric. It's absolutely barbaric."

Few would describe controversial Sydney radio broadcaster Alan Jones as the voice of reason, yet his comments on the death sentence of Andrew Chan and Myuran Sukumaran resonated with much of Australia. The calls to "bring them home" were many but ultimately unsuccessful, with the Bali Nine duo executed by an Indonesian firing squad on April 29.

Not three weeks later another convicted criminal—Boston bomber Dzhokhar Tsarnaev—was sentenced to death by a US jury. The lawyer for the executed Australians quickly spoke up, calling on the nation that so fervently campaigned for the lives of two of its citizens to again denounce the death penalty. And yet, for the most part, the country remains silent.

Granted, the crimes of the Bali Nine duo and the Boston bomber were vastly different. The end result for the convicts, however, will likely be the same. This seems a little inconsistent.

I can't blame the average Australian for keeping quiet. After all, you won't find any #savetsarnaev posts on my Facebook page. Also, he's American. That's not a knock at the United States. People in general just have a predisposition to protect their own. Bonds based on country, culture or community run deep, as do those centred around social networks or sports teams. Faith, however, creates the strongest bonds of all.

This is both a blessing and a curse as strong bonds also foster strong biases. I don't know about you but I'm inclined to react far more when I hear an Adventist has been killed in an accident as opposed to somebody else. But shouldn't it really be the other way around? Sure, an Adventist who suddenly passes away is tragic. But isn't the man or woman who dies without a relationship with Christ the greater tragedy?

Don't get me wrong—I'm not saying we shouldn't support or stand by those who are closest to us. But "if [we] love only those who love [us], what reward is there for that? Even corrupt tax collectors do that much. If [we] are kind only to [our] friends, how are [we] different from anyone else? Even pagans do that" (Matthew 5:46,47).

In recent months I've been referred to a doctor, a real estate agent and a restaurant simply because he/she/it was Adventist. This bias towards our own needs to be reined in, for two reasons:

- 1) Being an Adventist doesn't automatically make somebody better at their craft. I consider myself a writer of sorts. But if you were working on a book and had a choice between me or Max Lucado to serve as co-author, who would you choose?
- 2) To be truly missional we must step outside of our own Adventist circle. We can't only attend church-run socials, only support church-affiliated charities or only speak up on church-related affairs. The world is so much bigger than the bubble of Adventism.

I don't write as somebody who has this balance all figured out. Far from it—the majority of my friends are Adventist, I work for an Adventist organisation and the only churches I step into are—yes, you guessed it—Adventist.

This isn't so much an article as it is a personal plea and prayer, one perhaps you'd like to share in: "God, help me to stand by my fellow man, not just my fellow Adventist."

Linden Chuang is assistant editor of *Adventist Record-digital*.



## Steps to Christ

Have you read *Steps to Christ* lately? If you haven't, can I suggest you do it again. And if you have never read it, I wish you would. I have just finished reading the book again for myself. I do not know how many people I have met who want to throw all sorts of criticisms and innuendo in the direction of the life and writings of Ellen White. But I have yet to find a person who does that, and who answers in the positive when I ask them if they have read *Steps to Christ*. On the other hand I have yet to meet a person who has read *Steps to Christ* who openly attacks her life, ministry and writings.

Consider this:

"The closer you come to Jesus, the more faulty you will appear in your own eyes; for your vision will be clearer, and your imperfections will be seen in broad and distinct contrast to His perfect nature."

And this:

"The less we see to esteem in ourselves, the more we shall see to esteem in the infinite purity and loveliness of our Saviour . . . The more our sense of need drives us to Him and to the word of God, the more exalted views we shall have of His character, and the more fully we shall reflect His image."

I have every confidence in those words, in the one who wrote them and especially in the One who is being spoken of. I thank God for revealing Himself in these last days through the life and ministry of His special servant Ellen White.

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



**Special character**

Tasmania has introduced new legislation that will allow faith-based schools to set aside places for students from families who share the school's religious identity. Similar laws operate in other Australian states. Critics say there should be no preferential treatment on religious grounds, especially when the school accepts government funding. —*The Mercury*



**Fight cancer . . . fast**

New research suggests the biblical discipline of fasting has health benefits. The San Diego School of Medicine found that women who left a longer gap between dinner and breakfast had reduced blood glucose levels and a reduced risk of breast cancer. Researchers say overnight fasting could be used together with a plant-based diet. —*NewsWise*



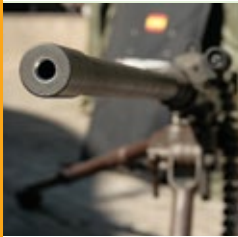
**Rodeo religion**

Ohio pastor Lawrence Bishop II built a rodeo ring at his Solid Rock Church and rode Bonecrusher, a bucking bull, to illustrate the spiritual struggle against Satan. Despite being gored and trampled after his wild 3-second ride, the "cowboy pastor" went on to deliver his sermon, after which 300 people committed to Christ. —*ABC (America)*



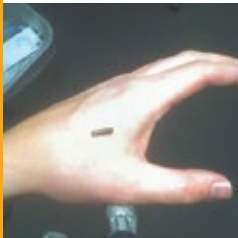
**Food revolution**

Celebrity chef Jamie Oliver has launched a worldwide petition for healthy nutrition education that now has more than 1.5 million signatures. Worried about childhood obesity, he says his initial goal is to get all G20 nations to commit to making practical food education a compulsory part of their schools' curriculums. —*Food Revolution Day*



**Unlikely partners**

In Lebanon, Christians are being trained to fight ISIS by militant Shia group Hezbollah, which is regarded as a terrorist organisation by both Australia and the United States and receives support from Iran. Lebanese Catholics say Hezbollah is the only group protecting them against the threat of Islamic State. —*Christian Post*



**Prophetic fulfilment?**

Some staff at Epicenter, a high-tech office building in Sweden, have had rice-grain-sized microchips implanted into their hands so they can swipe security doors, access the photocopier and purchase items at the canteen. A Visa study found 25 per cent of Australians sampled may be interested in shopping via a chip implant. —*2020PLUS*

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## Police partner with church to teach young people

*Mt Hagen, Papua New Guinea*

More than 100 students attended a basic law and order vacation school program conducted in partnership with the police at Kimininga church in the Western Highlands Mission of Papua New Guinea.

It was organised and coordinated by John Sagom, Kimininga youth leader and the regional legal officer for police in the Highlands region. The main objective of the three-day program was to help young people to know their basic rights and how the law applies.

Community policing officer in charge, Inspector David Kongua, talked to students about the roles and functions of the police force and Shift Inspector James Mirr, head of the Public Safety Division, advised the students to come to his office if they encounter a problem. He also urged the young people not to consider police as the enemy but as their friend in times of need.

Topics also included the role and functions of the Inter-

nal Affairs Unit, the effects of taking marijuana and the importance of education.

The young people and the facilitators agreed that more of these programs should be conducted in schools.

At the end of the program, the young people visited Mt Hagen Police Station to see what police do every day.

—Leighton Kasimo/Record staff



Joined forces: Students and police at Kimininga church in Papua New Guinea.



Dr Leon Clark on the ground in Nepal.

## San CEO joins hospital mission team

*Wahroonga, New South Wales*

Just before the Nepal earthquake struck, the Open Heart International (OHI) Women's Health team was in the country, performing life-changing surgeries on 80 women.

The team consisted of 28 volunteers, including Dr Leon Clark, CEO of Sydney Adventist Hospital.

"I had the opportunity to assist at surgery, awakening a love of the

operating environment and a desire to help people who

live in circumstances that are very different from those we enjoy," Dr Clark said.

OHI manager Michael Were noted that the World Health Organisation estimates that one in 10 women of reproductive age in Nepal suffers from uterine prolapse.

"It's a blessing to be involved in an organisation like OHI that is literally transforming these women's lives," he said.

This was the fifth trip to Nepal for the OHI Women's Health team and Dr Clark's first trip with OHI. He expressed his appreciation of the team, describing their commitment as "inspirational". —Vania Chew

## Audio Bible produced in Solomons Pijin

*Honiara, Solomon Islands*

Seventeen pastors recorded the full Bible in Pijin in just three weeks for the It Is Written Oceania (IIWO) Godpod project.

Solomon Islands Mission (SIM) president Pastor George Fafale not only allowed the team to volunteer their time but he also gave them full use of the offices they needed in the SIM compound to complete the project. For a country where, according to UNESCO, 40 per cent of the population are illiterate, an accurate Bible recording is important.

"This will open up God's Word to people who have never had the opportunity to hear it before," said IIWO speaker/director Gary Kent.

Two IIWO staff travelled to the Solomons from Australia to facilitate the process and provide the technology.

The process was not without its challenges. Apart from recording the entire Bible, the team found more than 140

theological errors in the new translation. For example, to make it more culturally relevant the old translation had rendered "lambs" and "sheep" (which are not found in Solomon Islands) into "pigs".

The audio Bible will be recorded on Godpods (solar-powered MP3 players), which IIWO hopes will be distributed in September. —Record staff/It Is Written Oceania



The translation team for the IIWO Godpod project.



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## TRYathlon series sets new world record

*Berkeley Vale, New South Wales*

The 2015 series of the Sanitarium Weet-Bix Kids TRYathlon has set a new world record for the largest under-16s triathlon series, with events on both sides of the Tasman attracting a total of 40,500 participants.

The Trans-Tasman Series began in December 2014 in Manakau, New Zealand, and finished in May 2015 on the Sunshine Coast, Queensland, Australia. The 14-event New Zealand series drew 24,043 participants, with the 13 Australian TRYathlon events drawing a further 16,457 participants.

"We're excited to have achieved a new world record for the largest under-16s kids' triathlon series across our 27 events," said David Martin, Community Engagement manager at Sanitarium Health & Wellbeing.

"The Weet-Bix Kids TRYathlon encourages kids to give it a try and get active swimming, cycling and running in a fun and supportive environment, cheered on by friends, family and our team of TRY Heroes. Parents tell us their kids receive a great boost to their self-esteem and confidence after completing the course," Mr Martin said.

"I'd like to express a big thank you to every volunteer; government, commercial and community partners; suppliers, crew and management."

Among the thousands of volunteers across the Weet-Bix Kids TRYathlon series, 236 were from the Seventh-day Adventist Church, representing 14 Adventist churches in total.

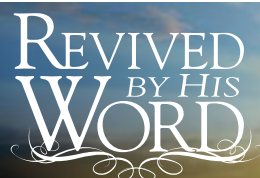
The Sanitarium Weet-Bix Kids TRYathlon team are already looking ahead to the 2016 series, with the aim of continuing to inspire kids and families to enjoy physical activity and a healthy lifestyle. —Sharyn Brady



Participants at the Weet-Bix Kids TRYathlon in Auckland, New Zealand.



Aussie and Kiwi kids are Weet-Bix kids!



June 20—July 4, 2015

READING THROUGH THE BIBLE TOGETHER  
ONE CHAPTER A DAY

20 – 1 John 1	24 – 1 John 5	28 – Rev. 1	July	3 – Rev. 7,
21 – 1 John 2	25 – 2 John	29 – Rev. 2	1 – Rev. 4	Rev. 8
22 – 1 John 3	26 – 3 John	30 – Rev. 3	2 – Rev. 5,	4 – Rev. 9,
23 – 1 John 4	27 – Jude		Rev. 6	Rev. 10



# Lifestyle the best medicine

by Brenton Stacey

A leading Australian health and exercise scientist describes it as one of the most exciting medical discoveries of the past few decades: the power of “low tech” for remedying problems created by “high tech”.

“Scientific evidence is showing that returning to a simple lifestyle is often the best way to manage and treat chronic disease,” says Avondale College of Higher Education senior lecturer Dr Darren Morton, whose doctorate is in human physiology. “It seems lifestyle is the best medicine.”

Seventh-day Adventists have known and practised this since their beginnings as a Church more than 150 years ago. So it’s fitting Adventists are continuing to make a prominent contribution to the emerging discipline of lifestyle medicine. For example, the founder of the American College of Lifestyle Medicine, Dr John Kelly, is an Adventist, as are several of the college’s presidents, including the incoming president.

Avondale, as one of three Adventist tertiary institutions in the South Pacific, is also making a contribution through its new Lifestyle Research Centre. The centre brings together academics from Avondale, including Dr Morton, a lead researcher described by *The Wall Street Journal* as the world’s “most-published authority” on stitch—the sharp side pain that can occur while exercising. Their motto: “optimising health outcomes”.

“Thomas Edison once said the doctor of the future will give no medicine but interest his patients in the cause and prevention of disease,” says director Dr Brett Mitchell, an associate professor of nursing. “This is exactly what the centre’s about and why its work is so important.”

Recent achievements include partnering with Sanitarium Health & Wellbeing to study and relaunch the Complete Health Improvement Program (CHIP). CHIP in Churches program director for the South Pacific, Dr Paul Rankin, used the lifestyle intervention as the basis for his PhD, which he completed through Avondale. He found the delivery of CHIP by volunteer facilitators in their communities significantly improves the health of participants. “I can now stand up when I train CHIP facilitators and say, ‘We know that by running this program you will be making a difference to people’s lives.’”

The research by Dr Rankin and others in the Lifestyle

Research Centre is establishing credibility in the medical community. Published papers have appeared in academic journals such as the *British Medical Journal Open*, the *New Zealand Medical Journal* and the *Medical Journal of Australia*.

Research presented in the latter measured an increase in hospital-identified *Clostridium difficile* infections. The message: we need to standardise cleaning practices and products.

Dr Mitchell, a co-author of the paper, is a chief investigator on a National Health and Medical Research Council grant implementing and evaluating the effectiveness and the cost-effectiveness of targeted environmental cleaning practices in 20 Australian hospitals. “I’ve gone into research to make a difference,” he says. “That’s why the work of the Lifestyle Research Centre is important—our projects are sustainable, cost effective and improve lives. And because we have a range of academics working on projects, we consider a number of different perspectives.”

The centre is also growing its contribution to the Church’s health message by studying the effectiveness of a modified CHIP for illiterate communities in the South Pacific and by offering postgraduate degrees in lifestyle medicine. Other areas of interest include avoidable blindness, education programs addressing non-communicable diseases, medical humanities, mental health, and wellbeing and nutrition.

Giving to the Avondale annual appeal this year will support two of the centre’s projects by employing research assistants and providing scholarships. The first project, Lifestyle Intervention, is improving wellbeing by reducing the burden of chronic disease. The second is reducing the impact of preventable infections.

If the evidence is showing lifestyle is the best medicine, then the Adventist health message “is arguably more relevant today than when it was conceived,” Dr Morton says. “And that’s exciting because we have the potential to help others become healthier and happier.” —Brenton Stacey

Give to the Avondale annual appeal at <[www.avondale.edu.au/egiving](http://www.avondale.edu.au/egiving)>. Donations above \$2 are tax deductible in Australia.



# The spiritual wounds of *abuse*

by Deanna Pitchford

**I**T IS A KNOWN FACT THAT ABUSE OF ANY KIND WILL leave scars on the mind and sometimes the body of the person abused. It's not uncommon to find that those who have suffered physical, emotional or sexual abuse, especially in childhood, are left with a greater sensitivity to stress, higher anxiety levels and a tendency

to become depressed and attempt suicide. Character disturbances are also not uncommon. Abuse destroys that fundamental sense of security and safety that is needed to function well, often leaving survivors with a highly reactive nervous system, always vigilantly watching out for further threats. The psychological effects of abuse

are long lasting and, according to some experts, are responsible for many of the ills we see in society. What is not as well understood is the fact that these experiences can also have an effect on the spiritual wellbeing of those who have been abused.

Adventists believe that the mind and body are an interconnected unit. We do not believe in the separation of the mind or soul from the body. We believe that the physical body and the invisible soul exist together in indivisible union, brought to life at creation by the breath of God. The implications of this belief are particularly striking when one considers the domain of trauma and abuse. It means that when someone suffers abuse, it is not just their physical or emotional health that suffers but also their mind/heart and soul. Abuse of any kind undermines spirituality in that it destroys the ability to make meaning of life and to connect to God as a compassionate and caring Entity. And nowhere is this more evident than in cases of sexual abuse.


In his book *Flame of Yahweh*, Richard Davidson compellingly connects human sexuality to spirituality and to our view of God. There are many Old Testament metaphors that depict an intimate relationship between God and His people. Davidson says: “. . . if human love is the very flame of Yahweh, then this human love at its best . . . points beyond itself to the Lord of love . . . and reflects the I-Thou love relationship inherent in the very nature of the triune God” (pp 630, 631). When human sexual activity, therefore, occurs in the context of abuse and not love, it affects not only the body but touches the soul and devastates the spiritual life. The survivor experiences himself/herself differently; their view of the world is distorted and so is their view of God.

I recently met a client whose life depicted the effect of sexual abuse most vividly. Rachel\* had a difficult childhood, losing her mother at an early age and left with a father who had a serious mental illness. In her late teenage years she was welcomed into a prominent church family. Rachel was the same age as the daughters in the home and for the first time she caught a glimpse of family life as it should be lived. One day, however, this idyllic picture was forever altered. Alone in the house with the father of the family, he made it clear that he wanted more from her than just the civility expected of a guest. Paralysed with fright, confused (he was a respected leader in the church), and aware that her options for finding another home were limited, she did not repulse his advances and so started an affair that was to last for more than 10 years. In that time her "mentor" moved her away from his family and set her up in a unit of her own. They travelled together, worked together, all the while conducting a clandestine affair. Rachel grew increasingly dependent on him for advice and

help in conducting her life. When I saw her, in the third decade of her life, Rachel felt trapped and stuck. She had ended the physical side of the affair some years earlier but the emotional dependence and involvement were still strong. Her mentor opposed any budding relationship that Rachel was interested in forming and she was lonely. She had few friends and had told almost no-one about the affair. She was battling serious depression fuelled by despair about the choices she had made. The future seemed lonely and uncertain.

Rachel had grown up in a Christian environment. She knew about God and His grace and love but she had difficulty in sensing this in her own life. "I know God is good. I just haven't seen any of it," she said. Her spiritual life had withered as guilt poisoned her soul. She blamed herself for her situation and kept saying of her mentor: "But he is so close to God." Although she had been led astray by someone she looked up to and who was much older than herself, she struggled to share any blame and felt that God could not possibly forgive or bless her. Her devotional life was hollow and pointless and God seemed remote and unyielding. In her mind, God had let her down.

When early experiences violate a sense of safety and play havoc with meaning making (the essence of spirituality), it becomes very difficult to establish a loving relationship with God. God is experienced as absent and unable or unwilling to help, and this creates a distorted image of Him that is difficult to correct.

Abuse of all sorts, and in particular sexual abuse, affects a large number of people in our society (approximately 20 per cent of girls and 10 per cent of boys; perhaps more) and leaves its mark not only on the body and mind of the survivor but also on the soul. This creates a huge challenge for the Church; we cannot afford to ignore the realities around us. Sexual abuse is regarded as a scourge of almost epidemic proportions, a point not to be overlooked in our outreach endeavours. Perhaps our first responsibility is to correct the misapprehensions about God that exist in the wider community. As the awareness of sexual abuse grows, so should our determination to present to the world the true character of God. This may be the message survivors of abuse most need to hear. We need to flood the world with the love of God, not only in our publications and the sermons we preach, but also in acts of care, concern and kindness. For those zealous for the reputation of God, surely nothing else matters. 

\* Not her real name.

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*Deanna Pitchford is a clinical psychologist living and working in Brisbane, Qld.*

## Her devotional life was hollow and pointless and God seemed remote and unyielding. In her mind, God had let her down.



### Trailblazers

Nine Adventist leaders were presented South Pacific Division Pathfinder Long Service Awards during the South New Zealand Conference's Pathfinder and Adventurer Anzac Fair Weekend in April. The award recognises more than 10 years of Pathfinder leadership. Among the recipients (pictured L-R) were Pastor Victor Kulakov, Andrew Gillard, Chris Keegan, Edwina Davis, Ruth Burns, Jeanne Low, Geoff Harvey and Rose and Mike Proud. It was estimated the group had more than 200 years of Pathfinder leadership service between them. —Raymond Moaga

### Seven-year-old fundraises for Homes of Hope

Noelle Tito has raised \$292.20 for Homes of Hope, an organisation that provides foster care for abused and/or neglected children. Noelle's grandmother Marion Sanders said the seven-year-old devised an action plan on raising money for the organisation after learning about its mission. She spoke to her fellow pupils at Tauranga Adventist School (New Zealand), rallying them to help her with a sale of baked goodies. Noelle hopes the money will be used to help children have horse riding lessons, swimming and art classes. —New Zealand Herald



### Mum's the word at reunion

Almost 500 babies and mums gathered on the front lawn of the Sydney Adventist Hospital for a Teddy Bears' Picnic celebrating International Midwives' Day and Mother's Day. Special guests included children's entertainers Sam Moran and Pinkaboo. It was an opportunity for babies born at the hospital to be reunited with the doctors and midwives who delivered them. More than 2000 babies are born at the San each year. —Leisa O'Connor

### One day . . . 500 books

Members of Hughesdale Adventist Church (Vic) handed out 500 copies of *Health and Wellness* by Mark Finley and Peter Landless in Melbourne on April 18. On the same date, churches in North America were involved in the same mission. "We pray that God will touch the hearts of all those who accepted a copy of this book," a church spokesperson said. —IntraVic

### Follow in His footsteps

Kellyville Adventist Church (NSW) hosted its annual Week of Spiritual Emphasis (WOSE) from May 11-16. This year's theme was "Follow in His Footsteps". Pastor Delroy Brooks from Loma Linda (California) was the guest speaker. The nightly meetings and Sabbath service were enjoyed by all those who attended. —Vania Chew



### Why we believe

About 100 participants assembled in Sydney for BELIEVE 2015—a conference intended to encourage, challenge and inspire faith. Dr Danijela Schubert shared insight into the biblical idea of the "family". Theology students Hope Chomczynski and Aniele Deojee presented compelling cases of why they believed in God, whilst Charissa Fong presented a challenging sermon on the parable of the 10 virgins. Attendees described the conference as "a memorable and faith-affirming experience". —Beryl Landers

### Praise and give

Kakabona Adventist Church (Solomon Islands) successfully organised a "praise and give" to raise funds to support church building. A series of freewill offerings were collected in a number of Adventist churches in Honiara and the final amount totalled more than \$SBD100,000. The money has enabled the church to purchase the land on which it is situated. Remaining money will be used to help the members build a new permanent church building. They hope to one day build a church school that will provide quality education. —Solomon Star



## Healthy Eating Pyramid

Non-profit group Nutrition Australia has released a new version of its Healthy Eating Pyramid for the first time in 15 years. Reflecting the 2013 Australian Dietary Guidelines, it was developed to help cut through the confusion around healthy eating.

The biggest changes have come to the base layer and top of the pyramid. Vegetables, legumes and fruit now sit at the bottom on their own, highlighting their importance as the starting point of any healthy diet. Grains are included in smaller amounts in the next tier. Following that are smaller amounts still of dairy products and plant-based alternatives, along with seeds, nuts, eggs, legumes, fish, poultry and lean meat. At the top of the pyramid, making up the smallest part of the diet, are healthy fats.

In the past, this top part of the pyramid contained fats, oils and sugar. But sugar has now been removed and the type of fats specified. This reflects the evidence that, in appropriate amounts, healthy fats are a vital part of a balanced diet, while unhealthy fats and added sugars are not.

We often hear about how nutrition advice seems to change from week to week but nothing could be further from the truth. Science has been showing us the basic building blocks of healthy eating for decades. Emerging evidence is really just a fine tuning of this rather than a reinvention. And this means an even bigger emphasis on building a base of nutritious vegetables, legumes and fruits, an increased promotion on healthy, plant-based alternatives to meat and recognition that healthy fats shouldn't be seen the same way as sugar and unhealthy fats.

For more on the Healthy Eating Pyramid, check out: [nutritionaustralia.org](http://nutritionaustralia.org)



### *Capsicum and walnut dip*

Preparation time: 10 minutes  
Cooking time: 20 minutes Serves: 8

- 2 red capsicums, roasted and skin removed**
- 2 teaspoons oil**
- 1 medium onion, chopped**
- 2 cloves garlic, crushed**
- ½ cup walnuts**
- 2 tablespoons olive oil**
- 2 teaspoons balsamic vinegar**
- ¾ teaspoon salt**

1. Place whole capsicums in a hot oven (200°C) and roast until well charred. Remove from oven and place in a paper bag to cool. Remove skin and seeds.
2. Heat oil in a frypan and sauté onion and garlic until soft. Add chilli.
3. Place walnuts in a food processor and process until fine. Add onion mixture and remaining ingredients. Process until smooth and serve.

**NUTRITION INFORMATION PER SERVE:**  
1278kJ (306cal). Protein 8g. Fat 6g. Carbohydrate 53g. Sodium 13mg. Potassium 456mg. Calcium 42mg. Iron 2.2mg. Fibre 9g.

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

**Sanitarium**

LIFESTYLE  
MEDICINE  
SERVICES



# Fishing

by Tim and Jewell Crosbie

**Tim:** I'm a commercial fisherman. I have a 15-metre fishing boat that we sail out of Bluff Harbour, about 30 minutes from Invercargill (New Zealand). Our primary catch is blue cod. It's a cold-water fish that's very popular—particularly in restaurants. My dad bought a boat when I was 20 years of age and we went fishing. I guess you could say I'm in the family business.

My life has been lived in two chapters. For the first half, I was your regular Kiwi fisherman. I went out to fish. And when I came home to port, I drank alcohol and chased skirts. I used to drink and drive and once ended up crashing my vehicle pretty badly. It's only by God's grace I didn't kill myself or someone else.

One day I walked into a watering hole we fishermen liked to visit. And there was the most beautiful woman. She was tall, had a real presence and the sweetest face. I was smitten right then and there. With a little liquid courage I asked her out. She turned me down flat: "Do you think I'm going to bring you home? I've got four kids waiting for me!" I kept on going back just to catch a glimpse of her. And one day, after a lot of trying, she finally agreed to a date.

**Jewell:** I grew up in a good home in many ways. But when I was in my mid-20s something dreadful happened. My marriage broke up and then a year later my dad dropped dead from a burst artery in his head. He had been a heavy smoker and had been through cancer but none of us expected him to die at 52 years of age. I was devastated.

Even though my dad wasn't impressed, I began smoking when I was seven years old. By the time I was 17 I was married and expecting my first child. Three more followed. Sadly, my marriage lasted only nine years. But by the time this cheeky fisherman started asking me out, I was single, struggling to make it alone. His persistence paid off. Eventually we moved in together.

**Tim:** You may be wondering how exactly I joined the Seventh-day Adventist Church? Well this is how it all started. I met another fisherman who was a Seventh-day Adventist and he gave me a book on Sunday and the Sabbath. It's

funny how God knows what we need and at what time we need it. This little book told me all about the Catholic Church and from there onwards I began researching, using my parents' encyclopedias. All that was said in those pages, the encyclopedias confirmed. My head was reeling. I began to wonder, "if this all is true there must be a God".

So I found a Bible at home and the one I picked up was the home Bible. At that time I didn't know that my mum had purchased it from an Adventist literature evangelist back in the '80s. This Bible also contained studies on Daniel and Revelation. It had a concordance and that helped me with old words like "verily". This was an invaluable resource for me. I read that Bible from cover to cover but didn't remember much about it, apart from the studies on Daniel and Revelation. But I still wasn't attending church.

Another person came onto the scene who gave me Uriah Smith's *Daniel and The Revelation*. I believe this was no coincidence that I received all this information and the books.

After our car played up we had to cancel a trip over the Easter holidays. So instead we went to our family holiday home for a break. To my surprise there was a copy of the *The Great Controversy* in the holiday home. This just blew me away and I knew that God had guided me to that place and book at that particular moment. Until this day I have no idea how this book made it to our holiday home. I still wonder about it, especially because I had no Adventist relatives and friends at that time. This grounded me in my understanding of Ellen White's ministry. Ever since then I have kept my faith and commitment to God's remnant Church.

This was my first encounter with the mighty God before I stepped into Invercargill Adventist Church. At the time David Kosmeier was the pastor. He said his door was always open. There were days I went over to his home and didn't leave until after 11 pm. He seemed to have all the time in the world for me. And I needed it.

I decided to make a deal with God: I'd stop getting drunk but I didn't want to give up drinking altogether. I said, "I'll just have a beer now and again." But the Holy Spirit has a

way of not letting us go half-measures. In time I gave it all up. And I don't miss it one bit. There's a family member I really looked up to; we used to smoke a little marijuana together now and again. After I started at church he took me out and really peppered me with questions. He was knocking down my faith. He thinks of himself as an intellectual—in the left-wing, atheist tradition. And then he took out some weed and suggested we smoke like we used to. I stood firm. A few months later he went to the doctor and was told he needed to clean up his act. So he cut back on smoking marijuana and drinking beer. And these changes made him think about his family. Sometimes we can have a good influence on even the most unlikely candidates I suppose.

I had another problem. I could be pretty hard on those around me. For a while I decided I needed to be perfect. I mean absolutely perfect. And I decided that in order to do that I had to ensure all my family was perfect. Once I got them all sorted out, then I'd be all right. I did a stint in the New Zealand Navy and I thought I'd use the techniques I'd been taught to instil spiritual discipline and rigid obedience. The strange thing was, the more I imposed my hard spiritual will on my family the further I drifted from God. I could see I was becoming more and more inadequate. It was so dispiriting.

But then I was introduced to Ellen White's counsels to husbands and families. Reading that really opened my eyes. I saw that love, not hardness, was the key to a success-

ful family—and leading by example was key. I thought they should all get their act together first. Since that time I've just humbled myself. I know how insufficient I am. How much I need God's grace. And He knows just how much I want to have His heart in mine. I don't want to be a spiritual drill sergeant anymore; I want to be a humble servant. It doesn't always work out that way but God is moulding me one day at a time. I am a completely different person to what I was before I met Jesus. Completely different!

Pastor Kosmeier made it clear to Jewell and I that we had to get married. So we did. He also helped motivate Jewell to give up cigarettes. So today we're both alcohol and tobacco free. I'm now an elder at the Invercargill Seventh-day Adventist Church. My goal is to serve Christ with all my heart, mind and strength. I am so thankful for what He has done for us.



Tim and Jewell Crosbie.

*Tim and Jewell Crosbie attend Invercargill Seventh-day Adventist Church, New Zealand.*

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# A second look at Adventist Education

by David McClintock

**Y**OU SEE," HE DROPPED HIS EYES AS HE struggled to say the words, "you see, what I want is a school that . . . well, a school that does more than say it's Christian. I want a school that puts Christianity into practice." I was stunned. I'd interviewed a lot of parents who wanted their children to attend the Adventist high school where I worked. Often they expressed similar sentiments. But this was different. It was different because the man talking to me was himself a teacher—a teacher at a prestigious Christian school in our city. Surely he'd send his child to that school and enjoy a large staff discount? Why on earth would he come to us?

"I want my son taught by teachers who not only talk the Christian faith but model their Christian faith," he continued. "I want the values of your school to become my son's values. I want him to go to a school where Christianity is the cake—not just the icing on the cake!"

I've had similar conversations with many non-Adventist parents. Today we have people from the community flocking to our schools. But this only perplexes me. Why do so many parents in the community support Adventist education while many Adventist parents do not recognise its value? Why does the community value Adventist education higher than some of us do ourselves? What do they see that we are blind to?

In addition to the value and professionalism of Adventist education, there is an additional fact for all of those who desire their children to remain faithful. In the 1960s if a child came from an Adventist home, an average of seven out of 10 stayed in the Church. In the 1980s only five were kept and by the late 1990s just three out of 10 of our young people stayed in the Church. But there's an exception to these rather dismal figures. You see, if the school is the only Adventist influence in a child's life, then there is a 4



per cent chance of passing on faith. If the school and one Adventist parent work together the odds increase to 23 per cent. With the school and two Adventist parents collaborating, it rises to 38 per cent. If the home, church and school work together, then there is a 76 per cent chance of the child staying in the Church (*Valuegenesis Study, 2012*).

At the beginning of a North American Adventist study over 10 years with 1500 young people, 51 per cent were in Adventist schools. By the end of the study, 800 of the original young adults completed the annual survey. Of those 67 per cent who had been educated in Adventist schools remained Seventh-day Adventist Christians. Only 19 per cent of those educated in non-Adventist schools were still Adventists.

Adventist schools are not only critical in passing on our faith to our children, they are the most effective evangelistic outreach the Adventist Church has in Australia. How can I say that? Research shows the chances a person accepts Christ dramatically falls the older they get. We spend a lot of time and money trying to reach adults, who research shows are very reluctant to change their worldview. Our schools, on the other hand, specialise in fostering the spiritual growth of children. Where should we invest?

In 2014 in Australia, the Adventist school system baptised more people than the highest conference figure for the same period. Over the past eight years almost 30 per cent of our total baptisms were directly related to our schools. This includes 111 parents from the community, 41 teachers and 679 students from the community, and another 1122 from Adventist families.

I recently visited a number of Adventist schools. I was inspired as I listened to the journey that each principal envisaged for her or his school. It was gratifying to see the two-way respect that I saw between teachers and students. As I listened to a Year 12 class describe their teachers, they spoke about being respected, motivated and, above all, connecting them to God. One student from the broader community shared she had initially come to the school because it was convenient, but now she loved the "God atmosphere".

A principal reflected with me, "God has done something special in this school. It is a sacred trust. We give our students hope." Many of our schools now run a campus church on Sabbath. One principal stated, "Of the 160–180 attending our school church, at least 45 are from the broader community."

Many schools also run a youth program on various Friday nights in the year. And all Adventist schools are focused on service with many of them now running an overseas service program in either Year 11 or 12, which have life-changing impacts on the students. One school

runs a closing Sabbath food and games night once a month called "Pray and Play". They have several hundred parents enjoying this community-building event.

The Adventist education you experienced a generation ago was carried out to the best of the system's ability. However, after teaching for 35 years, I have witnessed significant intentional changes to be more professional and more focused on being thoroughly Adventist. And there's something else about Adventist education that has changed: today Adventist schools provide first-rate academics. We have fewer schools in Australia than we once had but many more students.


The schools we have are larger, better resourced and the standards are very high. Community parents are coming to our schools because they recognise the unique combination of a thoroughly Christ-centred learning environment with an uncompromising commitment to academic excellence.

But that only begs the question—why are less Adventists supporting Adventist education than previously?

Maybe some of today's parents felt let down by the spiritual environment they encountered when they were students. But we can't judge the present by the past. Things do change. Adventist schools have changed. The spiritual environment on our campuses today is extraordinary. Whatever our own experience, as noted at the outset of this article, there is overwhelming research that documents that home, school and church working together is the best way to pass on our faith. If that's our goal we should not pass by Adventist education.

Maybe others consider the academic environment sub-standard. But with our graduates going on to study everything from law to medicine, engineering to astrophysics, there's no reason to doubt the quality of Adventist education. We prepare our students to fly high. The community trust us to prepare their children for life. Why not trust ourselves?

Maybe others think our schools have too many students from other faith backgrounds. But why would we turn away people actually paying for their children to be given the values and faith at the core of our schools? And how can we look at the number of children giving their lives to Jesus and be anything other than delighted?

Seventh-day Adventist education in Australia has entered a golden age of spiritual and educational quality. The community sees what we have and they want it. If you haven't looked at Adventist education for your children, maybe it's time to take a second look. 

**"I want my son taught by teachers who not only talk the Christian faith but model their Christian faith."**

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*David McClintock is the Northern Australian Conference education director and the secondary curriculum officer, Adventist Schools Australia. He has been a principal of five schools. His real passion is teaching Bible, even when he is principal.*

LETTERS

**CHILD RAISING**

Bill Johnson, via email

"The power of no" (Feature, May 2) speaks to my heart. I have a great degree of sympathy and empathy for younger parents and equally for the children, for three reasons.

Firstly, current child-raising theory says that just because I am bigger and stronger it does not give me the right to suppress or control my child's natural development and choices. It is said that the child needs to have confidence in his/her own decisions and to learn from those.

Secondly, infants are placed under significant pressure by being born into a highly stimulating modern world of IT marvels. Visual stimulus particularly is forceful and persistent.

Thirdly, life expectations are now such that both parents need to work and the capacity to provide a calm and personalised home environment is reduced.

Might I suggest—regarding who children really are—that behaviour is a different issue than personality, talents and skills. The development of each of these latter [aspects] should be encouraged and praised in appropriate ways to produce a likeable and self-loving person.

Behaviour on the other hand is not a purely personal issue unless you live alone on a desert island. Behaviour is a social issue. It concerns the way a child relates to his/her world. It needs training to produce a child who is comfortable in his/her environment. Many decisions such as what the child should eat or wear, or what appropriate social behaviours are, need guidance by a caring

and thoughtful parent.

It is uncomfortable for a child when they're required to make decisions upon which their skill set is not yet developed. I see many angry little children frustrated by their inability to understand society's requirements because they do not have the guidelines that a loving parent needs to supply without fear of being seen as domineering or demanding. This process needs to begin on day one of the child's life, in loving, intelligent and appropriate ways.

**MR PRESIDENT?**

Gavin Rowe, Vic

I hope we as Adventists can be mature about Ben Carson's run for the [US] presidency. I appreciated the initial comments from *Record* and would urge our people to pray for Ben and for God's will to be done.

I especially pray that Ben will stay loyal to Jesus and his Adventist faith. While we don't expect to salvage the situation on earth, we are also counselled to do whatever we can to stem the tide of evil.

Let's hope we remain humble if he is successful. It is intriguing to put it mildly to ponder the scenario of a Seventh-day Adventist president in our eschatology.

**MERCY MEALS**

Kristine Stahl, via email

I write in response to the letter "Meal Tickets" (May 16).

As far as I'm aware, meal tickets are available only for those who want them and are purchased well before camp starts. The meal is prepared by volunteers, not paid cooks, and that only what can't be prepared ahead of time is done on Sabbath. The cost

of the tickets only covers the food and minimal extra.

We must not forget the frail elderly, children, visitors, sick or poor on Sabbath who cannot prepare their food for the Sabbath of camp. If Beryl Dorrington wishes to fast she is welcome to, but there are those who, for various reasons, cannot and we must not forget them. It is lawful to do good on the Sabbath day.

Please consider the following verses:

Jesus said: "Blessed are the merciful for they shall obtain mercy" (Matthew 5:7 NKJV).

"For I desire mercy and not sacrifice, and the knowledge of God more than burnt offerings" (Hosea 6:6 NKJV).

"But if you had known what this means, 'I desire mercy and not sacrifice,' you would not have condemned the guiltless. For the Son of Man is Lord even of the Sabbath" (Matthew 12:7,8 NKJV).

**CREATION MINISTRY**

Pam Driver, PNG

Thank you so much Margaret McKay for your Creation ministry at the Port Macquarie church. I read with great interest the My Ministry article in *Adventist Record* (May 16).

This topic has been of major interest to me for many years and we have a free literature display at our church that includes books and pamphlets on Creation.

You are so right when you say there's substantial and growing evidence that supports special Creation. We live in exciting times.

Margaret, you are doing a wonderful work and I pray that you will continue to be blessed as you stand up for your Creator.

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



Iris Landa decorated her first "Happy Room" a few years after her husband died. It was time to move on from her grief and make some changes. She moved all the old brown furniture out of the study, repainted it in bright colours, had orange carpet laid, added green seats, murals on the walls and colourful shelves. The room was transformed.

When a friend from Africa, Alice Ouma, visited and sat in this room she smiled and said how happy she felt. When she returned to Africa Alice showed photos of the room to the widows she ministered to and it had the same positive effect on them.



When Iris heard this, she decided she would do more about spreading happiness by creating more Happy Rooms. A decade later she has decorated 27 rooms in 10 countries and brought smiles to hundreds—perhaps thousands—of people across the world. And in the process she has earned the nickname, "The Rainbow Lady".

Iris recently visited Papua New Guinea at the invitation of Kiwi expat Joy Butler, a busy "retired" church and community volunteer. Iris and Joy had previously painted Happy Rooms in Kenya. This time they blitzed the Pacific Adventist University, outside Port Moresby, painting a hallway in the School of Nursing and a primary classroom on the campus. Many eager students and some budding artists joined the fun.

The second place to paint was the Haus Clare Crisis Centre activities room in Lae, where unwanted, hurting, abused and runaway street children are cared for until safe longer-term accommodation can be found. Painting this room was a delight for everyone and each of the 23 children, aged 3-15 years, was able to paint their own fish or piece of coral with Iris's patient and careful guidance.

The final stop was Sopas Hospital, high in the misty mountains at Wabag. The paediatric ward now has paintings of six colourful and spectacular species of bird-of-paradise on its walls as well as a rainbow, Iris's signature piece. Although she has lived in California for many years, Australian-born Iris was excited to bring her Happy Room ministry to her "own" South Pacific Division for the first time.

She described Papua New Guinea as beautiful in every way and was always positive and enjoyed every moment. She radiates happiness and joy to everyone she meets. Iris endeavours to inspire those who assist her and patiently teaches and guides their eager hands. She described the trip as one filled with "explosive blessings". —Joy Butler. To see more of Iris's work search Facebook for Happy Rooms Around the World.

## OPENING HIS WORD

Gary Webster



### Jews in the news (part VII): the connection that counts

We come now to our last study on the life of Daniel and his friends whose lives reveal how God is to fulfil His mission through His end-time Israelites.

### The Spirit-filled Israelites

For the third chapter in a row Daniel is revealed as a man in whom God's Spirit dwells. We can't escape it—end-time mission can only occur through Spirit-filled followers of Jesus!

Read Daniel 6:3; 5:11,12; 4:8,9

### Spirit-filled Israelites have integrity

Daniel "continually" lived for God, being faithful to Him in all arenas of his life. Such faithfulness or integrity, even in his employment, endeared him to King Darius, enabling him to "see" God.

Read Daniel 6:4,5,14,16,18-20,23,25-27

### Spirit-filled Israelites spend time with God

The reason Daniel was "continually" faithful was because he habitually connected with God daily. His earnest prayers moved the arm of God on a number of occasions. Herein lies the secret of a life of faith and integrity that counts for God.

Read Daniel 6:10,22,23; 2:17-19; 9:3-21; 10:3,12-14

Why not decide right now to spend quality time daily connecting with God in prayer and Bible study so that you too can make a major impact for God on those with whom you live and associate?



Part of a building inscription at the Ishtar gates of Babylon that confirms Nebuchadnezzar's boastful claim of Daniel 4:30.



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# Kids' SPACE

Jesus is in heaven where He is preparing a place for us. When He comes again, He will come with clouds of angels and everyone will see Him. Loved ones will come forth from the graves and join with those who are still living to rise up to meet Him in the clouds. We will live with Him throughout eternity.

Unscramble the words in the clouds

DOULCS

NEEAVH

SIER

ITYNRETE

SEE HIM EYE WILL EVERY

MATCH THE EYES WITH THE RIGHT CHILD AND THEN PUT THE WORDS IN THE BLANK BELOW, IN ORDER, FROM LEFT TO RIGHT. FIND OUT THIS WEEK'S MEMORY VERSE.

"Look, He is coming with the clouds, and \_\_\_\_\_"

Revelation 1:7 NIV

# One month: Snapshots from Nepal

by Simon Lewis

IT WAS AN EMOTIONAL EXPERIENCE LANDING IN Kathmandu. I'd had many hours on planes from New Zealand to imagine the devastation and play out the scenes in my mind, but as I hit the tarmac those imagined landscapes and faces were now very real.

Arriving at the ADRA office tears welled in my eyes. My friends and former colleagues were working tirelessly to provide support to others, but I knew without even speaking that many had been affected themselves. Their selfless service continues to be an inspiration.

Responding to a disaster is a job too massive for a typical workday. ADRA's team—comprising many high-capacity Nepalese staff along with an expatriate team brought in by the global ADRA network—worked around the clock. We, along with the government, UN and other responding agencies, were focused on one thing—ensuring those who needed help got it as quickly and effectively as possible.

In the midst of this frantic work were the constant aftershocks that rolled through. We were never sure how big or how long they were going to be—or how much peace we'd have until the next one. They disrupted our work but more so our thoughts. Each rumble reminded us of the urgency of our work. Every shake a reminder that there were millions living exposed to the elements, with livelihoods and food sources destroyed.

It was their unseen faces and unknown names that kept us going despite the unease.

At the end of every day I went back to my accommodation and turned to email and social media. I must say a huge thanks to all who sent amazing messages of support. It was the best way to end each day. Though the ground was moving and the workload ever growing there was a constant in my life—those who were at home thinking and praying for me. I cannot say thank you enough. Nor can I encourage you enough to continue praying for the people of Nepal and for the ADRA team still working there. You may have already given more than you could afford but prayers come at no cost and with immense power.

Many statistics have been shared about this disaster but here are a few that really hit home for me:

- ▶ Nearly 25,000 school classrooms have been destroyed and 10,000 damaged.
- ▶ More than 650,000 houses have been destroyed or damaged (basically equivalent to the entire city of Perth).
- ▶ More than 1000 health posts have been destroyed or damaged.
- ▶ Buildings and infrastructure across the entire district of Dolakha were destroyed or damaged beyond repair.

ADRA, or any one of the non-government and other agencies on the ground, simply cannot meet the needs that exist alone. It's only through coordination and collaboration that great things happen.

Similarly, we cannot do anything without your support. To date ADRA has touched the lives of more than 29,000 people. Your generosity has ensured ADRA could be on the ground before this disaster struck and have supplies on hand in order to respond quickly. I cannot say thank you enough for this.

One of the hardest things for me to do was leave Nepal again. As I packed my bags I realised I would be returning to a house that was standing, a job and a secure future; but I was leaving behind those who could not leave. I was leaving behind millions who had lost homes and loved ones and had an uncertain future. Sadly, the only certainty many have is that the monsoon will soon arrive, and with it a downpour of new challenges.

*Simon Lewis and his family lived and worked for ADRA in Nepal for four-and-a-half years before relocating in late 2014 to work for ADRA New Zealand. Following the devastating earthquake in April he was sent to Nepal to help with ADRA's response.*



## ANNIVERSARY



**Boehm.** Ray and Del (nee King) were married 17.1.1965 by the late Pastor Eric Boehm in the Wallsend church, NSW. On 17.1.15 they celebrated their golden anniversary on the steps of the original Wallsend church and enjoyed a meal with family, friends and members of their bridal party. Ray and Del have been blessed with three children—Glyndon, Gaylene and Wayne—and five grandchildren. They're enjoying being closer to them all, having recently relocated back to NSW. They thank God each day for His love and care.

*Calvin Drinkall*

## WEDDINGS



**Kelly–Della Casa Alberighi.** Barry and Junette Rosemarie from Brisbane, Qld, were married 3.5.15 in Springwood church. We wish them God's blessing as they live for one another and Jesus Christ.

*André van Rensburg*



**Goldsmith–Velde.** Jamie Brendon Goldsmith, son of Brendon Goldsmith (deceased) and Ingrid Chamberlain (Cooranbong, NSW), and Levea Amber Velde, daughter of Robert Velde and Christina

Carroll, were married 1.2.15 in Charlestown.

*Danny Milenkov*



**Hess–Brooks.** Kieran Hess, son of Julian and Catherine Hess (Mackay, Qld), and Emma Brooks, daughter of Kevin and Lisa Brooks (Mackay), were married 13.7.14 in Mackay Botanical Gardens. Kieran and Emma have made their home in Mackay, where Kieran works as a surveyor's assistant and Emma as a registered nurse.

*Rick Ferret*



**McClintock–Whyatt.** Bradley Scott McClintock, son of David and Glenda McClintock (Mackay, Qld), and Rosyln Kay Whyatt, daughter of Anthony and Suzanne Whyatt (Parkridge), were married 5.10.14 at Crams Farm Reserve where it overlooked the beauty of Mount Warning, NSW. Brad works in IT for Adventist schools in Australia and Rosyln works for Brisbane Adventist School as an accountant. The day had a spring-yellow theme.

*Sean Berkeley*



**Tusa–Steljic.** Justin Tusa, son of Sila Sione Tusa and Muagutu Mua Tugina, and Deborah Steljic, daughter of Zvonimir Steljic and Andjelka Coklin, were married 23.1.15 at Secrets on the Lake, Montville,

Qld. After finishing studies, Deborah and Justin decided to get married and are planning to live in Brisbane.

*Jakob Kelava*

## OBITUARIES

**Cox,** Thomas, born 26.12.1931 in Rockhampton, Qld; died 19.3.15 in Caboolture Hospital. On 15.11.1953, he married Nola Sherriff. He is survived by his wife; his daughters and their families, Judy and Barry Burton, and Lynette and Ken McDougal; grandchildren Craig, Derek, Megan, Kevin, Jasmine, Robert; and great-grandchildren Isabella, Henry, Esther and Kianna. Tom was a steam train enthusiast. He built several scale model trains from scratch and built a track around his farm. He contributed significantly (labour and materials) to the building of the new Caboolture church. He passed away unexpectedly in Caboolture Hospital.

*Joe Webb*

**Crowther,** Len, of Manildra, NSW, died 4.12.14 in Cowra, where he had been in a nursing home for some months. Len was a member of Orange church but was unable to attend for some years due to ill health. He is mourned by his wife Tilly and his daughters Margaret and Katie. At rest.

*Colin Richardson*

**Gafner,** Arthur Nelson, born 20.11.1930 in Waco, Texas; died 24.4.15 after a tragic accident. He attended Southwestern Adventist University where he met Jeanette Petry, who he married on 31.8.1950. He is survived by his wife of 64 years; and his three children Carroll Nelson, Lanette Sheree and Jeanne René; grandchildren Gentry, Veronica, Jeremy and Nicole; four great-grandchildren; and his sisters Alice Fern and Betty May. He is loved by many people whose lives he touched profoundly. We look forward to the glorious day when we see Art again.

**Heazlewood,** Renee Lorraine, born 11.6.1928 in Melbourne, Vic; died 28.4.15 in AdventCare Whitehorse. In April 1973 she married Walter Heazlewood. She was predeceased by her first husband Erwin Lloyd Sperring in

1964. She is survived by her husband; Lyndon and Beth Sperring (Perth, WA); Geoff, Heather, Josh, Tim and Rachel Sperring (Melbourne, Vic), Glenn and Lindy (Melbourne), Tammie (Qld) and Trent (Melbourne, Vic); Lynda, Wayne, Matthew and Phillip Louk (Melbourne); and Kevin and Narelle Heazlewood (Melbourne). Lorraine spent the last few years of her life in care after showing early signs of dementia and battling with immobility. She was a much-loved wife, mother, grandmother and friend.

*Tony Campbell*



**Henning,** Annie May (nee Oakenfull), born 14.4.1916 in Berrigan, NSW; died 23.3.15 in

Advent Care Nunawading, Vic. She was baptised in 1937 by Pastor Eggans in Ballarat. In October 1942 she married Walter Henning in the Wagga Wagga (NSW) church. He predeceased her in 1993. She is survived by her sister Myrtle and Pastor Ross Miller; children Pamela, Maxwell and Bev, Jeannette and Danny, Carolyn and Len; and grandchildren Vicki, Todd, Nicole, Raymond and Kelly. May lived her faith as a caring, compassionate and dedicated member of the Wagga church and community. She could recite a poem long or short for every and any occasion. She was faithful and committed until the end.

*Lawrence Landers, Jim Tonkin*



**Holley,** Winsome Naomi (nee Chinn), born 14.1.1932 in Okarita, NZ; died

8.1.15 in Christchurch. On 14.4.1954 she married Owen Holley in the Papanui church. She is survived by her husband; her children and their families: Kevin and Lynda, Geoffry and Linda, Jillayne and Brent Ennor; grandchildren Jared, Melanie, Logan, Holley, Reuben, Jordan, Courtney, Naomi, Curt and Kate; and great-grandchildren Te Artiki and Shiloh. Winsome's joy was her family, loving, caring and always putting them first, as was the Papanui church where she attended most of her life. She cared by cooking or visiting those in her church and community in need or illness. Her self-sacrificing love for her own family and others will long be remembered in the lives she

## POSITIONS VACANT

■ **Lecturer in theology—Fulton University College.** The Seventh-day Adventist Church (Pacific) Ltd is seeking applications for the position of Theology Lecturer at Fulton University College in Fiji. The lecturer will be responsible for teaching Theological Studies, including Adventist, Historical and Systematic Theology and other subjects within the discipline of Theology, and contributing to the academic administration within the department. For more information please visit the South Pacific Division's Human Resources website at <[www.adventistemployment.org.au](http://www.adventistemployment.org.au)>. All applications, including your CV, three work related referees, and a reference from your church pastor, must be forwarded to: Human Resources, Seventh-day Adventist Church (Pacific) Limited, Locked Bag 2014, Wahroonga NSW, 2076 Australia; or email to <[hr@adventist.org.au](mailto:hr@adventist.org.au)>; or fax to (02) 9489 0943. Applications close **July 13, 2015.**

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touched with grace.

*Jonathas Custodio*

**Kennedy, Edna** (nee Schick), born 11.4.1920 in Cooranbong, NSW; died 4.3.15 in Temora, a few weeks short of her 95th birthday. She is survived by her children John, Peter and Caroline Stammers; seven grandchildren; 13 great-grandchildren; and her siblings Joyce Marinus, Dawn Blandford, Lyndon and Maurice. Edna was a talented lady. She was an excellent and creative cook, a keen gardener and bowls player, and she specialised in art and needlework. Edna loved the Lord and was a dedicated Christian. Right up until she was 90 years of age she would drive more than 120 kilometres each Sabbath to attend church at Cootamundra. She will be sorely missed.

*Lyndon Schick, Ben Kosmeier*

**Lee, Seet** (nee Kim Lian), born 2.10.1919 in Singapore; died 19.3.15 in William Angliss hospital, Vic. On 7.9.1939 she married Matthew Lee, who predeceased her more than 50 years ago. She is survived by Lye Weng, Lye Hon and Anna (all of Melbourne); three grandchildren; and three great-grandchildren. She had been a member of the Asian Adventist church since 1986. She loved her church and always had a ready smile for everyone.

*Weefong Choo*

**Perring, Thomas Archie**, born 5.10.1938 in Nelson, NZ; died 16.11.14 in Nelson. On 27.12.1960 he married Lynn. He is survived by his wife (Nelson, NZ); his children and their families, Julie and Ross Gibbs (Nelson), Cheryl and Lester Keene (Sydney, NSW), Owen and Donna Perring (Christchurch, NZ), Maree and Michael Worker (Sydney, NSW), and Bryan and Heather Perring (Hamilton, NZ); and multiple grandchildren and great-grandchildren. Tom/Dad was a man with a large personality and a great faith. Finally at peace and pain free, but missed. Maranatha!

*Grant Burton*

**Robertson, Wallace Allen** (Wally), born 26.10.1913 in Melbourne, Vic; died 30.3.15 in Bethesda, Auckland, NZ. Wally's family moved to NZ when he was five after his mother died. Health conscious Wally met his wife Doreen Margaret Maberly

whilst eating at the Sanitarium Café, Wellington, where Doreen worked. On 24.12.1945 they married. Doreen predeceased him in September 1980 in a tragic car accident. He was baptised in 1949. He is survived by Bruce and Liz Robertson, John Robertson, Roy and Denise Robertson, Keith and Colleen Robertson, Neil Robertson, and Anne and John Clough. Wally's life spanned a century. He is remembered for his humility, faithfulness and charity. He will be greatly missed.

*Marilyn Pasione*

**Rossiter, Julie-Lee**, born 23.12.1971; died 21.3.15. She is survived by her husband Jarrod; their daughter Isabella; her mother and father, and three brothers and a sister. She was much loved and will be greatly missed.

*Danny Milenkov*

## ADVERTISEMENTS

**Mauritian Singers' 40th Anniversary Celebration.** July 11 at Stanmore Church, 1B Cannon Street, Stanmore. Come and enjoy a day of thanksgiving, praise and testimonies. Contact Dany on 0417408736 or <msingers@gmail.com>.

**Grey Nomads camp—Adventist Alpine Village. October 5–10, 2015.** Plan now to attend the South New South Wales Conference Grey Nomads camp for a spiritual feast and social fellowship at Adventist Alpine Village, Jindabyne, NSW. Set in the beauty of the Australian

## VOLUNTEERS

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Southern Alps, numbers are limited to 200 attendees. Guest speakers include Pastor Andrew Kingston and Dr Allan Lindsay. To receive an application form and details of accommodation options please contact Robyn Howie: phone (02) 6249 6822 or email <robynhowie@adventist.org.au>.

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When I was young,  
I admired clever  
people. Now that  
I am old, I admire  
kind people.

—Abraham Joshua  
Heschel

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