

R

FOOD AS MEDICINE

COOKING FOR YOUR BEST HEALTH



ADVENTIST COOKBOOK NAMED BEST IN THE WORLD 12

NEWS

SENIOR LEADERSHIP CHANGES FOR
CHURCH IN AUSTRALIA 6

ADVENTIST RECORD | JUNE 17, 2017
ISSN 0819-5633

...IOUS, PLANT-BASED REC...
...FOR THE BEST HEALTH, U...
...FOOD AS MEDICINE IN YOUR KITCHEN...
www.foodasmedicine.cook

SOUTH PACIFIC DIVISION

EARLY BIRD
REGISTRATION
26 JUNE 2017
REGULAR REGISTRATION
24 JULY 2017

MW

TP
MOVE
WITH
THE
POWER
FOUR
IV

**LEADERSHIP
TRAINING** FOR:

- Youth Leaders
- University students
- Ambassador Leaders
- Pathfinder Leaders
- Adventurer Leaders
- Chaplains

SEPTEMBER 27 THROUGH OCTOBER 1, 2017

STUARTS POINT CONVENTION CENTRE, STUARTS POINT, AUSTRALIA

GUEST PRESENTERS INCLUDE:



Dr Gilbert
Cangy



Dr Peter
Roennfeldt



Pr Eddie
Hypolite



Dr Branimir
Schubert



Pr Jonatan
Tejel



Dr Jiwan
Moon



mwtp4.com

THE LOST ART OF LAMENT

How do you respond to adversity? What about the testing of your faith through sickness, difficulty, financial pressure? Or the devastation in the world around you? When someone close to you is going through a difficult situation, a health crisis, a marriage breakdown or recovering from trauma?

Often we carry it silently, block it or transfer it onto someone else.

A common response today is to get on the internet. We argue, disagree, try to make sense of things. Sometimes we rant or vomit out our pain. Sometimes we use humour to take the edge off.

If it is a world event we often pull ourselves back, decry the world and withdraw into our churches, away from the evil outside.

If it is a problem within the Church we take sides, threaten to withdraw our tithe, change churches or even stop going for a while.

If it is personal, we push ourselves harder to get through it, we often isolate ourselves and carry the burden alone.

Well-meaning Christians tell us to pray more and read the Bible more. That is one response but still only a partial one. We are still trying to manufacture an outcome. We pray for what we would like to see happen.

We have forgotten a biblical injunction that is not common in the modern world: mourning. When David was pressed, he wrote psalms, many of which are laments.

We find a good example of this in Daniel 10:2,3: "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."

It seems Daniel is not doing this alone. In verse 7 we hear that Daniel was the only one who saw the vision but it seems that others were with him when the vision arrived.

Daniel sees the state of his people in captivity. He knows that time might be drawing to an end. So he fasts.

The outcome of Daniel's time of fasting was a revelation of Jesus Christ Himself. He saw results.

True mourning can bring God's power into our lives. It requires giving up control. In all the reactions we can have, we are in control, except this one. As we sacrifice (Daniel let go of fine delicacies and looking after his skin) we are acknowledging that we have no control of the situation. We have come out of denial and realised that there is nothing we can do. We acknowledge it is a terrible situation and cry out to God.

Whenever the going got really tough in biblical times, God's people would mourn, turning to fasting and confession, tearing their clothes and wearing ash in their hair. This is not popular or fashionable today. I'm not suggesting you tear your clothes or roll around in your fireplace but mourning prepares our hearts to receive whatever is coming. We are humbled, we have confessed, we are expectant.

Now after a set time of mourning and fasting, we can be proactive, even if God's working is not clear just yet. We can donate money, rally around a hurting church member, try to find solutions to the problems that are around. But the time of preparation seems to be more important than the time of solutions.

I wonder what would happen if we as a Church committed to mourning for the problems of youth retention and the revolving back door. I wonder what would happen if, as individuals, we fasted and prayed for our spouse or our children who are struggling with faith. I wonder what would happen if, before choosing a political side on the refugee debate we, as Christians around the world, mourned for Syria and the Middle East, petitioning the throne of God for an outcome. I wonder what would happen if we lamented the fact that some of our small churches or schools are struggling with numbers and, instead of arguing about which strategy would get people in the door, we humbled ourselves before God and His mercy.

Mourning is followed by revival.

I wonder what would happen if we rediscovered the lost Christian art of lament.

JARROD STACKELROTH
SENIOR EDITOR
@JStack



senior consulting editor

glenn townend

senior editor

jarrod stackelroth

assistant editors

kent kingston

maritza brunt

vania chew

linden chuang (digital)

graphic designer

theodora amuimuia

copyeditor

tracey bridcutt

noticeboard

julie laws

letters

editor@record.net.au

news & photos

news@record.net.au

noticeboard

ads@record.net.au

subscriptions

subscriptions@record.net.au

+ 61 (03) 5965 6300

mailed within australia and

nz \$A43.80 \$NZ73.00 other

prices on application.

website

record.adventistchurch.com

adventist media

locked bag 1115

wahroonga

nsw 2076 australia

+ 61 (02) 9847 2222

cover credit:

Photo: Theodora Amuimuia

"Sue Radd at the launch of her book *Food As Medicine*."

adventist record is the official news magazine of the seventh-day adventist church's south pacific division

abn 59 093 117 689
vol 122 no 12

PACIFIC CROSS- CULTURAL EVANGELISM

Three young tourists—a German, a Korean and an American—were visiting the park at the foreshore of Suva bay recently when it started to rain. The only shelter was a temporary stand used by the local Seventh-day Adventist church for their new “church in the park” that reaches the poor and homeless in downtown Suva. They asked to stand under cover and the local pastor Epeli Sakauru was happy to oblige.

The church celebrated the communion that day as it rained. These young tourists were fascinated and asked if they could participate. Epeli knew that as Adventists we have an open communion and he explained the meaning and they all decided to have their feet washed and wash another's feet. They then took the emblems of Christ's death—the bread and the grape juice. They stayed for lunch and were taken with the ministry to the poor and the fellowship offered. They even closed Sabbath and went to a member's home for Saturday night. There have been emails since and at least one of the three is seeking a local Seventh-day Adventist church back home.

Four years ago the Keet family witnessed to the children's expatriate piano teacher and offered temporary accommodation on the Union compound in Suva. The kindness and fellowship of the many different nationalities on the compound has had an impact. The family are now participating in music at the local Tama-vua church most Sabbaths.

The Adventist taxi drivers in Port Vila tune their radios to the Adventist station and have GLOW tracts to give to passengers. A NZ couple I met in a church in Nadi one Sabbath were not Christians but they came because of the witness of the Adventist nanny who was caring for their children on their holiday.

I thank God that the Pacific Islands are not only engaged in mission to their own people but the thousands of tourists who visit each year. This is cross-cultural ministry at its finest.



GLENN TOWNEND
SPD PRESIDENT
f /SPDpresident

NEWS

ADVENTIST MINISTRY GETS NEW CEO

RECORD STAFF

Dr Alex Currie has been appointed the CEO of International Children's Care Australia (ICC Australia).

Dr Currie brings a wealth of experience ranging from pastor, evangelist, missionary, theologian, educator, administrator and counsellor. His most recent role has been as a chaplain at Sydney Adventist Hospital (the San).

According to his biography on the San website: “Though formally retired, Pastor Alex Currie is defying all stereotypes by pushing on with as much gusto as he did before retirement.”

Prior to his chaplaincy role, Dr Currie was assistant to the South Pacific Division president. He then spent more than 10 years in the Greater Sydney Conference, holding roles such as pastor of Kellyville and Thornleigh churches.

Dr Currie visited an ICCA project last year. He said, “I have seen the work that ICC Australia does. What I love is that it is doing the kind of work that Jesus did when He was here. I'm very excited to be part of a frontline ministry and look forward to the challenges that this brings.”

ICCA has been without a CEO and run by a management team for the



DR ALEX CURRIE.

past two years (consisting of Kate Brown, Jane Gibson, Colin Clark and Rob Alaburton) but this arrangement was always going to be short term. According to Mr Clark, the board is currently restructuring and Dr Currie's appointment is part of that process. Dr Currie will take up his new role in July.

ICCA is an accredited supporting ministry of the Seventh-day Adventist Church. Its mission is to “build a brighter future for destitute children”. Visit ICCA's website at <www.iccaustralia.org>.

WEET-BIX STILL NUMBER ONE

DARREN HAGEN

Sanitarium Weet-Bix has again been voted the most trusted breakfast food in Australia and New Zealand.

Weet-Bix ranked number one for the seventh consecutive year in NZ and fifth consecutive year in Australia in the 2017 *Reader's Digest*

Most Trusted Brands survey, which had a combined 3800 participants and was conducted by Roy Morgan Research.



Sanitarium executive general manager Todd Saunders said the award recognises that Weet-Bix is one of the most identifiable and trusted products on supermarket shelves, found in almost half of Australian homes at any given time.

Sanitarium NZ general manager Rob Scoines said the award recognises the care and passion that goes into making the cereal Kiwis know and love.

CONVENTION A HIGHLIGHT FOR BUSINESS PROFESSIONALS

MARITZA BRUNT

Close to 200 staff from around the South Pacific Division (SPD) of the Seventh-day Adventist Church gathered in Cairns (Qld) for the SPD Business Convention.

Held every five years, the convention provides an opportunity to network and earn extra hours for those completing a professional development plan. Representatives came from all unions and Division institutions across the South Pacific, including the areas of finance, information technology, human resources, auditing, and education and aged care management. This year, the world Church was also represented by four staff members from the Middle East and North African Union, the West-Central Africa Division and the Southern Asia-Pacific Division.

"This event highlights the SPD's renewed commitment to intentionally develop its employees and leaders professionally," said SPD Leadership and Professional Development manager

Dean Banks. "It was a great opportunity to learn from a diverse spiritual and professional knowledge base."

Chief financial officer for the Vanuatu Mission, Apisalome Seru, agreed, saying it was especially important for those in senior Church positions to encourage younger colleagues.

"We need to start exposing our younger leaders to these sorts of events so that they can feel as though they are important, and know that the Church is thinking of them for the future," he said. "Our team certainly learned a lot from this convention, and we are inspired to go and implement some of what we learned back home."

More than 30 presenters, five from the General Conference, gave updates about current issues in their field and presented a range of workshops for the attendees. A key speaker was Gener-



GC TREASURER JUAN PRESTOL.

al Conference treasurer Juan Prestol, while morning and evening workshops were taken by Dr Jim Gibson, head of the General Conference Geoscience Institute at Loma Linda University.

At the end of the three-day convention, Risk Management Services (RMS) hosted a special dinner where presentations were made by several of the overseas divisions about the key areas of mission operating within their territories. SPD president Pastor Glenn Townend concluded the event with a leadership challenge to the group.

PNG AUTHORITIES BACK DOWN ON SABBATH VOTING

KENT KINGSTON

Electoral officials in Papua New Guinea (PNG) have made changes to the upcoming general election to ensure no Christian will have to vote on their day of worship.

After the announcement was made that polling would run from June 24 to July 8 a concerned Pastor Kepsie Elodo, the president of the Seventh-day Adventist Church in PNG, wrote to the Chief Electoral Commissioner, noting that these dates included three Sabbaths. He warned that if electoral officials scheduled their visit to a particular community on a Saturday, local Adventists there would not vote.

"We were worried about the Sunday-keeping Christians too," said Pastor Cameron Wari, communication director for the PNG Union Mission. "They would be in the same situation if they were asked to vote on Sunday." But he admits he was doubtful that

Pastor Elodo's appeal would produce any results from authorities only a month out from the commencement of polling.

While awaiting a response from the Electoral Commission, Pastor Elodo also released a statement addressed to the nation's 294,000 Adventist members, encouraging them to pray for and work towards a peaceful campaign and election season. "Avoid voting on Sabbath," he added. "While we respect our [government] authority, God's law is superior."

Church leaders and members in Papua New Guinea were very grateful when the Electoral Commission responded positively to their concerns, communicating through the media



A CITIZEN CONSIDERS THE OPTIONS ON OFFER IN THE UPCOMING NATIONAL ELECTIONS.

that although the polling dates would officially remain the same, electoral officials would not be working on the weekend. The government is widely expected to announce Monday, June 27 as a public holiday so employees in the towns can have the time to vote.

"I call on all Seventh-day Adventists to pray for the elections," said Pastor Elodo. "Every church member must pray so God will appoint good leaders to run our nation."

SENIOR LEADERSHIP CHANGES FOR CHURCH IN AUSTRALIA

TRACEY BRIDCUTT

Long-time religious liberty leader for the Seventh-day Adventist Church, Pastor Ken Vogel, has announced his decision to step aside from his role as secretary of the Seventh-day Adventist Church in Australia (AUC).

Pastor Vogel, who was appointed to the position in January 2004, shared with the AUC board recently that he had made the decision for personal reasons. He will remain at the AUC in a new role.

AUC president Pastor Munoz commended Pastor Vogel for his outstanding leadership. "We pay tribute to the incredible contribution that Pastor Vogel has made in this role, particularly in the areas of governance, Safe Place Services and religious liberty," Pastor Munoz said.

The board reviewed the needs of the Union, including the need for a number of strategic mission-focused projects to be undertaken by a senior, experienced Church leader. In response

to these needs, the new role of Union associate secretary was created with the primary focus on attending to these strategic projects.

Pastor Michael Worker, president of the Greater Sydney Conference (GSC), has been appointed as the new Union secretary, while Pastor Vogel has been appointed associate secretary.

Pastor Worker has been GSC president since December 2011 and prior to that he was GSC secretary for six years. Recently he has also served the Church as chair of the AUC Religious Freedom Steering Committee.

"It is an honour to serve God and advance the mission of the Church through this role," Pastor Worker said.

Pastor Munoz also announced the appointment of Peter Cameron as the new CFO, after former CFO Francois Keet was appointed associate CFO for the South Pacific Division in November



AUC LEADERSHIP TEAM, FROM LEFT, PETER CAMERON, JORGE MUNOZ, MICHAEL WORKER AND KEN VOGEL.

2016. Mr Cameron has been serving as acting CFO since Mr Keet's departure and has been recognised for the work he has done during this time.

According to Pastor Munoz, "This new leadership team will continue to enable the Union to inspire and resource a thriving disciple-making movement across Australia."

Pastor Worker will be officially stepping down from his role as GSC president when his replacement is appointed.

CHRISTIAN SERVICES FOR THE BLIND AND HEARING IMPAIRED



Making a
difference in their world . . .



Christian Services for the Blind and Hearing Impaired (CSBHI) provides, FREE, a library of general Christian and denominational AUDIO BOOKS, including the weekly Sabbath School lessons, for those unable to read for any reason.

If you or someone you know could benefit from this service, contact CSFBHI:

Phone +61 2 9847 2296
Email CSFBHI@adventistmedia.org.au
Web hop.ec/CSFBHI

Tax-deductible donations can also be made to CSFBHI.



"Then will the eyes of the blind be opened and the ears of the deaf unstopped . . ." (Isaiah 35:5)

BARNA RESEARCH SHOWS CHRISTIANITY IN CRISIS

ADVENTIST REVIEW

The Seventh-day Adventist Church hosted a worldwide conference in Budapest, Hungary, on May 10–14, focused on issues impacting families, women and children.

Three General Conference departments—Family, Women’s and Children’s Ministries—came together to discuss some of the most pressing realities for these distinct, yet interconnected groups. Close to 400 delegates from more than 60 countries attended the event.

A notable aspect of the Reach the World conference was the presence of Dr George Barna, well-known author, researcher and statistician, whose research has informed the Christian community

around the world for decades. Dr Barna delivered two plenary sessions and spared no time unleashing a slew of new US-based statistics, gathered by his current firm, American Culture & Faith Institute.

His 2017 survey revealed that while 58–70 per cent of parents see value in their children being exposed to church services, art exhibits and the Bible, children on average spend only two hours per week on these activities. In contrast, 33–43 per cent of parents do not see value in their children being exposed to professional sports, television news, online content and current movies, yet children on average spend seven hours per day on these and related activities.

Dr Barna then announced that statistically only 4 per cent of 18–30 year-olds and 7 per cent of 30–49 year-olds have what he called a “biblical worldview”.

Dr Barna sees tremendous value in the Seventh-day Adventist Church organising a global summit to address family-related issues.



DR GEORGE BARNA.

INDIGENOUS COLLEGE CELEBRATES 21 YEARS

DON FEHLBERG

Mamarapha College (WA) recently celebrated a significant milestone—its 21st birthday.

Helping to commemorate the occasion was the Board of Directors and Executive Committee of the Seventh-day Adventist Church in Australia (AUC). Mamarapha lecturer Pastor Darren Garlett cut a 21st birthday cake, along with AUC president Pastor Jorge Munoz, secretary Pastor Ken Vogel, Aboriginal and Torres Strait Islander Ministries director Pastor Steve Piez and Mamarapha College principal Pastor David Fletcher.

Mamarapha College was Australia’s first Seventh-day Adventist Indigenous college of higher education. It was established to train Indigenous pastors, Bible workers and health workers for the



DELEGATES PREPARE TO CUT CAKE.

Seventh-day Adventist Church. More than 500 students have passed through the college since its official opening, and its courses continue to be popular with Indigenous students around Australia.

According to Pastor Fletcher, the recent intake of students is the highest they’ve seen.

NEWS GRABS



DEVASTATION

After floods and landslides ravaged 15 of Sri Lanka’s 25 districts, hundreds are dead or missing and half a million people have been displaced. ADRA Sri Lanka has swung into action, assessing the situation and offering emergency relief in conjunction with other government and non-government agencies. —ADRA Sri Lanka



PASTOR MURDERED

The discovery of the beheaded remains of an Adventist pastor has shocked Kenyans. Pastor Nicholas Kibagendi, who held a position at the Nyamira Conference office, went missing in April. Police have launched an investigation but the pastor’s family now has to contend with allegations he was involved in financial scams. —Standard/Tuko



GARDEN OF LEARNING

Oakwood University, an historically African-American Adventist institution in Alabama (US), has planted 12 hectares with fruit and vegetables. They plan to expand the urban organic garden on the campus—an expression of their commitment to wholistic living, including a plant-based diet —Adventist Review

HOT TOPICS



SCARS REMAIN

The UN's Special Rapporteurs on the freedom of religion and belief are urging Indonesia to repeal its blasphemy laws after former Jakarta governor, "Ahok" Purnama, a Christian, was imprisoned for criticising his political opponents' interpretation of the Qur'an. They have called for his release by any legal means available. —UN News



SINCERE OR SCAM?

US televangelist Jim Bakker is back. After a sex scandal and imprisonment for fraud in the 1980s, his public ministry now has a new emphasis on the imminent end-times. The *Jim Bakker Show* is offering supplies of freeze-dried food—\$US2800 for a seven-year supply—that will cover the period of tribulation. —Buzzfeed



NEO-NAZI NEO-PAGANS

Investigation into racial violence has found that a number of white supremacist attackers follow an ancient Norse religion and identify as "Odinists". The interest in Odin, Thor and a warrior ethic that encourages revenge is mainly observed in the US. But Norwegian mass murderer Anders Breivik has also publicly identified as an Odinist. —Reveal News

FORMER US PRESIDENTIAL HONOR GUARD INSPIRES SAN STAFF

TRACEY BRIDCUTT

Former US presidential Honor Guard, Dr Terry Johnsson, shared his inspirational story with senior staff at the Sydney Adventist Hospital as part of the hospital's annual Focus Week sessions in May.

Dr Johnsson has faced a number of significant obstacles in his life, including the loss of his father and battling severe dyslexia as a young child. Despite this he graduated from high school and then earned his master's and doctoral degrees. He served three presidents as part of the US Air Force Honor Guard, and has also worked as a hospital chaplain and youth pastor. He is now executive director for Mission Integration at the Adventist Medical Centre in Portland, Oregon.

Dr Johnsson said two things kept him going through the challenges.

"The very first thing was having a supportive mother who really believed in me and used the power of prayer, and also, it seems that God has always provided teachers who were patient—faith-based teachers who really believed in me," he told *Adventist Record*.

"The principle that Mum taught me to believe is that all things are possible with God. I started being a believer of positive thinking very early on and that was a thing that really made a difference.

"The thing that I try to stress is, if you still have air in your lungs God's not done with you yet. I don't care if you're 90 or if you are nine years old, if you are still here you are here for a reason and a



DR TERRY JOHNSSON AT THE SYDNEY ADVENTIST HOSPITAL.

purpose."

"Connection"—the theme for this year's Focus sessions—is a concept that Dr Johnsson relates to.

"Even my speaking style, I really have to connect with people and to look them in the eye," he said.

"I just find connecting is also a part of community and it's so much easier when we do things as a community and we connect and work with one another than if we try to do it by ourselves."

Dr Johnsson's schedule also included a visit to Wahroonga Adventist School to talk to some of the class groups, taking morning worship at the South Pacific Division and sharing his story during the main service at Fox Valley church.

"I have just been blessed by the amount of people who have come up to me privately," he said.

"It's probably been more than I have had in the past in other places, people just wanting to have one-on-one conversations with me."



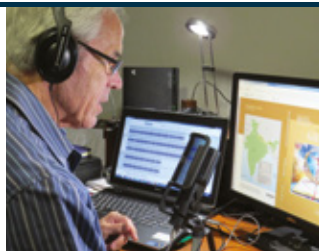
FLASHPOINT



NEW TRUCK FOR TANNA

Transportation difficulties for Kwataparen Adventist Secondary School (Vanuatu) on the island of Tanna are no more, after students and staff recently welcomed the arrival of a new truck provided by the Vanuatu Mission. Guests at the ceremony included Daniel Kaio, education officer for the Tafea Province, who thanked the Church for supporting human resource development in the province. School principal Jeffrey Lauah described the occasion as "a dream come true" as he thanked the Mission for its speedy response to the school's request, while Pastor Joshua Esau, Tafea District director, offered the prayer of dedication. The truck will be used to transport day students between their homes and school, as well as providing public transport.

—Charlie Jimmy



QUALITY SOUND

Celebrating 20 years of audio recording of the Sabbath School lesson quarterly in May is Dr Percy Harrold, a former director of Christian Services for the Blind and Hearing Impaired (CSFBHI), which distributes the lesson studies to the Blind in this Division. When he first began, the lessons were on cassette tape, then transitioned to regular CD, and finally Blind-friendly DAISY format CD, with the past 10 years of recordings available online as podcasts. Unimpeded by geography, his state of health, his medical practice and family, he has consecutively and on time delivered almost 1200 lesson recordings. If you know someone who might benefit from this CSFBHI service, see page 6. —Lee Dunstan



FOOD WITH FRIENDS

Church members from Gloucester church (NSW) are helping their community through a new free food service. After a recent town meeting about the issue of homelessness, a community member came up with the idea to serve free lunches every Wednesday. Sixteen volunteers help out on a rotational basis, with the Adventist Church offering its church hall for free as a dining venue. "We've been praying for an opportunity to provide some kind of service to make ourselves relevant to the community," said church pastor Uriah St Juste. "Our church is now a place where people can come freely—whether they are struggling to provide food for themselves, or whether they are just lonely and want to share a meal with someone." —Record staff



ATTITUDE OF GRATITUDE

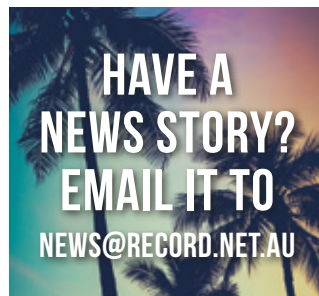
Students at Avondale School's Toronto campus (NSW) invited their mothers to a very special afternoon tea and pamper time. "The mums and grandmas who attended were almost in tears," said principal Dr David McClintock, "as their children gave them a foot spa, massage, and shared messages of love and appreciation. It was something special that I have never experienced in all my years of teaching." The year 3-6 classroom was transformed into a twinkling wonderland by the students and staff. "I would do it all again in a heartbeat," said coordinator Andrea Thompson. "To see the students honouring their mums in this way was priceless. We learn, we value, we serve."

—Colin Chuang



WESTERN HIGHLAND WEDDINGS

For the first time, the Western Highlands Mission (Papua New Guinea) held a mass wedding of 115 couples. Only two of the couples were newly married, while the rest used the opportunity to reaffirm their marriage vows. This mass wedding differed from the traditional Papua New Guinean system of marriage in that a marriage certificate, with legally binding properties in regards to the unexpected death of a spouse, was given to all couples. Eleven Seventh-day Adventist pastors officiated at the ceremony, led by Mission president Pastor Allen Akili, with couples showing their reaffirmation of marriage vows through the exchange of rings. —Solomon Paul



BREAKFAST SPREADS GOSPEL

Sunday morning, April 30, saw 23 empty-nesters from Wahroonga church (NSW) eating breakfast served by Lance and Sandra Weslake. The \$A2000 raised was just part of continuing support for three undergraduates in the Theology faculty at Fulton College (Fiji). This brings the total to \$A6000, with the money raised supporting five students, including a husband and wife student team in the Philippines —David Sedgman



SUNSHINE COAST MUMS THANKED

To celebrate Mother's Day, Lindsay Grace, Sue Dixon and Michelle Hoy from the Landsborough church (Qld) doorknocked several homes in the area. Mothers were personally given chocolates as well as cards with inspirational Bible verses. "The role of mothers in our society is often underestimated," Ms Grace said. "It was good to tell the ladies their work was very much appreciated." —Glasshouse Country News



TRANS-PACIFIC TRAINING

Ministerial interns from around the Trans Pacific Union Mission (TPUM) gathered for a weekend of internship training at Wailoaloa Beach Resort, Nadi (Fiji). It was a time of fellowship, reflection and revival for ministry with other interns and ministerial staff from around the Pacific, with emphasis placed on the core intern skills of preaching, visitation and Bible study. —Viliame Ratumaiyale

NEVER ALONE

IT WAS A MOMENT OF VINDICATION AND triumph. On the top of Mount Carmel, God had answered Elijah's prayers, sending fire from heaven to accept his sacrifice. Almost a thousand false prophets had been extinguished at his command. And a mountaintop of people had bowed down and proclaimed that the Lord was God. A humble prophet had just made history.

But this spiritual high wouldn't last long. Just a short time later, Elijah was no longer the same confident man who had taunted the prophets of Baal and prayed to God for a miracle. Instead he was fearful, broken and begging God to take his life.

What had changed?

It's often said that history is written by the victors. This means that those who write history have the power to influence which memories are kept for posterity. Naturally it's the moments of glory that survive, the instances where the sun is shining and life is good. If Elijah had a Facebook account, Mt Carmel would be his pinned post with loads of likes and countless shares. His subsequent breakdown would be the post that he edited numerous times before giving up and finally deleting. Or perhaps the post that he never wrote at all.

The Bible mentions plenty of "victories". But it doesn't gloss over or omit the "losses". King David was described as a man after God's own heart. But he was also an adulterer who killed his lover's husband. Peter was one of Jesus' closest disciples


and founders of the early Christian church. But he was also a hot-tempered man who lied about knowing Jesus. Paul was one of the most influential figures in the New Testament and converted thousands to Christ. But he was also a self-confessed persecutor who stood back and held the executioners' coats as Stephen was stoned.

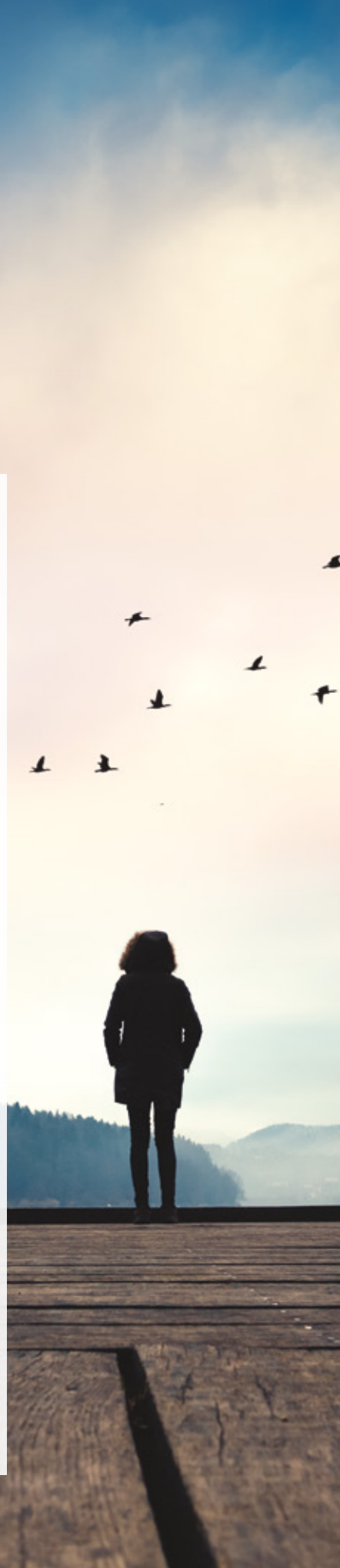
This may come as a surprise but reading about these "losses" helps strengthen my faith. As Seventh-day Adventists, we may not believe in literal idols of wood and stone. But we do have a tendency to put our leaders on pedestals and treat them as our idols. What do I mean?

We become their groupies and follow them from church to church whenever they come to town. We take pride in asking for their autographs and posting up selfies with them. And sometimes we place our faith in them and what they do more than we rely on God.

The truth is, leaders are humans and they are fallible. They make mistakes. They have breakdowns. And sometimes, like Elijah, their greatest falls come after their spiritual highs. The Bible reminds us that all people are imperfect, yet capable of redemption. That we can have mountaintop experiences with God, yet need His still small voice to reassure us that we are never alone. And that we should keep our eyes on Him and not on each other.

VANIA CHEW

 @vania_chew





THE TEN

...MOST EVIL BIBLE VILLAINS

DELILAH

Deceptive and cunning, Delilah tricked Samson into revealing the source of his strength. She then betrayed him into the hands of the Philistines, and walked away from the whole debacle rich with gold.

READ JUDGES 16

HAMAN

What goes around comes around: Haman conspired a plot to wipe out an entire nation, simply because Mordecai the Jew refused to bow to him. However, Queen Esther foiled his evil plan and Haman ended up on the gallows he'd designed for Mordecai.

READ ESTHER 3

JEZEBEL

You know you're evil when you have a World War II missile named after you. Jezebel was a heathen princess who married Ahab, king of Northern Israel [plot twist: he turned out to be just as evil], and was heavily involved in idolatry and wicked schemes.

READ 1 KINGS 18, 19, 21

ABIMELECH

This guy really wanted to rule over the citizens of Shechem, but he had a slight problem in the form of his brothers—70 problems, actually. Taking matters into his own hands, Abimelech slaughtered all 70 of his own brothers and was promptly crowned king.

READ JUDGES 9:1-6

ATHALIAH

Proving that two wrongs don't make a right, Athaliah was the daughter of the evil King Ahab and Queen Jezebel. Ruthless and wicked, she destroyed the entire royal family of the house of Judah and forced herself onto the throne to rule for six years. Like mother, like daughter?

READ 2 CHRONICLES 22:10-12

CAIN

The Bible's first murderer, Cain wasn't happy when God favoured his brother's offering over his. Even after being rebuked by God, Cain let his jealousy take over, killed Abel and then lied to God about it.

READ GENESIS 4:1-12

KING HEROD

Paranoid, cruel, and barbaric, this king was so jealous of Jesus' birth that he ordered all babies under the age of two to be slaughtered. His name means "heroic", though he was anything but.

READ MATTHEW 2:1-16

PHARAOH OF EGYPT

The Pharaoh who Moses confronted, probably Rameses II, had one of the hardest, most stubborn hearts in the Bible. He repeatedly challenged God's authority and refused to release the Israelites from slavery.

READ EXODUS 5-12

HERODIAS

Another mother-daughter tale with a tragic end. Herodias was the woman responsible for the death of John the Baptist, ruthlessly sacrificing her daughter's modesty to plot the murder of the person she most hated.

READ MATTHEW 14:3-12

SATAN

The true definition of a villain: Satan tried to capture the attention for himself, take over the world and circumvent the plans of the Hero. But when the Hero is Jesus, we definitely know this villain's plans are all in vain.

READ REVELATION 12:7-9

ADVENTIST COOKBOOK NAMED BEST IN THE WORLD



A book authored by a Seventh-day Adventist dietitian and published by Signs Publishing has been named "Best in the World".

Food as Medicine: Cooking for Your Best Health was awarded the Best "Health and Nutrition" cookbook in the world for 2016 at the prestigious Gourmand World Cookbook Awards, held in Yantai, China, May 26-29.

"The Gourmand award originates from France and is highly coveted. Never in my wildest dreams did I expect we would win," said the book's author, dietitian Sue Radd after she learned of the win from Signs Publishing's general manager Andrew Irvine, who attended the awards ceremony.

"It's a great honour and definitely a blessing. My hope is it will open

doors to have the important messages contained in this book reach millions of people around the globe."

According to Ms Radd, who is conducting doctoral research into nutrition and mental wellbeing at The University of Sydney, the award recognises *Food As Medicine* as beautifully presented, highly practical for use in home kitchens and, importantly, underpinned by the latest scientific research. "It also challenges you to try some new things, such as a new vegetable or spice, or a different way of cooking something you already use," she explained. "Most importantly, the recipes are delicious because they are inspired by many traditional kitchens around the world."

The award was presented by Edouard Cointreau, chairman of the

awards committee. The Cointreau family operate Le Cordon Bleu cooking schools around the world, along with a number of other significant food and food-related businesses. Since 1995 the Gourmand awards have honoured the best food and wine books, and food television shows. Publishers from more than 200 countries participate in this prestigious annual competition.

"There is no higher award in the cookbook world," Mr Irvine said. "Standards are very high and there is significant competition in each category."

Food As Medicine was awarded best Health and Nutrition cookbook in Australia late last year, which opened the way for its nomination at

the international level. It was then shortlisted as one of eight in the "Health and Nutrition" category from around the world. Already this year, agreements have been made to translate *Food As Medicine* into German and Slovene. Further foreign language translations are likely.

"It was a privilege to receive this award on behalf of the talented team who made the book possible," Mr Irvine said. "I have been amazed by the support and encouragement received from other chefs and industry professionals I have met during the awards process."

Ms Radd offers her award-winning cookbook as another evidence that Adventists can be appropriately proud of their history and insights into health and wellbeing. "The health message has never been more relevant than it is right now," she said. "It is vital that every Adventist learns it—or re-learns it—and applies it to their own life, so they can also help others live happier, healthier lives."

Food As Medicine is available from Adventist Book Centres in Australia and New Zealand. More information at <www.foodasmedicine.cooking> or "Like" *Food As Medicine* on Facebook.

NATHAN BROWN/RECORD STAFF



THE LITTLE MARKET STALL THAT COULD

Fourteen years ago, Gillian Taylor was convinced of two things: first, she wanted to become a Seventh-day Adventist, and second, God was calling her to run a stall at her local Sunday markets, distributing Christian material. Gillian began attending the Bendigo Seventh-day Adventist Church (Vic), but didn't think she knew enough to talk to strangers about the Bible. The market stall became a distant memory. Until, that is, she lived in South Africa for two years. While there, Gillian learned to share her faith, helping a group of people from her church who ran a market stall with literature. Upon her return to Australia, Gillian once again felt pressed to run a Sunday market stall.

One Sabbath, Gillian shared her strong conviction with Marilyn McIntyre, a fellow church member. Marilyn was surprised at Gillian's call—she'd been thinking the same thing for some time—but felt she had too many other commitments. But God didn't give up. In July last year, Gillian and Marilyn paid for a stall at the local Sunday markets in Bendigo, purchased some books and DVDs, and gathered Try Jesus cards, old *Signs of the Times* magazines and GLOW tracts from their church.

"The stall has been operating every week since last July," says Marilyn. "And although we put prices on most of the books and DVDs, we have probably only sold about \$A200 worth of literature, which goes to replenishing our stock."

The reason for the small income, however, is not due to a lack of interest.

"If we see that someone is browsing and seems a little interested, we'll offer them a book or a DVD for free," Marilyn says. "And they'll usually take it home—I'm sure it's because they see the price on the front and feel as though they're getting a bargain!" In this way, although Gillian and Marilyn may not have sold a lot, they've given away hundreds of books, DVDs and Adventist literature, and as a result, have hundreds of stories to tell. "People have often commented that they felt drawn to our stall," Marilyn says.

One young man stated emphatically to the women that he didn't believe in God, but keeps returning and taking spiritual literature with him. Another fellow stallholder, a Wiccan, has built a relationship with Gillian and Marilyn, even taking books and allowing the women to pray for her.

One of the best moments, however, came a few weeks ago when the women noticed a \$A10 DVD had been taken from their stall while they'd been occupied.

"We were so happy!" Marilyn says. "We praised God that someone wanted the DVD so much that they stole it. Our purpose is not to make money—it's to sow seeds. And God is good to us. Just when we need it most, He provides donations for our stall."

MARITZA BRUNT ASSISTANT EDITOR.
 @maritzaemunoz

LIVING IN HIS WORD WITH WAYNE BOEHM

LESSONS FROM CAIN AND ABEL

Sin now extends its hand into the next generation. With the first parents reeling from the consequences of sin, Satan seeks to influence the next generation to claim them as his own.

Read Genesis 4:1,2. What do we learn about the brothers that can give us insights into their story?

Cain and Abel had the same parents, opportunities and environment yet made distinctly different choices when it came to their behaviour and loyalty to God. The relationship between Saul and David helps us better understand these brotherly dynamics.

Consider 1 Samuel 13:9-14, 18:5-9.

Saul became enamoured with himself and lost sight of his divine commission, which culminated in him building a monument to himself (1 Samuel 15:12). Saul's insecurity increases when he hears the women praise David as they returned from battle—"Saul has slain his thousands and David his ten thousands." "Then Saul was angry." "So Saul eyed David from that day forward."

"It was envy that made Saul miserable and put his throne in jeopardy . . . the same enmity that existed in the heart of Saul stirred the heart of Cain against his brother Abel . . . Envy is the offspring of pride, and if it is entertained in the heart, it will lead to hatred and eventually revenge and murder" (PP19). Cain was willing to offer the fruit but refused to show repentance for his sin and have faith in Jesus by offering a blood sacrifice.

Consider Hebrews 9:22, 11:4.

God said to Cain, "sin lies at the door and its desire is for you, but you should rule over it".

How does 1 Peter 5:8 deepen our understanding of "sin crouching at the door?" 1 Peter 5:9 and James 4:7

provide two clues as to how we can deal with sin that is ready to pounce.
 1. Resist him and he will flee.
 2. Submit to God and continue steadfast in the faith.

Jesus will give strength to all who seek it. (GC 510).



fruitful promise

We love to quote God's promises but how often do we really claim them?

GOD HAS GIVEN US MANY, MANY promises in His Word: promises to bless¹, to heal², free us from oppressors³, provide our every need⁴ and even fulfil our dreams⁵.

These promises are like delightful fruit on a magnificent tree. Each fruit—like the promise it represents—has a different appearance and speaks to our eyes and desires of a variety of fulfilled longings. We look at these

fruit and admire them, their subtle colours, their differing textures, even the sweet and distinct aromas that permeate the atmosphere around them—like spices telling the world of untold riches.

They truly are a sight to behold and this is a tree to spend many hours under. We talk to others about how wonderful and desirable they are and what they would taste like, and the

fulfilment they can bring.

Yet sadly, few actually pick the fruit and even fewer go so far as to eat it for themselves. How tragic! Here is this tree literally laden with ripe, exquisite and heavenly tasting fruit, begging to be freely taken for there is a limitless supply, yet few are eager to grasp one or more delicacies and hungrily consume them.

In the same manner, few actually

take God's rich promises and claim them for themselves and their situation. We look to our own belongings, our assets, our credit rating, our welfare system, our medical profession, our superannuation, our secure job and income, our friends, our insurance and think we are rich (or at least comfortable) and full (enough) and have enough to get by⁶. Some may occasionally recite a promise (pick the fruit) but really it's just a comfort thing and most don't rely on it to provide the outcome it speaks of.

Yet each promise of God is literally waiting for us to draw it from the spiritual world into the physical and bring it into reality⁷. God gave us these promises to achieve His purposes⁸. Nothing is impossible for our God⁹ and He went out of His way to ensure the Scriptures are laden with promises just waiting for us to apply them to ourselves and our life experiences.

Not sure how to do that?

Maybe you have claimed a promise in the past that was not fulfilled, and you don't dare risk being disappointed again and undermining what little faith you have. Or perhaps deep down you simply don't believe your prayer will be answered. You look at His promises as being comforting and for someone else, not for you, not to be really depended on.

You're not alone in this: the disciples struggled with this same challenge on many occasions¹⁰, even in the presence of the Saviour of the world.

And so, without meaning to, we are treating God as a liar.¹¹

Which brings us to those two words that hold the key to our actions, that determine if we will claim God's promises or leave them alone—faith and belief. These two factors are fundamental to our Christian journey. Not only for claiming God's promises but also as to whether we will ultimately enter heaven.¹²

Hebrews 11:6 lays it out plainly: "But without faith it is impossible to please Him, for he who comes to Him must believe that He is, and that He

is a rewarder of those that diligently seek Him."

Here's a quick overview of how that works:

Firstly, we must believe that God is real, every bit as real as the fingers on your hand and the nose on your face.

Secondly, we must understand that this God whom we know exists, has at His core a heart of giving—not taking, not punishing, not putting down, not destroying.

No! His character is one of imparting every possible good gift¹³ to build us up and help us reach our potential in this life and the life to come.

Now, once you have that knowledge as the foundation of your belief in God, the third and natural outcome is faith—which is essentially trust in God, which He again gives to us as a gift.¹⁴

Go back and read Hebrews 11:6.

What a powerful verse! It gives us the steps to claiming all of God's promises for ourselves and others.

Not just smelling them. Not just telling others how good they could be but eagerly grasping and consuming them, bringing them from the spiritual world into the physical and into our reality, actually experiencing them in our lives now.

But a word of caution. It's no coincidence that the devil's most consistent and virulent attacks are against the first two foundation stones—God's reality and His character.

The devil knows the Bible, and he knows what it says in James 1:6-8: "But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in his ways."

Being "brought up" in the Church is no guarantee that you are immune to these attacks. As a lifelong member of the Church, these foundations used to be shaky for me; I thought God existed, but only so far as it was part of my self-identity, and not at the level of absolute rock solid belief. And even if He did exist, I was not about to

trust my life completely to Him. Just look at what happens to missionaries and others who fully put their trust in Him—loss of belongings, ill-health, persecution and even death of loved ones. Not for me! It seemed far safer to keep Him at a distance and continue along my Christian journey at the superficial level.

But God had other ideas and was saying to me, either get on board 110 per cent or get out!

Not willing to throw away 40-plus years of Christian life, I went on a personal journey to prove the exact two foundations of belief and trust listed earlier in this article. Perhaps this story should be the subject of another article. Let me just say that I am so glad I did, because our God is real and He is truly the most loving and awesome Being in heaven and earth, and the fruit of His promises is authentic!

If the devil has attacked you and your faith is shallow and you fear you are double-minded you are not alone. God understands and longs for you to truly know Him.

Prayerfully go back to the two foundations of belief and trust and ask God to show you where your belief and understanding is amiss, and then seek answers in His Word and other sources that help dispel the doubt.

He will help you in this¹⁵ for He yearns for you to taste His fruit, to step into His reality, a reality where absolutely nothing is impossible.¹⁶

1 Isaiah 58:14

2 James 5:15

3 Exodus 14:14, Isaiah 41:10

4 Psalm 72:12

5 Matthew 21:22, John 15:7, Psalm 34:4

6 Revelation 3:17

7 John 6:63, Mark 11:24

8 Isaiah 55:11

9 Jeremiah 32:17, Matthew 19:26

10 Matthew 8:26, 17:17, Mark 8:18, 10:26

11 Numbers 23:19

12 Revelation 21:8 Amplified Bible

13 Matthew 7:11, James 1:17, Psalm 34:8

14 Ephesians 2:8

15 Jeremiah 33:3

16 Mark 10:27

TREVOR SCHOFIELD ATTENDS LAKESIDE CHURCH (NSW) AND RUNS A BUSINESS WITH HIS WIFE SANDY.



THE END OF BIBLE PROPHECY?

MAGNIFICENT STORIES OF THE predictive powers of Nostradamus the Seer travelled throughout the French town Salon de Craux. The tales of his fulfilled predictions were on the tongue of every person as all struggled to decide whether this controversial man was a magician or a charlatan. Among such sceptics was an elderly nobleman who wished to test the claims made about this strange seer.

The nobleman arrived at the home of Nostradamus carrying two pigs in his arms: one black and one white.

The nobleman enquired of the seer, "Which of these pigs will I eat first?" Nostradamus replied, "The white one." The sceptic laughed as he had so easily proven the seer wrong.

The nobleman returned home and ordered his cook to prepare the black pig for his meal. Within the hour, the sweet aroma of roast pork had entered the nobleman's room and he began to eat his meal. As the nobleman devoured his victory, his cook stammered a few words that caused him to lose his appetite. "I'm sorry sir, but the black pig was stolen by a wolf, so I had

to cook the white one."¹

Nostradamus is a prevailing figure of history, and yet can be a seemingly awkward individual for Christians to discuss. During a Bible study I was conducting regarding Daniel 2, my keen listener asked, "But what about the predictions of Nostradamus? What makes them any different from the prophecies in the Bible?"

It was an intriguing question to which I honestly had no answer. Little did I know then that Nostradamus had supposedly predicted the spread of the bubonic plague, the growth of

Protestantism, the birth of the Russian Revolution, as well as countless other significant events in history.

However, after some research, I discovered that Christians should not fear Nostradamus or his predictions, and that when compared to biblical standards, pure logic and sound reasoning, it becomes apparent that Nostradamus and his writings fall short of the God-inspired Scriptures.

To begin with Nostradamus's writings are written in an incredibly cryptic and vague style. For example, consider the following prediction:

*The bold and shameless great talker,
Will be chosen as head of the army,
The audacity of his contention,
The broken bridge, the city faint
with dread.*²

This prediction has commonly been attributed to the actions of Oliver Cromwell during the English revolutionary period. However, several scholars have also attributed this prediction to Leon Trotsky during the Kronstadt rebellion of 1921.

So what is the immediate problem with Nostradamus's predictions? Nostradamus offers no clear date or

active clairvoyance.

Furthermore, Nostradamus used vague symbols, metaphors and imagery within his predictions. Using such methods does not immediately nullify the authenticity of these predictions, as several prophetic biblical books utilise similar conventions of writing.

However, such a method is only useful when an objective code or legend is given in order to understand each symbol or image. The Bible instructs Christians to study the Word "line upon line, precept upon precept",⁴ to interpret the writings, "knowing this first, that no prophecy of Scripture is of any private interpretation, for prophecy never came by the will of man, but holy men of God spoke as they were moved by the Holy Spirit"⁵.

Put simply, the Bible interprets itself. Comparatively, the predictions of Nostradamus are written incredibly cryptically, and with no objective legend to decipher them. For this reason, Nostradamus fails to achieve the biblical classification of an authentic prophet, as there are several interpretations to each of his predictions, and none can be objectively claimed as superior or

threw 7:15, 2 Peter 2:1, Matthew 24:24, Revelation 13:13).

Throughout history it is evident that Satan has deceived countless unsuspecting individuals with counterfeits of God's original creations. Therefore, it should come as no surprise that Satan would have concocted counterfeit prophecy.

Now Christians should not necessarily advocate to label Nostradamus as being aided by demonic forces, as this is impossible to know with certainty. However, his fascination with the occult and astrology should be reason enough to discredit his predictions as godly, as his methods of divination clearly contradict biblical standards (Deuteronomy 18:9-12, Isaiah 8:20). Nostradamus's false predictions should serve as a reminder to Christians that Satan will deceive who he may, and that as we approach nearer to the return of Christ, we should be exceedingly vigilant to avoid falling into his snare.

So regardless of whether Nostradamus was a magician, a charlatan or a tool of a greater force, his predictions fall short of the high biblical standard. The predictions of Nostradamus are never clearly contextualised in time, utilise vague imagery while providing no objective legend, and are derived from unconventional and unbiblical methods. Comparatively, the Bible stands as the inspired, inerrant Word of God, which has yet to fail in its clear predictions of the events of history.

Christians can rest assured that there is no better foundation on which to base their beliefs than the Word of God.

1. *The Prophecies of Nostradamus and the World's Greatest Seers and Mystics*: Francis King and Stephen Skinner

2. Century III, Quatrain 81

3. <https://en.wikipedia.org/wiki/Postdiction>

4. Isaiah 28:13 (NKJV)

5. 2 Peter 1:20 (NKJV)

CHRISTOPHER PETERSEN IS STUDYING A BACHELOR OF MINISTRY AND THEOLOGY AT AVONDALE COLLEGE. HE MANAGES THE ONLINE MINISTRY "THE AFTER SERMON PODCAST" AND UPLOADS SERMONS REGULARLY TO YOUTUBE.

COMPARATIVELY, THE PREDICTIONS OF NOSTRADAMUS ARE WRITTEN INCREDIBLY CRYPTICALLY . . .

time when this event will occur, or any historical timeline or context for which to expect these events. This allows for what sceptics refer to as "retroactive clairvoyance" in which hindsight bias allows for an interpreter to match a vague prediction with significant events (thereby nullifying the intention of it being a prediction if only identifiable after the fact).³ This is incredibly unlike the specific dating and historical timeline of prophecies found in both Daniel and Revelation, as God reveals human history in a sequential order until His second coming and beyond, not allowing any such room for retro-

even correct (Deuteronomy 18:22).

Finally, despite the vague and cryptic nature of Nostradamus's predictions, supporters still fervently believe that these predictions were fulfilled, and some of their arguments even seem compelling and viable. However, even if it were objectively possible to determine that Nostradamus's predictions were fulfilled, it should neither surprise nor intimidate Christians. Both Jesus and the apostles spoke regularly about the abilities of false prophets, who during the end times would be able to perform miracles and wonders, leading people away from God (Mat-



Wholicious living

Nurture your body, mind and spirit with a mix of articles on plant-based foods, the latest nutrition advice, plus health and wellness tips for your whole being. Free to your inbox each month.

Recipe of the week

Find fresh inspiration with a delicious new vegetarian recipe each week to feed the family or wow your friends. Free to your inbox weekly.

Australia:

www.sanitarium.com.au/subscribe

New Zealand:

www.sanitarium.co.nz/subscribe

HEALTHY EATING: THE BETTER VALUE WAY TO BETTER HEALTH

One of the most common charges levelled at healthy eating is that it's a more expensive way to eat. But the truth is healthy eating can be a great way to save money at the supermarket and on your healthcare.

Data from the Australian Health Survey, recently presented at the Dietitians Association of Australia national conference, showed that, for the average Australian household, 58 per cent of their household food budget was spent on discretionary foods. These are items we should be keeping to a minimum, like takeaway food and sugar-sweetened drinks.

Beyond the cost to our wallets, there's also a cost to our health, with 35 per cent of the average Australian's daily kilojoules coming from discretionary foods. Professor Amanda Lee from the Sax Institute highlighted in her presentation that poor diet contributes to almost 18 per cent of deaths in Australia.

But the great news is, we have the power to change our diets. According to Dr Lee, "less than 4 per cent of Australians eat adequate quantities of healthy foods". But the figures show that switching to healthier foods from a discretionary unhealthy diet can cut the household food bill by 15 per cent.

So what does a healthy diet look like? It starts with filling your plate with plant foods! Fruit and vegetables should make up the bulk of all the foods you eat in a day. A good rule to go by when making healthy meals is to look to cover at least half your plate with vegetables before anything else to help you fill up on healthy foods and reach your daily veggie intake. For more info on serving sizes and healthy diets, check out <www.eatforhealth.gov.au>.

SUPERMARKET SAVERS



EAT SEASONALLY

Keep an eye out for great deals in the fresh food section. Prices fluctuate throughout the year depending on what's in season. Eating seasonally means you get the best produce at the best price.



LOAD UP ON LEGUMES

Legumes aren't just one of the healthiest foods around, they're also great value. Replacing meat with legumes in recipes like soups, stews and pastas raises their nutrient content and lowers their cost. Dried legumes can be bought in bulk for handy savings and have a long shelf life.



MAKE A LIST

We've all been guilty of going to the supermarket without a list and impulsively filling our trolley with everything that caught our eye. With a little pre-planning it's easy to stay on track and on budget during your weekly shop.

Sanitarium
health & wellbeing



MAGAZINE MINISTRY

Adventist Record magazine as well as the *Signs of the Times* is actually very popular here in American Samoa. We have had great feedback from our non-Adventist friends. What they like about them best is that they can actually relate to the stories, especially when they are about Pacific people. They also love the health articles and the testimonies about God.

Our local church always distributes *Record* magazines when we do outreaches. Even in our global youth event this past March, we handed out several *Record* magazines. That is the reason I am eager to share our American Samoa news—so that our readers here can also see some news from American Samoa as well.

Tala Ropeti-Leo, American Samoa

VALUABLE MESSAGES?

This [blackboard ministry] ("Community Conversations", May 20) was obviously prepared by an enthusiast. A realist would have recognised the potential for the vulgar words and sketches and their potential to bring shame on the church. Further, the prolonged retention of the blackboard by various means has created division among the church members.

The Church has a more valuable message to give to the world than it can return and the Evil One is always anxious to frustrate every heaven-aimed effort. In *Desire of Ages* (p 396) there is a warning we do well to heed.

Jesus never used a blackboard, or its equivalent, except to write in the sand. He trained and inspired His followers in personal witnessing and, starting with just 12 disciples, the gospel was carried to most of the then-known world in a century.

If we were guided by the same Holy Spirit to be as zealous and effective in our witness for our Master how much sooner might we see Him returning for the redeemed.

Lyndon Thrift, NSW

NOAH'S MOTHER OR NOT

Had the author of the article ("The Ten", May 6) read Genesis a little more carefully he/she would not have suggested that "Ada" may have been Noah's mother. The Lamech (Ada's husband) mentioned in Genesis 4:19–24 was a fifth generation descendent of Cain, whereas the Lamech of Genesis 5:25–31 was a seventh generation descendent of Seth. Thus the probability of "Ada" being Noah's mother would be about nil.

Graham Mitchell, via email

GOOD GUYS

I would like to commend you for having the courage to share a very personal and private struggle in "Standing in the gap for mental health" (April 29 editorial) (and I'm assuming you had your wife's permission to share it? Courageous of her also).

I can only begin to try to imagine the pain, trauma and healing required in your situation. Thank you for creating a culture of awareness and bringing the skeletons out of the closet, that the more I minister to people, the more I am aware of.

I also read with interest "One of the good guys"

(Record Rewind) on Graham Barnett. You may be pleased to know that the memory of Graham is held very dearly by two of his former students here in Rockhampton, Queensland. I have gotten to know both men, brothers, at the local Ministers' Fraternal. Both are now involved with a non-Adventist congregation but both have very fond memories of Graham as their teacher and as someone who was held in high esteem by their parents.

At one time Rocky Adventist school was the only non-Catholic alternative to Christian education in the town. Sadly, our little school closed some 12 years ago, but the facility is still used as Sabbath School rooms and as a meeting place for our local Fraternal. It is indeed a small world and Graham was indeed one of the good guys.

Ray Hobbs, Qld

A CHURCH CALLED WHAT?

The title of this article "Welcome to the church of failure" (May 20) doesn't sit well with me even though the author, eventually, makes a good point.

Many who enter our churches are disappointed

when they see the members are not the pure and perfect people they expected to meet.

As zealous Christians we often become distracted with the faults of others instead of focusing on the perfectness of Christ. We are all learners in the school of Christ, to be trained and educated for this life and for eternity. The life of Christ was a life charged with a divine message of the love of God. Compassion beamed from His countenance and His conduct was characterised by grace, humility, truth and love.

Every member of His Church must demonstrate the same qualities and one day we will no longer be a Church of Failure but a Church Triumphant. That, and not failure, is the goal I prefer to focus on.

A E Hobbs, via website

NOTE: Views in "Have your say" do not necessarily represent those of the editors or the denomination. Comments should be less than 250 words, and writers must include their name, address and phone number. All comments are edited to meet space and literary requirements, but the author's original meaning will not be changed. Not all comments received are published.

THIS
MONTH IN



*The scarlet
woman of Revelation*



The anti depression diet



Hygge your life



The Surprise

TO SUBSCRIBE
OR SEND
AS A GIFT

AUS 1800 035 542

NZ 0800 770 565

One-year gift subscription AUD\$26 NZ\$31

A CHRISTIAN PERSPECTIVE OF THE WORLD TODAY

www.signsofthetimes.org.au

HAI KIDS*

KIDS SPACE

FOOD FOR ONE MORE:

God tells Elijah to go to Zarephath where a widow will feed him. Elijah finds the widow gathering firewood. He asks for food and tells her not to worry, there will be flour and oil for her to make a meal, too. He promises her that she will not run out of flour and oil until it rains again. And she doesn't. When her son dies, she thinks that God is punishing her for past sins. Elijah demonstrates God's love when he takes the boy, prays for him, and he comes to life.

GRACE MESSAGE

DECIPHER THE WORDS TO
COMPLETE THE MESSAGE

God loves us even when

dba ngtihs penhap ot su.



COLOUR ME IN

HOMEMADE BREAD

ASK AN ADULT TO HELP YOU MAKE SOME BREAD LIKE THE WIDOW OF ZAREPHATH.

INGREDIENTS



FLOUR
500g



SALT
a pinch



WARM
WATER
1 cup



YEAST
1 cup
or 1 sachet



OIL
2tsp



1. Dissolve the yeast in the warm water and mix the oil in.



2. Put the flour on the working surface.



3. Add the yeast mixture to the flour and knead it.



4. Add a pinch of salt and knead the dough until smooth.



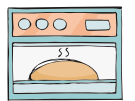
5. Allow the dough to rest in a warm place for 45min.



6. Push the air out of the dough and knead some more.



7. Shape the dough and place on a lined baking tray.



8. Cook in a preheated oven for 25min / 180°.

MEMORY VERSE:

"The God of all grace... will himself restore you and make you strong." 1 Peter 5:10, NIV

*Hello in Tok Pisin (Papua New Guinea)



Dreams of Africa

EVER SINCE SHE WAS A SMALL girl, Carole Platt dreamed of being a missionary nurse in Africa. But her journey went in a very different direction. Carole became a teacher, married Leon and had a family. Her African dreams were moved to the backburner.

After finally visiting Africa in 2007, Carole spent time in a Kenyan orphanage where she was troubled and challenged by what she observed.

On her second visit she met a businessman who said, "All Kenyan children need is an opportunity." This planted a seed in Carole's mind. With her teaching background, she knew that while she couldn't change Kenya, one day educated children could.

Carole visited the Mt Warning AM Murwillumbah Rotary Club (NSW) where she shared her dreams and aspirations, and subsequently Education Care Projects-Kenya was born.

A partnership was formed with two Kenyan organisations with similar aims to educate and care for disadvantaged children. Both groups are run by local Seventh-day Adventist members who give their time and resources.

Currently there are 63 children enrolled—some have been rescued from the streets and the infamous garbage dump at Eldoret, western Kenya. The school is called "Hands of Hope Acad-

emy"—a boarding primary school in the small town of Mosoriot.

Hands of Hope staff go out into the streets and the dump searching for children who want to escape the horrors of poverty and drug addiction. Hundreds of vulnerable boys and girls live among and eat from the garbage. Many girls are kidnapped and sold into prostitution or slavery. Few have escaped being raped and abused. A common pastime is sniffing glue, which enables the children to forget the cold, the hunger, the rain and the misery they are forced to endure.

Those rescued are cleaned up, fed, given clean clothes and a school uniform. They then travel to their new home at the academy where love and kindness start them on a new journey.

Another project involves the Enkishon Emma Welfare organisation, run by a group of concerned Adventist Maasai church members. These people also have a burden for abandoned and vulnerable children. Many of these children are victims of violence, cruelty and unmentionable abuse. The Maasai leader of this group has dedicated his life to the task of salvaging the suffering outcasts of Maasai society. Unable to afford a school of his own, and with the support of Education Care Projects-Kenya, these rescued children are being placed in boarding schools.

Currently 21 children are receiving an education and care in four different schools and are looking forward to a much brighter future.

Carole's aim, with the support of her husband, is to build two self-supporting boarding schools with a suitable curriculum designed to suit the needs and backgrounds of as many children as possible.

Already the Platts are seeing exciting results. By the end of this year, three long-term students who have been supported by Education Care Projects-Kenya will have graduated with university degrees. With the help of generous sponsors, the Hands of Hope project supports 29 primary school, eight high school and three university students, along with a vocational training school student.

The Platts recently purchased two hectares of land where they have started construction of the new Enkishon Emma Academy, which they plan to establish as a self-supporting institution. They are also searching for a suitable property to set up a true Adventist education centre with room for crops, gardens, a poultry farm and an orchard. The students will work in the gardens and learn the art of growing vegetables and crops.

One area of Maasai territory is sending many girls to be educated in a safe environment as they are very vulnerable in their home villages and not encouraged to seek an education. As a result of the goodwill, there are plans to send a lay missionary into the area with the intention of establishing a church.

With Leon's building skills and Carole's op-shop project, the support of Rotary and many fundraising events, the sky's the limit. The Platts are proving that dreams can come true if you are patient and put them in the Lord's hands.

ERROL WRIGHT IS A RETIRED PASTOR WHO ATTENDS TUMBULGUM CHURCH (NSW) WITH HIS WIFE ZENA.

POSITIONS VACANT

NATIONAL SALES MANAGER

North New Zealand Conference (Tui Ridge Park) is seeking a full-time national sales manager (12-month contract) for Tui Ridge Park. This home-based role suits someone with a passion for education, sport and outdoor activities. The successful candidate will have: a personal commitment to Adventist values and beliefs; five-plus years sales and account management experience; business development experience; be able to achieve sales targets; experience implementing sales strategies; contract negotiation skills; business acumen; effective financial/sales activity reporting skills; excellent communication skills; ability to work autonomously; high computer proficiency. Responsibilities include: searching for new customers; maintaining contact with existing customers; optimising use of beds/nights and maximising seasonal opportunities; promoting the camp's special character. Contact Norman King at <campmanager@tuiidgepark.co.nz> or call 07 3323510. **Applications close June 30, 2017.**

WORK HEALTH AND SAFETY COORDINATOR

Greater Sydney Conference is seeking to appoint a full-time Work, Health and Safety coordinator based at Epping, NSW. The successful applicant will have a minimum of two years' experience in WHS, have completed a formal qualification in the field (preferably at degree level), have knowledge of and experience in workers' compensation and return to work practices and processes, a proven ability to meet deadlines, excellent written and verbal communication skills and be a committed member of the Seventh-day Adventist Church. For more information and a position profile, please contact Adrian Raethel on 02 9868 6522 or email <adrianraethel@adventist.org.au> **Applications close July 10, 2017.**

FOR MORE AVAILABLE POSITIONS VISIT:

ADVENTISTEMPLOYMENT.ORG.AU



/SDAJOBS



Anniversary



GOSEV. Risto and Slobodanka were married on

9.8.1946. Several

months after their 70th wedding anniversary most of their family members were able to get together for a celebration. The couple were born and grew up in Macedonia. Just over 20 years ago they emigrated to Australia. The Lord has blessed them with five children, 11 grandchildren and 11 great-grandchildren. They are members of the St Albans church in Melbourne (Vic). They continually praise the Lord for the many blessings they have received, especially in moving to Australia to spend their last years with their ever-increasing family.

Wedding



HAUSER-DAVIS.

Rodney Hauser, son of Keith and Eunice Hauser

(Gatton, Qld), and Judith Davis, daughter of Ian and Beryl (deceased) Rankin, were married on 5.4.17 in the Esk church. Their

home will be in the Lockyer Valley region.

Mark Pearce

Obituaries



HALL, Errol Edward, born 30.5.1939 in Alstonville, NSW; died 26.4.17 in Alstonville.

On 25.4.1964 he married Ariel Boyle at Kyogle. Errol attended Ballina primary school and finished his education at Kyogle High School. He then spent 40 years working for the government railways. Upon his retirement he was honoured by the then transport minister Michael Costa with a certificate, medallion and tie pin. After attending an evangelistic mission in Lismore in 1996, Errol accepted the Lord as his Saviour.

Elizabeth McMurtry



HARDERS, Milton

Ernest (Jack), born 5.5.1942 in Subiaco, WA; died 27.10.16 in

Midland. On 9.12.1963 he married Rosemarie McDonald. He is survived by his wife; children Rochelle and Janelle; and nine grandchildren. Milton worked as a

Guiadas por su Espíritu

- Orden Internacional -
Liz Enid Polanco
de Puerto Rico

Primer Encuentro de Damas Hispánicas en Australia

22-24 de Septiembre 2017

Merroo Christian Centre
182 Mill Rd, Kurrajong NSW 2758

Alojamiento y Comida:
\$155 por persona - en camarotes
\$175 por persona
- en cama individual (ensuite)

Fecha límite: 31 de Julio 2017

Inscripciones en www.mujeresadventistas.com
o pida la aplicación a la Directora del
Ministerio de la Mujer de tu Iglesia Adventista
ó a Mayra Velásquez 0426 908 325

WHICH CLASSMATES WILL YOU HONOUR?

AVONDALE HOMECOMING, AUGUST 25-26, 2017

Honour classmates with the presentation of honour year citations and the Alumna, Alumnus and Young Alumnus of the Year awards.

REGISTER: www.avondale.edu.au/homecoming

ALUMNI

2007 | 1997 | 1987 | 1977 | 1967 | 1957 | 1947

HOMECOMING2017

builder and courier and was always willing to help in any way he could to improve the lives of others. As a youth leader at Victoria Park church he touched many lives for Jesus.

Clem Van Ballegooyen



SABBO, Isabel (Bella) Hazel (nee Mooney), born 8.3.1934 in Mackay, Qld; died

21.1.17 in Sydney, NSW. On 5.1.1957 she married Cyril, who predeceased her in 2005. She is survived by her children Karen (Sydney, NSW), Sheryl-lee (Mackay, Qld), and John and wife Philippa (Morawa, WA); grandchildren Todd and Jordan and her partner Kris (Perth); and great-grandchildren Kooper and Lucy. Of 11 siblings she is survived by brothers Roland and Cecil (Mackay, Qld). Bella was proud of her "blackbirding" South Sea Islander heritage. She was a fun-loving, compassionate woman of optimistic faith.

Ragosa Tagaloa

CORRECTION

MADDEN. An obituary notice in the 3.12.16 *Adventist Record* incorrectly stated that John Madden was predeceased by his wife Marie. It should have stated: John is survived by his wife Marie.

ADVERTISING

ALLROUND TRAVEL CENTRE.

Assisting groups and individual travellers for more than 25 years. Tour experts, specialising in group travel—extensive experience and knowledge in planning/organising group as well as individual and fly-build group travel; with competitive airfare, cruise and travel insurance prices.

Tour Oct 2017: Israel and Jordan Bible lands with Pastor Peter Roennfeldt.

Tour May 2018: Mini Reformation/Europe with Pastor Peter Roennfeldt. Contact our friendly team Anita, Debbie or Peter. We welcome your enquiry,

<alltrav@bigpond.net.au> or phone 07 55 303555.

SLIDE SOFTWARE WITH HYMNAL.

Create simple presentations for song services using SlideGen. Includes the SPD's official digital version of the SDA Hymnal. Also includes *Piano Praise* album for congregational accompaniment. Download your free trial from <slidegen.com/adventist>.

HIGH QUALITY SATELLITE KITS FOR ADVENTIST TELEVISION AND RADIO.

Full instructions for easy DIY installation; technical support available. \$275 plus freight. Australia only. Call (02) 6361 3636.

PROJECTORS, SCREENS, WIRELESS MICROPHONES, AMPLIFIERS, SPEAKERS ETC.

Lower prices for Adventist churches etc. Australia only. Email <admin@masorange.com.au> or (02) 6361 3636.

CONSTITUENCY MEETING, VICTORIA CONFERENCE.

Notice is hereby given that the next regular constituency meeting of

the Victorian Conference of the Seventh-day Adventist Church will be held at Nunawading Christian College Hall, 161 Central Road, Nunawading, on September 24, 2017. The constituency meeting will commence Sunday morning at 8am and conclude no later than 5pm. Delegates will be appointed in harmony with the constitution. The business of the constituency meeting will include the presentation of administration and departmental reports, financial statements for the years 2013–2016 and all business as required by the constitution and all matters arising from the constituency meeting of 2013.

FINALLY...

Kind words are like honey—sweet to the soul and healthy for the body.

—PROVERBS 16:24

NOTE: Neither the editor, Adventist Media, nor the Seventh-day Adventist Church, is responsible for the quality of goods or services advertised. Publication does not indicate endorsement of a product or service. Classified advertisements in *Adventist Record* are available to Seventh-day Adventist members, churches and institutions only. All advertisements, appreciation, anniversary, wedding and obituary notices may be submitted via <ads@record.net.au> or online at <record.adventistchurch.com>.

THE LIVE MORE PROJECT



EMOTIONAL WELLBEING GAMECHANGER

The South Pacific Division is developing an exciting wellness initiative called **The Live More Project** as part of the Comprehensive Health Strategy. We are inviting anyone who wants to improve their Emotional Wellbeing, regardless of where they may be at today, to participate in the free Advance Screening.

ENROL NOW

www.livemore.info

Starting late September 2017.
Limited spaces. Don't miss out!

DESIGNED TO THRIVE



Dinia wants to see an end to child marriage and labour.

Lohit wants all children to be able to go to school.

Jyothi wants people in her community to receive health care.

YOU CAN GIVE HOPE TO CHILDREN
LIKE DINIA, LOHIT AND JYOTHI AND
HELP THEIR COMMUNITIES GROW
STRONG FOR LIFE — ONE CHILD AT A TIME.

* Donations over \$2 are tax deductible.

Donate to Asian Aid's HOPE Campaign:

\$20 provides new books for a school library.

\$40 supports new mothers with information about newborn care, nutrition and maternal health.

\$60 provides workshops to help prevent child marriage.

\$100 helps schools build toilets to improve sanitation and encourage more girls to stay in school.

☐ **BECAUSE I BELIEVE IN HOPE,** I am giving to the HOPE Campaign \$ _____ (no amount is too small)

I WILL GIVE MY DONATION BY:

☐ Credit Card

Name on Card: _____

Expiry Date: _____ / _____ Amount \$ _____:

Signature: _____ Date: ____/____/____

☐ **CHEQUE** (Make payable to Asian Aid Organisation.)

PERSONAL DETAILS:

Full Name: _____

Address:

Post Code:

Phone/Mobile:

Email:

* Donations over \$2 to the Hope Campaign are tax deductible in Australia and will support the Meet-The-Need Fund, enabling Asian Aid to address the big issues impacting deserving children, women and communities in Asia.

PLEASE POST THIS FORM TO: Asian Aid - PO Box 333, Wauchope, NSW 2446, Australia.
YOU CAN ALSO DONATE BY: visiting asianaid.org.au/HopeCampaign,
by calling (+61) 02 6586 4250, or by emailing contact@asianaid.org.au.   

ACFID
MEMBER