

R



COMPELLED BY LOVE

'A SIMPLE KNOCK AT THE DOOR
CHANGED MY LIFE FOREVER' 12

NEWS

BAPTISMS CREATE HISTORY
IN TONGA 5

ADVENTIST RECORD | SEPTEMBER 23, 2017
ISSN 0819-5633

ARISE

ARISEAUSTRALIA.ORG



ARISE AUSTRALIA
28 JAN - 12 MAY

ONLINE APPLICATIONS
OPEN NOW

WHERE CHRIST-CENTERED
DISCIPLESHIP HAPPENS

CULTURAL ARCHITECTS

After my wife and I got married we soon ran into a problem—finding a place to live in Sydney. It had to be reasonably priced, centrally located and my wife wanted two bathrooms. We soon ran into a problem. Every rental inspection was scheduled for Saturday. We must have rung up about 15 different places.

So we prayed. We prayed that we would find a time to inspect that wasn't Sabbath. We prayed that God would show us the right place. And we made a commitment to God that the place we found would be a "kingdom house"—not just a comfortable retreat from the "corrupted currents of this world" but a space and a place to worship God, help others and build godly relationships.

After that everything progressed fairly quickly. An agent returned our call. They were willing to take us through a new apartment block that day, a Wednesday. When we saw the balcony of the rental unit we were amazed. Almost the size of a basketball court, it expanded the potential of this small two-bedroom unit exponentially. I saw my wife fall in love all over again and she was already planning social events while we filled out the application paperwork.

Again we committed it to God. If we were meant to be in the unit, we would be. When we received the approval it was very exciting. But we had no idea what it would look like to have a kingdom house.

We've now been here for six years and it has been a blessing in ways we weren't anticipating. We've gotten to know our neighbours, sharing meals with them and serving them where possible.

We have also opened our home roughly once a month for a gathering of our friends and their friends—creating community, eating together, sharing our life stories and praying for them. Some have visited our church and other events but it has been a blessing to intentionally do life with people outside of our immediate circle and outside of the Adventist context.

I was privileged to present some of this recently

during the "Just Disciples" event after the Avondale 1:1 gathering (see story, page 10). For us, discipleship starts with an open home and a love for other people. Often as church members we get stuck in our comfort zones. We invite people over for Sabbath lunch but only other church members. All our friends, the ones who we are closest to, are those who believe the same things as us.

And so our home is a kingdom space.

Also at the One Project event, Ray Moaga presented the idea of being cultural architects. That term resonated with me. Creating spaces and places where accountability and encouragement are native, where relationships are grown and the gospel is lived. Creating culture that for us is centred on the kingdom of God, but for those who come into contact with us, they find the community and connection they crave.

I'm not sure that's what the architects of our building had in mind when they designed this place. In fact, I still have no idea what they had in mind. But I'm grateful that within this space we have had the opportunity to minister and serve.

I believe this is what church will look like in the future. As the world becomes more fragmented and organisation becomes harder for institutionalised churches, we will seek out the New Testament model of meeting in homes, halls and hillsides. We will remember that church means people, not a building, and that wherever two or three are gathered in God's name, He is there.

We can create places and spaces that become like church for the unchurched—fitness groups, men's ministries, craft crews, vegetarian cooking demonstrations—all places where the kingdom is lived and breathed.

**BUT WE HAD NO
IDEA WHAT IT
WOULD LOOK
LIKE TO HAVE A
KINGDOM HOUSE.**

JARROD STACKELROTH
EDITOR
@JStackelroth



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:
Atelier Creation Photo—iStock

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 19

RELIGIOUS FREEDOM

It was a young Muslim lady who said, "If you really believe in religious freedom you will support religious freedom for those you disagree with, those who have a fantasy basis for their beliefs and actions." This statement at the 8th global congress of the International Religious Liberty Association in Florida recently, jolted me. Like many Adventists, I believe in religious freedom so we don't have to work or take exams on Sabbath. Religious freedom is about us and the enforced state worship predicted in Revelation 13.

General Conference president Ted Wilson gave the best biblical reason for why we believe in religious liberty. We are made in God's image (Genesis 1:26,27) and this includes the freedom of choice (Genesis 2:16,17,20). Every human has the right to believe and not believe, act and not act, according to their conscience. This is a basic human right. When Jesus was on earth He never forced people to believe. The rich young ruler had a religious choice and he walked away (Luke 18:18-28).

I left the congress with a greater appreciation for religious freedom and the realisation that I needed to be a greater advocate on this issue.

In recent meetings with political leaders in New Caledonia and French Polynesia I thanked each person for the religious freedom given to the Church and all people in their territories. Although the church and state issues in Australia, Papua New Guinea and Fiji are nothing compared to what many in the world face, we still need to be vigilant here.

Jehovah's Witnesses cannot meet, witness or own property in Russia. In the past 10 years the percentage of the world's population who don't have religious freedom has increased from 68 per cent to 80 per cent.¹ That is 5.9 billion people. Wow! The least we can do is join those who pray on Sabbath, "thank you for the freedom of worship and bless those who do not have it". And stick up for the religious rights of JW's and others.

1. Brian Grime, <www.religiousfreedomandbusiness.org>.

GLENN TOWNEND
SPD PRESIDENT
/SPDpresident



GOLD FOR ADVENTIST RECORD WEBSITE

VANIA CHEW

Adventist Record won the gold award for Best Designed Website at this year's Australasian Religious Press Association (ARPA) awards ceremony, held on the evening of August 26 in Auckland, New Zealand.

ARPA is a non-denominational Christian network for Australian and New Zealand publications.

"I was very excited when I found out that we had been recognised in this way," said *Adventist Record* editor Jarrod Stackelroth. "So many people contributed to making this website a reality and it was amazing to see our vision realised. I know the hard work that the team put in. This award is just the icing on the cake."

The *Adventist Record* website was designed by web developer Alex Green and launched in November 2016.

"The *Record* team and I looked at a few different sites for inspiration but had to focus specifically on the needs of the *Record* readership," Mr Green said. "One of our goals was to foster discussion within the reader-



KENT KINGSTON COLLECTED THE AWARD.

ship community. We ended up implementing a commenting system that has served this purpose well."

"It is nice to be honoured but it is only one award," noted Mr Stackelroth. "We want *Adventist Record* to continue to tell our stories, build our community and share our hope. A functional website makes that possible. If you don't spend much time on our website, I encourage you to check it out. We try to update it daily and there is always something new, not all of which ends up in the magazine. We have plenty of interesting and inspiring stories stored there—why not have a browse?"

Visit <record.adventistchurch.com>.

FAITH FM LAUNCHES ON LORD HOWE ISLAND

JARROD STACKELROTH

A new Faith FM radio station has launched on Lord Howe Island, becoming the most easterly broadcast site for Adventist radio in Australia.

Allen Bierschbach and his wife Wanda, who are pastoring on Lord Howe, have big plans for creating local content to reach their local community for Christ.

"We praise God for what He is doing," said Michael Engelbrecht, Faith FM Radio coordinator, "and [we] trust that He will provide what is needed for us to support the growing work."



According to Mr Engelbrecht, this latest station on Lord Howe Island is just another encouraging step in a growing ministry.

Local churches, in partnership with the Northern Australian Conference (NAC),

purchased a \$A10k network covering Mackay. The NAC also launched a year-long bus advertising campaign in Townsville to spread the word about the stations.

Mr Engelbrecht said there is now an effort to support new stations in outback towns.

BAPTISMS CREATE HISTORY IN TONGA

TRACEY BRIDCUTT

Twenty-nine students from two Adventist schools in Tonga were baptised recently—part of a harvesting program that resulted in a record 225 baptisms for the island nation.

Earlier this year Tongan pastors committed to following the farming cycle of discipleship. As part of the initiative, all Tongan ministers serving overseas were invited to return to their home church and conduct a public evangelistic program from July 16-30.

On the last Sabbath, identified as the “Day of Pentecost”, history was made as Tonga Mission for the first time had 225 baptisms at 28 different sites.

“In fact, this is a milestone that cannot be achieved without God’s divine intervention,” said Dr Ronald Stone, Trans Pacific Union Mission (TPUM) Ministerial Association secretary and Global Mission coordinator. “As one of the speakers, I could testify to the power of the Spirit of God working in the hearts of the people and behind the scenes to bring about this glorious experience.”

TPUM associate education director

Mele Vaihola said 26 students from Beulah College and three from Hilliard Memorial School were baptised. She recently visited the schools to support their harvesting programs and to provide guidance on how to implement accreditation improvement framework.

At Beulah College, four of the baptised students were from Adventist families, with the remainder from various denominational backgrounds: 11 Methodist, three Mormon, one Catholic and four from the Free Church of Tonga.

Among those baptised was Tevita, a young man from a devout Mormon background, who only enrolled at Beulah College this year. He originally asked the principal to be a day student because he could not afford to be a boarder. However, when some of the volunteer teachers found out about Tevita’s circumstances, they offered to provide his school fees and bedding so



that he could be a boarding student.

“The school boarding program . . . has contributed to mould Tevita’s life and the working of the Holy Spirit [has helped to influence] Tevita [to] make this important decision in his life,” Ms Vaihola said.

Also making the decision for baptism were 15-year-old twins who transferred to Beulah College from a Methodist school this year. The girls’ family told them that they would not witness their baptisms. Despite this, the girls remain positive. “When [they were] asked how do they feel now, with tears in their eyes they said, ‘we feel good and we are glad we made that choice’,” Ms Vaihola said. “God is working at Beulah. Let’s continue to pray for our schools.”

MEN’S MINISTRY PLAN DEVELOPED FOR AUSTRALIAN ADVENTISTS

KYM PIEZ/TRAFFORD FISCHER

Ministry to men has been an overlooked area for the Seventh-day Adventist Church in Australia, according to the Church’s family ministries directors who met in Brisbane recently to develop a strategic plan for the future.

The directors hope to develop a men’s ministries framework, address-



ing topics such as men in their roles of husband, father, grandfather and leader; generational differences; men at church and worship; the role and importance of having accountability partners and mentors; and the real impact on children when fathers are absent from the family. Research continues to highlight the important role fathers play in their children’s spirituality, both at church and at home. There is also strong evidence in the social sciences that rites of passage for men, especially for teens, play an important role in building a solid sense of what it is to be a man of strength and character.

Shannon Rose, the only conference-appointed men’s ministries

director in the Australian Union Conference (WA Conference), shared ideas about what men’s ministries could look like.

On the Sunday evening, the team watched *Absent: a documentary on fatherlessness*. The following evening men’s ministries leaders from Brisbane Adventist churches were invited to be part of the advisory.

The advisory made 15 recommendations, including organising a national men’s conference every five years; running a “How to Start a Men’s Ministries” workshop at next year’s Empower Ministers Convention; creating resources for important life stages; and writing more men-focused articles for Adventist publications.

FIJIAN PARENTS EQUIPPED TO DISCIPLE CHILDREN

JARROD STACKELROTH

A Discipling Kids Convention brought 132 parents to the Fiji Mission Conference Centre (Suva) from August 9-13.

One-third of the pastors from the Fiji Mission attended with their wives, along with church members from around Fiji, all keen to learn how to disciple their children. They were introduced to a number of resources, including the "Following Jesus" material.

According to Litiana Turner, from Discipleship Ministries at the South Pacific Division, it was the first time this type of training had been run in the Trans Pacific Union Mission (TPUM).

"The training was brilliant because we had, side-by-side, local people, mums and dads, pastors and their wives, single parents," she said. "I shared a bit of my own story, other presenters shared theirs and as we shared, participants felt they could share some of their own journey. It was a powerful moment culturally. In Fijian

culture, especially as pastors and leaders, we're supposed to have it all together, but we started to see that vulnerability."

Sessions focused around the theme "Together we gather" and included practical demonstrations of different styles of praying, the "Discovery Bible Reading" method, which can be done with children in the home, an agape feast and testimonies—a reminder of the importance of sharing with children what God has done in the lives of their parents.

"We used the motif of the Fijian village. Children learn and know what their cultural roles are. How? By being shown and told. We need to leave a legacy for our children and remember Deuteronomy 6 and God's command to parents," Mrs Turner said.



ATTENDEES SELE AND ANASEINI BARANISAVU.

Miliakere MacDonald (Children and Women's Ministries director for Fiji Mission) and her team worked with Pastor Nasoni Lutunaliwa (DMT leader for the TPUM—specialising in Family, Children and Women's Ministries) as parent training mentors.

The Fiji convention was a pilot program, which Pastor Lutunaliwa hopes can now be used throughout the Pacific region.

CHRISTIAN SERVICES FOR THE BLIND AND HEARING IMPAIRED*



Making a difference in their world . . .



For the Blind:

- Delivering denominational audio books via Vision Australia

For the Deaf:

- Closed-captioning of online and DVD media
- Sponsor of Auslan-signed weekly church service at New Hope, Sydney
- Sponsor of annual Deaf Camp

If you or someone you know could benefit from these FREE services, contact us at CSFBHI:

Phone +61 2 9847 2296

Email CSFBHI@adventistmedia.org.au

Web hop.ec/CSFBHI

*As the church's ministry to the Blind and Deaf, CSFBHI is a registered charity. Please consider making a tax-deductible donation today or a bequest in your will.



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

ADVENTIST PASTOR SINGS FOR PRESIDENT

EDVARD MILER/RECORD STAFF

An Adventist pastor in Sydney performed a spiritual song for the President of the Republic of Croatia during her recent visit to Australia.

Pastor Edvard Miler, from the Dundas Croatian Seventh-day Adventist Church, performed at a gala dinner held at the Punchbowl Croatian Club on August 14 in honour of Kolinda Grabar-Kitarovic's visit.

Ms Grabar-Kitarovic was invited to Australia by Australian Prime Minister Malcolm Turnbull; the first Croatian president to visit since Dr Franjo Tudjman, Croatia's first president, in 1995.

During her visit Ms Grabar-Kitarovic also held numerous meetings with members of the large Croatian community in Australia. The gala dinner was attended by the President and members of her delegation; representatives of the Croatian Embassy in Canberra; representatives of the Consulate General of Croatia in Sydney; as well as hundreds of Croatian immigrants who have been



THE PRESIDENT (CENTRE) WITH CROATIAN ADVENTISTS.

living in Australia for many years. Pastor Miler sang "The Fisherman" ("Ribar" in Croatian), composed by Pastor Miler's recently deceased brother, Pastor Frederik Miler. That song was the only spiritual song performed during the evening. According to Pastor Miler, the Croatian Ambassador's invitation to sing was a great honour, not only for himself, but also for the members of Dundas Croatian Church, whose faithful and dedicated work in both the Croatian and local community was acknowledged by this special invitation.

NEW MAGAZINE DESIGNED TO BE SHARED

MELODY TAN

At The Table magazine has officially launched as a monthly publication, following an extremely positive response to a special trial edition published in May.

The magazine is aimed at women who play a special role in the lives of young children, either as mums, aunts or friends. It is part of a wider ministry that incorporates a weekly women's panel TV show, a website and social media channels. The TV show, which began airing in February, recently launched its second season.

With the tagline "Real women | Real conversations | Real issues", *At The Table* magazine, published by Adventist Media, has been specially designed for church members to share with their non-church-attending friends and as a non-confronting way to present a Christian perspective on topics such as family, health, faith and social trends.

Readers are encouraged to join the *At*

The Table online community to share their experiences and opinions on issues that impact them, and form authentic relationships with each other.

Church members involved in running ministries for young families, such as playgroups or mothers' groups, will play a vital role in distributing *At The Table* magazine to the community. If you would like free copies to distribute, email <JulieLaws@adventistmedia.org.au>.

To watch the TV show and for more information on how you can get involved in the ministry, go to <thetabletv.com/> or <www.facebook.com/thetabletvshow/>.



NEWS GRABS



BRAVE JUDGE

Kenya's Chief Justice David Maraga and three of his colleagues have created history by annulling the August presidential election. Several Kenyan papers have referred to Justice Maraga as a person of integrity, which they attribute to his being a devout Seventh-day Adventist. —*BBC News*



SPIRITUAL NEEDS

The Adventist Health System recently partnered with Duke University to study the attitudes of 520 physicians and their approach to assessing the spiritual needs of patients. The one-year study, titled "Faith in Practice", found that the majority of providers were willing to assess the spiritual needs of their patients. —*Adventist Health*



SPECIAL MINISTRY

A weeklong convention organised recently by the Special Need Ministries department of the Rwanda Union Mission resulted in the baptism of 90 people. Of the 171 attendees, 154 were people with special needs, with organisers distributing wheelchairs and Braille Bibles at the event's conclusion. —*Adventist Review*

HOT TOPICS



CHARITY FACING DEREGISTRATION

Family First NZ is facing deregistration by the national Charities Registration Board due to its promotion of views about marriage and the traditional family, which “cannot be determined to be for the public benefit in a way previously accepted as charitable”. According to the Coalition for Marriage in Australia, this gives Australian charitable organisations a glimpse into what could happen if the marriage laws are changed in Australia. —*Coalition for Marriage*



SUGAR CRASH

Men who consume a lot of added sugar in drinks, cakes and confectionery run an increased risk of depression, according to a new study. Men with the highest intake—more than 67g a day—had a 23 per cent increased chance of suffering a common mental disorder after five years. —*The Guardian*



TRUE EQUALITY

An international conference in Jamaica next month will focus on how churches have helped to impose anti-LGBT laws in the past and how they can help to eliminate them in the future. Nearly two-dozen highly qualified academic and theological presenters from different denominations, including the Adventist Church, are expected to speak. —*Erasing 76 Crimes*

AUSSIE PASTOR WINNING SOULS FOR CHRIST

TRACEY BRIDCUTT

Just 10 months after launching on free-to-air TV, Pastor Lloyd Grolimund's *The Aussie Pastor* series has hit 20,000 viewers and received international recognition.

The program, which airs each Sunday morning on 9GEM in Australia, received a bronze Telly Award in the religious programming category. The Telly Awards honour outstanding work in television and video around the globe. This year they received more than 12,000 entries.

However, winning awards is not Pastor Grolimund's priority—winning souls is.

“It's the only award I have ever received and it's pretty cool, but you know what, it doesn't really matter,” he said. “What matters is that we are able to reach into every single home in Australia with the gospel story—the Adventist story—of Jesus and that's what I'm really about and that's what I pray for and that's what I hope for.”

The Aussie Pastor is a ministry of New Hope Seventh-day Adventist Church, which started two and-a-half years ago as a church plant in north-western Sydney under the leadership of Pastor Grolimund.

“We've seen our church double . . . and I would say that the television is central in that,” he said. “We have a membership of 110; our regular attendance is way over 300 and they are all visitors. We don't know where they come from but they are coming in through TV.”

Pastor Grolimund is seeing God work miracles through the show, with some viewers already requesting baptism. He has had a number of inspiring personal encounters with people who have watched the show.

“I was in the gym one day and this lady was looking at me and she said, ‘Are you the Aussie Pastor?’ And I said, ‘Yeah, I am’ . . . I spent the next hour and-



AUSSIE PASTOR TEAM LLOYD GROLMUND AND ANDREW HUNT.

a-half talking to her about Christ. She has since come to church and that's an unfolding story,” he said.

Another chance meeting took place when he and the show's producer/director Andrew Hunt were filming at a Sydney beach. They saw a team of first grade rugby league players training. One of the players walked past and noticed Pastor Grolimund. “He looked at me and said, ‘I've seen you before, what are you guys doing?’ We told him we were filming *The Aussie Pastor*. He said, ‘I watch you guys every Sunday morning when I'm not playing.’

“There's another lady down in Mildura (Vic); she has been watching for six months. She says she puts her alarm on every Sunday so she can watch it. She wants to become a Seventh-day Adventist.”

The show, which is partially funded by the South Pacific Division's Mission to the Cities initiative, highlights Adventist beliefs. Pastor Grolimund believes that the appeal of the show is that it has a genuine, authentic feel about it—and is distinctively Aussie. “We are not slick. I don't use notes or a prompter. We are speaking to them from our heart.”

The Hope Channel Bible School has received around 1000 requests from *Aussie Pastor* viewers for DVDs and books offered through the show. About six people have now enrolled in Bible courses.

To find out more go to aussiepastor.com.

FLASHPOINT



MINISTRY IN ACTION

"Vision" and "purpose" were the unofficial themes of a recent leadership brunch run by the women's ministries department of the Greater Sydney Conference. Around 40 women attended the session held at the Conference office (Epping, NSW). Women's ministries director Beryl Landers opened the day by sharing her vision for ministry and speaking about becoming a person of influence. A delicious brunch was shared before the women separated into smaller groups and discussed ideas on how to minister to their local churches. —Vania Chew



A SPECIAL VISIT

The women's ministries team from Nibiufa Seventh-day Adventist Church (Eastern Highlands Simbu Mission, Papua New Guinea) recently decided to share some love closer to home. Paying a visit to their church pastor and his wife, the ladies brought food from their gardens and from the local store, water, firewood and fresh vegetables. Church pastor Ronny Fiya was in tears as he expressed his thanks on behalf of his wife Vero. "The women's ministries department are actively involved in reaching and touching the lives of many, and revealing God's love to the unreachable," he said. —Record staff



105 YEARS

The Seventh-day Adventist Church in Vanuatu recently had reason to celebrate as they reflected on 105 years of the Adventist Church in that country. The occasion was commemorated with a special three-day music festival and thanksgiving, broadcast on Hope Channel Vanuatu. At the conclusion of the event, Vanuatu Mission secretary Pastor Charlie Jimmy addressed the country's 23,000 Adventist members, challenging them to continue their work in reaching people for Jesus. —Vanuatu Mission



VOLUNTEER HONOURED

Adventist Senior Living volunteer Marilyn Nutt was recently announced as a state finalist in the Aged Care & Community Services (NSW & ACT) State Awards for Excellence. Now in her ninth year of volunteering, Ms Nutt has given hundreds of hours of her time to help residents who are severely impaired with dementia at Adventist Senior Living's residential aged care facility, Avondale House, in Coorabong. "It just plain makes me happy," said Ms Nutt, "but it also brings me a great sense of pride and accomplishment. I just make sure I am there in that moment for each of my residents." —Felicity Pittaway



WORLD SYMPOSIUM

ADRA Samoa recently hosted a world symposium on climate change. The three-day event, directly relating to climate change impacts and adaptation strategies in coastal communities, saw hundreds of participants attending from 19 countries in the Pacific and around the world. "The event was very successful and appreciated by all who participated," said ADRA South Pacific director Greg Young. "It provided excellent exposure and credibility for ADRA, not only in Samoa, but across the South Pacific. Hosting such an event will bring further possibilities for our offices to engage, not only in future forums, but will hopefully open more doors to funding opportunities for climate change interventions." —Maritza Brunt



HOPE FOR THE NORTH

Hope FM, the official radio station of the Seventh-day Adventist Church in Fiji, is now the only Christian radio station in Vanua Levu, Fiji's second largest island. Hope FM team members recently installed an 180km data link, the longest ever in Fiji, thus enabling Hope FM to broadcast in the north. Plans are now underway for a Hope FM broadcast in Hindi. —Na Kaci



NURSES COME HOME

Past and present members of the Sydney Adventist Hospital community were reunited for a day of worship, remembrance and celebration at this year's San Homecoming on Sabbath, August 19 at Wahroonga church (Sydney, NSW). Special mention was made of the class of 1957, whose motto was "His Will—Our Will" and who collectively clocked up 277 years of denominational service during their working lives. —Tracey Bridcutt



FUN RUN GRAND-MUM

Avondale Lifestyle Community (Coorabong, NSW) resident Enid Webster recently completed her fourth City 2 Surf fun run. The 96-year-old lifelong Adventist was one of the oldest participants, but beat her personal best by two minutes, completing the 14 kilometres in just over three hours, and saying she has got no plans to stop walking any time soon. —Maritza Brunt



PRACTICAL DISCIPLESHIP WEEKEND EMPHASISES FOLLOWING JESUS

ATTENDEES AT THE AVONDALE 1:1 gathering experienced a weekend of discipleship, heard from “home grown” discipleship experts and wrestled with practical discipleship issues.

A combined initiative of Avondale, South Pacific Division (SPD) discipleship ministries and Signs Publishing saw the One Project run on August 12 with supplementary events filling out the weekend.

The Avondale 1:1 gathering was themed “Following Jesus” and was headlined by Dr Peter Roennfeldt (pictured), author of a discipleship book that shares the same name.

Dr Kayle de Waal, head of Avondale Seminary and author of *Mission Shift*, concluded the conference with an impassioned call and communion service.

“The weekend was very good,” said Pastor Leigh Rice, leader of SPD discipleship ministries (DMT). “[It took] discussions about faith and Jesus as the centre of the Adventist message [the core of the One Project] and connected that to how we share faith. It was very practical, a real benefit.”

DMT provided copies of *Following*

Jesus and Mission Shift to all those who attended.

Dr Roennfeldt also led out in a practical Bible reading session, demonstrating how easy it is to open the Bible and share the experience of learning from it with someone else.

“This weekend was very special to me personally,” said Dr Lisa Clark Diller, host and presenter, as well as exchange lecturer at Avondale College from Southern Adventist University (US).

“The Holy Spirit really used the theme of discipleship to convict me of several next steps that I need to take in my life and with several of my friends. I was stretched and blessed by the practice of praying together and the Bible reading we did at the tables in groups.”

Presentations were followed by round table discussions, a format that facilitated the sharing of ideas and allowed attendees to practice the spiritual disciplines of prayer and Bible reading.

“The organisers were outstanding at providing a mix of theory and practice so we could be inspired and then

had a chance to apply what we were learning. The diversity of disciplines, ages, perspectives and cultures was especially rich,” Dr Clark Diller said.

Dr Rice agreed. “The nature of the program was very applicable for the Australian context—it was great adult learning through participation. The discussions around the table brought together a variety of different perspectives.”

The “Tell me a Story” event on Saturday evening saw a number of stories told in different mediums, including prose, poetry and song. They ranged from humorous to deeply touching and even distressing.

Rwandan Australian poet Roje Ndayambaje, for example, shared poems about his survival of the Rwandan genocide, in a poem entitled “The lie that saved my life”.

Up-and-coming Adventist artist Ashrae opened the evening with a number of songs, accompanying herself on keyboard and looping pedal.

While not overtly spiritual, the evening acknowledged creativity and community in a way that fit perfectly within the context of the weekend.

“The gospel is a narrative, a story that is to be told and retold. And our personal stories, too, are powerful evidences of God’s activity in our life. We need lots more storytelling in church and probably less preaching,” said SPD field secretary Pastor Graeme Humble after attending the event.

Sunday’s Just Disciples program provided practical stories of how different people at all levels of the Church are connecting with others. A group from Eight Mile Plains church (Qld) attended, including Dr Rebecca Dunn who presented on the church’s ministry to Iranian and Syrian refugees. At least two families have been baptised and are regularly attending as a result of intentional discipleship efforts.

JARROD STACKELROTH SENIOR EDITOR
@JStackelroth



THE TEN

Foodie facts in the Bible

1. The valley of Eshcol produced a cluster of grapes so large that it took two men to carry it! (Numbers 13:23)
2. The Israelites called the bread God provided them "manna", which sounds very similar to the Hebrew words for "What is it?" (Exodus 16:31)
3. Saul almost killed his son Jonathan for eating honey. (1 Samuel 14: 43-45)
4. The prophet Elisha used flour to counteract poisonous gourds in a stew. (2 Kings 4:38-41)
5. A man named Shammah protected a field of lentils from the Philistines and God gave him victory against them. (2 Samuel 23:11,12)
6. Joseph showed favouritism to his brother Benjamin by giving him five times as much food as anyone else when his brothers went to Egypt. (Genesis 43:34)
7. God gave the prophet Ezekiel a recipe for sprouted bread that many people still make today. (Ezekiel 4:9)
8. Fish, cucumbers, melons, onions and garlic were among the foods in Egypt that the Israelites missed. (Numbers 11:5)
9. A man offered Elisha 20 loaves of barley bread and some new grain. Elisha asked him to share it among a hundred men. Miraculously there was enough for everyone—and even some leftovers! (2 Kings 4:42-44)
10. Ripe almonds helped determine that Aaron was God's choice as leader. (Numbers 17:8)

compelled by love



SUZANNA SPEAKS SOFTLY AND slowly as she shares her story. Years of abuse starting from childhood. The pain of losing a friend. The anguish of battling mental health conditions. The struggle to stay strong for her children.

"I felt like I didn't belong in this world," Suzanna says. "That I didn't deserve to be here.

"I've been the victim of abuse throughout my life starting from a very young age. Some of the things I struggle with are chronic anxiety, depression, agoraphobia [and] panic attacks.

"You get tired of being strong at times. Mentally, emotionally, physically, spiritually—you feel depleted."

One day three years ago, Suzanna was on the brink.

"Life was pretty much hell," she says. "I was pretty much a prisoner in my own home. I felt that if I went outside someone would attack me."

But early in the afternoon that day, everything changed.

Suzanna heard a knock at the door and she immediately froze. She wasn't expecting visitors and she felt on edge.

She crept towards the door, then squinted through the peephole and saw a young woman. Suzanna opened the door just a crack and peered anxiously at the stranger.

"Hello, can I help you?" she asked, her voice shaking.

Standing there, smiling warmly, was Aly.

Aly introduced herself as the manager of Mallee Rose Cottage, the local ADRA community centre in Macquarie Fields, Sydney. Aly explained she was door-knocking in the neighbourhood to get to know some of the residents and invite them to the activities being run at the centre.

As they talked, Suzanna began to relax and feel comfortable. Aly's enthusiasm and warmth were infectious, and Suzanna felt good. They eventually got talking about art. Suzanna was a keen artist and it just happened that Aly was running an art class at the centre.

Three years later, Suzanna leads out in the art group multiple times each week, helping others like herself overcome their pain through painting.

The new manager of Mallee Rose Cottage, Melissa Baleilekutu, describes why the ADRA centre is so important for people like Suzanna.

"We want to make sure that every person who walks through the door is welcomed with open arms and accepted for who they are," she says.

Melissa shares the incredible transformation she has seen in Suzanna's life.

"When Suzanna first came here she needed a lot of support. Now she's much stronger, she's more resilient and she's keen to give back to her local community."

Painting, Suzanna says, is her release. It allows her to let go of her pain and dream about the future. And she loves nothing more than doing her art at Mallee Rose.

"I think of happier things here. I sometimes get caught out singing here, dancing here. I love having the people here around me," Suzanna says. "I can share a part of me with people here that I had thrown away for a very long time."

As Suzanna continues to heal, there are still tough days. But her life has a purpose now.

"After feeling worthless for so long, being here at ADRA has given me a sense of value within myself as a human being," she says.

Compelled by the love she was shown that early afternoon three years ago, Suzanna is determined to make a difference.

"A simple knock at the door changed my life forever and for that I will be forever grateful," she says.

In October, the ADRA Appeal is your chance to support people like Suzanna, and others around Australia and overseas. If each church member can raise just \$50, you can help more than 55,000 people all around the world. Be compelled by love to help others thrive. Visit <www.adra.org.au/appeal>.

JOSH DYE IS COMMUNICATIONS COORDINATOR AT ADRA AUSTRALIA.



BOOTCAMP: COMBINING EXERCISE WITH OUTREACH



LIVING HIS WORD

WITH WAYNE BOEHM

LESSONS FROM A BOAT BUILDER

If you were asked to build a big boat Noah is your go-to-man. In 1997, I stepped out the dimensions of the ark with my year 7 Bible class on the school oval. They estimated the size of the ark, only to be left in awe when they saw the magnitude of the task God had asked Noah to undertake. The ark was the first of its kind; it would cover nearly the entire length of the Melbourne Cricket Ground. I can almost hear Noah asking God to repeat the dimensions just to be sure he had heard them correctly.

On your next walk, why not pace out 140 metres and consider the size of Noah's task and the mighty storm the ark endured. Genesis 6 depicts just how corrupt the world had become—a theme Jesus would later also speak of.

CONSIDER GENESIS 6:5-7, 11-12, MATTHEW 24:37.

- What comparisons do you see between the time of Noah and the events you observe today?
- How many times are the words evil, corrupt and wickedness used?
- What do you think Scripture is emphasising about this period of time?

CONSIDER GENESIS 6:9.

· What terms describe Noah? For the first time the words "righteous" and "blameless" appear in the Bible. They explain why Noah was spared from destruction. These words provide a stark contrast to the wickedness at the time of the flood.

CONSIDER the three phrases used to describe Noah—"a righteous man" . . . "perfect in his generation" . . . "walked with God".

Noah was a just man who stood against an evil and corrupt generation, "keeping alive the knowledge of the true God" and fearlessly reproofing the wickedness of the people (PP 92.2). Like his ancestor Enoch, "who was translated 69 years before his birth, Noah chose to walk by faith".

CONSIDER HEBREWS 11:6.

List and share the things you learn from Noah's life that will help you to walk by faith, not by sight (2 Corinthians 5:7, Hebrews 12:1-3).

"ADVENTIST PRESENCE HERE is practically invisible. We've been looking for ways to let our Northern Beaches community know that we exist and we care about them," says Joshua Gonzalez, associate pastor of the Seventh-day Adventist churches in Manly and Mona Vale (NSW).

It was his wife Tania who came up with an idea of how they could do so.

"Home-school mums have to be selective in what activities they sign up their kids for," says Tania, who began home-schooling her children this year.

"We can't afford for them to do everything, so we have to be choosy."

During her daughter's gymnastics class, Tania was sitting on the sidelines with some of the other home-school mums and they began discussing their struggles to find time to exercise themselves.

"Suddenly I saw a gap that could be filled," comments Tania. "What if our churches started inexpensive boot camps especially for mums and kids? That way, mums would be able to get their exercise and simultaneously spend quality time with their kids."

She spoke to church pastor Panapa

Leului as he had run boot camps for the church members previously. He was keen to get on board and get to know the home-schooling families.

"The mums are already keen to do Bible studies with Panapa—they've said their boys, in particular, would love to hear a strong role model talking about God," says Tania.

"But Panapa wanted to get to know the families first, through the boot camps."

The boot camps have been running for a few weeks now and have attracted a lot of interest and positive feedback. A unique feature is that the group prays together before each session.

"The camps cost \$20 per family—we have small families of 3-4 and we've even got a family of 6," says Tania. "Soon we're going to reach our maximum of 30 for the class."

"This program is a great way to reach out to people in the local area and let them know who Adventists are," says Joshua. "People are saying 'These Adventists are pretty cool. We like hanging out with them.'"

VANIA CHEW ASSISTANT EDITOR

• @Vani_Chow



PURSuing GOD'S KINGDOM:

what makes a true disciple?

GHANDI IS REPORTED TO HAVE said: "I like your Christ, I do not like your Christians, and they are so unlike your Christ." Though the source or context of this quote is unknown, it does capture the widely held perception that Jesus' followers often do not live up to what they believe.

This gap between what we believe and how we live is readily apparent to those around us (even if not to us). Strangely, this is no different to those counted in the hall of fame in Hebrews 11 as there are some who had serious character flaws—Samson, David, Abraham—yet nonetheless their names are there. Despite this, Jesus' followers are called to live a holy life (1 Peter 1:15; 1 Timothy 4:7b). So how does God exist in a person's life where sin and the war with sin still rages on within? In other words, what does God look for in us when we are caught between the tension to live a godly life in the face of the battle with sinful tendencies and sin in our lives?

To explore this question, there is no better case study than Judas and

Peter. There are some striking similarities: they both spent three-and-a-half years with Jesus and had the best formative teaching as well as the same opportunities. But it is the crucial differences between Judas and Peter that will help us navigate these questions.

Firstly, let's look briefly at Peter's life. Peter, when called by Jesus, immediately responded (Luke 5:6-8) and became a prominent disciple. Yet Peter can be characterised as self-serving, self-focused and a man who trusted in his own wisdom about divine things (Matthew 14:28). Peter tried to prevent Jesus from dying on the cross (Matthew 16:22). Peter was egotistical, he wanted to be the greatest (Mark 9:34) and sought reward for following Jesus (Matthew 19:27). Despite these character flaws Peter was ready to pledge absolute faithfulness and was even willing to die with Jesus (Matthew 26:33-35; Mark 14:30,31; Luke 22:33,34), but it was at Peter's denial that his relationship with Jesus hit rock bottom.

Like Peter, Judas was chosen by

Jesus as one of the 12 disciples (John 6:71). Judas was also self-serving, proud (John 13:27-30) and like all the disciples he was ambitious (Mark 9:33-37). Judas, in a privileged position as treasurer, was covetous—he stole money (John 12:6). He raised his voice in criticism of Mary anointing the feet of Jesus. He saw nothing beautiful in the gift for which Jesus praised her; he only demonstrated his avarice. Judas achieved infamy for his betrayal of Jesus for 30 pieces of silver (Matthew 26:15).

Both disciples misunderstood the nature of the Messianic kingdom. Peter and Judas indeed came face-to-face with their sinful nature. Both battled with their sinful desires and both were gripped by the weakness of human nature. Peter's betrayal is portentously juxtaposed to Judas' betrayal, yet the outcomes could not be further apart—so what made the difference?

Firstly, in Judas' case, it appears he never truly believed (John 6:64,70,71); it is significant that nowhere does Judas call Jesus Lord—the highest title he

MOTIVE IS EVERYTHING. IT IS NOT SO MUCH WHAT WE DO; IT IS THE "WHY" WE DO IT THAT IS CRITICAL.

used to address Jesus was Rabbi (Matthew 26:49). Therefore, it can be inferred that Judas never surrendered his self-will and hid his impure motives. Also, like Peter, Judas repented but the repentance did not lead to life but death. But he still repented?

Matthew is the only Gospel that records Judas' repentance (Matthew 27:4) when he exclaims, "I have sinned by betraying innocent blood." Was this true repentance or an expression of guilt? The word repentance expresses remorse, which is dramatically different to the repentance (*metaneo*) of Peter. The critical difference between the remorse of Judas and genuine repentance is that the latter means change of heart toward sin or a specific sin, whereas remorse only expresses regret. In Judas' case, when events did not transpire as he had hoped, he only confesses remorse or regret to the priests. This is a dreadful outcome that stemmed from the spiritual deficiency of being self-willed and ultimately Judas gave in to his passion for money. Judas is condemned, not for his suicide, but for his unwillingness to humble himself and to repent of his sins. These are important differences between Judas and Peter but this is still not the full story.

For Peter, the crucible of pain that finally led to his conversion (Matthew 26:75) was after his denial when he wept bitterly. When Peter made the promise to never leave Jesus (Matthew 26:33) did he mean it? At that very point in time he did. He discovered soon after how fickle the human will and heart is and realised the need to surrender his will through the Holy

Spirit. The warfare did not end there and though Peter became one of the greatest leaders of the Christian church, he was guilty of a serious error of judgement (see Galatians 2:11-19).

So the question remains as to how Peter, with the presence of the Holy Spirit in his life, still grappled with sin in his heart—evidenced by the prejudice he still showed toward the Gentiles for which Paul publicly admonished him (Galatians 2:11-14).

Let's rewind. The first clue is found when Jesus first confronts Peter in Luke 5:8. After Jesus performed the miracle of filling Peter's nets, Peter exclaims, "Go away from me, because I'm a sinful man, Lord!" Peter recognised his sinfulness and that he was in the presence of God. Judas recognised neither.

Yet there is another intriguing layer that helps to navigate this dilemma. Motive is everything. It is not so much what we do; it is the "why" we do it that is critical. The essential driver of Christians to seek His kingdom—and His righteousness—in the mire of sin is their "honest intent" to follow Jesus. That is critical.

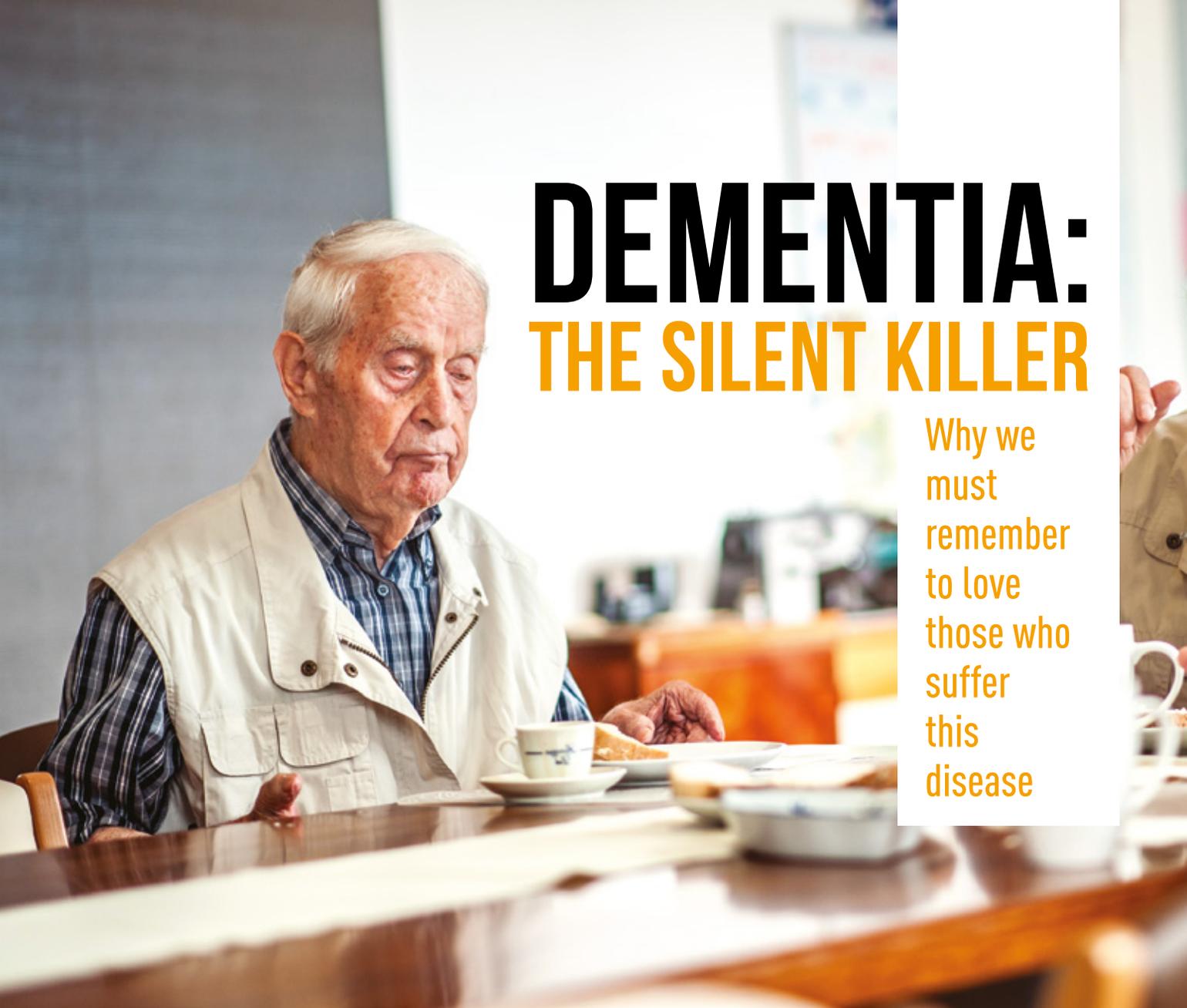
The notion that God seems to "wink" at the weaknesses of His followers where there is honest intent can be unsettling.

Honest intention to follow Jesus is not something wishy washy for it acknowledges the reality of the everyday battle. There are clear injunctions in the Scriptures calling for obedience; to be blameless, holy and spotless (Romans 1:27; 6:19; 15:16; Ephesians 1:18; Philippians 1:10; Titus 1:6). It is clear that Peter always possessed that honest intention to follow Jesus, demonstrated by his acknowledgement as being a sinner (Luke 5:8) and the desire to be clean (John 13:9), dropping his fishing nets to follow (Mark 1:18), his desire to die with Jesus was genuine at the time (Mark 14:31), even though he betrayed Jesus only a few hours later. This desire came from a sense of indebtedness to Jesus and the recognition that Jesus was the Messiah (Matthew 16:16), unlike Judas who recognised Him only as Rabbi.

Honest intention motivated by worship is able to cut through the complex layers of sinful motives of envy, jealousy and ambition, which emanate from deep inside the heart, to repent and make a full surrender even while the battle of the will rages on. Judas did not possess honest intention but with a sleight of hand betrayed his altruistic motives (John 12:4,5) to advance his own ambitions. Honest intention must come with attitudes of fearing God (respect of His majesty and who He is, Isaiah 2:10), humility and repentance, that emanate from surrender, characteristics that were missing in Judas' case. Honest intention allows mistakes but the over-riding driver to seek first the kingdom of God must be present.

Many today look back upon the Christians living during the apostolic times with admiration and rightly so. To risk isolation from family and community, including one's livelihood, are circumstances in which we have little experience. To survive this onslaught we often identify the qualities of faith, endurance, love, joy and Jesus in the heart as necessary to endure persecution. It is necessary to identify these qualities as we need to reproduce them in our lives. However, often that is where the discussion ends without identifying how their faith developed to the point where they considered it a privilege to be persecuted or martyred for their faith. It must begin each day with the "honest intention" to follow God regardless of the cost, and pursue the kingdom of righteousness with a singlemindedness that does not allow others or events to swallow up our time with God amongst the clutter of everyday life. It's too easy for the "Christian life" to be one amongst all the other activities of daily life—like the Rich Fool. That was not the case with Peter and Jesus' disciples for they followed Him—regardless of the cost. So for us, who has the heart?

DR MARK FALCONER IS PASTOR OF ROSNY AND MARGATE CHURCHES AS WELL AS GENERAL SECRETARY FOR THE TASMANIAN CONFERENCE.



DEMENTIA: THE SILENT KILLER

Why we
must
remember
to love
those who
suffer
this
disease

DEMENTIA! IT'S A DISEASE that destroys—memory by memory—the fabric of a life. It robs its victims of the pleasure, the highs, the lows, the mundaneness of life. It keeps destroying and stealing until it takes the last breath. It doesn't just purloin from the person affected but it steals that person from their spouse, their children, their grandchildren/great-grandchildren and friends.

Australia is facing a dementia epidemic, with 1700 new cases diagnosed every week. In 2017 there are more than 413,000 people living with dementia. This number is expected to increase to almost 1.2 million in 2056. Dementia is now the second leading

cause of death of Australians and has an enormous impact on the burden of illness and on the economy.¹

My mum has dementia. Recognisable as a problem in her mid-50s, it has now destroyed her cognitive and all her physical abilities. She is completely dependent. Due to her care needs requiring multiple people at once, Mum resides in a nursing home. My mum, however, is blessed in that my dad is able to visit her, usually twice a day. Other family members also visit regularly. Almost everyone else in the facility also has dementia. Sadly there are a number of residents who do not receive regular visits. One lady, let us call her Kate, cries all day, every day

for her family. They do not come.

There are people in my church struggling with this disease. There are people in yours too. How do you react? What do you do to help? Do you avoid them because you find it confronting or just too hard? These are your family. They are your brothers and sisters.

My mum loved Jesus and would still do so if she had the capacity. She loved church. She was active in the church contributing in many ways for many years. She brought pleasure to people with her music and was well loved.

Mum hasn't been to church in three years. We cannot get her into the car



and she cannot sit in a normal wheelchair. She is not alone in being unable to get to church. My mum may not be able to speak but she still has spiritual needs. She would still benefit from a ministerial/elder visit. She would benefit from some of her old friends visiting her. How much would it mean for someone to care enough to visit her and pray with her. What about those with no blood family or family who do not visit?

WHAT IS DEMENTIA?

Dementia is a conglomerate of symptoms that collectively describe a particular condition. Dementia is not one specific disease. There are

multiple disorders causing damage to the brain that manifest as dementia. Dementia affects thinking, behaviours and the ability to perform everyday tasks. It impedes the ability of people with the condition to live a normal life. While we commonly think of dementia as affecting older people, it can, on occasion, affect younger people in their 30s and 40s.²

Alzheimer's disease is the most common cause of dementia and is responsible for about 70 per cent of dementia cases in Australia. Other causes include Parkinson's disease, vascular disease, fronto-temporal degenerative disease and alcohol. The symptoms of dementia can be very vague initially and other diseases such as depression, some vitamin deficiencies, medication interactions and brain tumours can present with similar symptoms. Symptoms to look out for include confusion, personality change, apathy and withdrawal, progressive and frequent memory loss and the loss of ability to perform common everyday tasks.² If you notice these types of symptoms, see a doctor.

There is no cure for dementia but there are some symptomatic treatments that can assist with delaying progression of the disease. These treatments are more effective if started early in the disease. In addition, prevention is important. Having a mostly plant-based diet, high in antioxidants and omega 3 fatty acids, can decrease the risk of developing dementia.

HOW CAN I HELP?

Obesity, high intake of alcohol and a sedentary lifestyle increase the risk of dementia.³

People with dementia need our love and care. They may be housebound or in a nursing home. They may not understand that they have a problem. Both people with dementia and the people who care for them need our prayers, understanding and practical help. What can we do? Here are a few suggestions.

We can make a point of saying hello

and "visiting" at church. We can make a point of visiting outside of church whether it be at home or in a nursing home. We can have prayer with these, our brothers and sisters in Christ. You might volunteer to give a carer a couple of hours' break. What if the person cannot communicate? You can read to them—the Bible, the lesson, stories, the local church magazine, the newspaper. You can tell them stories about what is happening in your life. You can share your experiences with them.

For those unable to get to church, you could take church to them. This is particularly important for those who reside in non-church based nursing homes. You could organise a church roster to make sure people get regular visits.

If you or someone you love displays any of the symptoms of dementia or you have concerns about yourself or someone else, then get in touch with your local general practitioner who will be able to help. In addition, you may find the information on the <www.fightdementia.org.au> website helpful.

September is dementia awareness month. Make a point of educating yourself about this disease. Why don't you see if God can use you to bring comfort to someone with this condition this month.

I look forward to the day when sin will be no more, when the scourge of illness is overcome, when Jesus comes and my mum will be restored.

Revelation 21:4: "He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

1. *The National Centre for Social and Economic Modelling NATSEM (2016) Economic cost of Dementia in Australia 2016-2056*

2. <https://www.fightdementia.org.au/about-dementia/what-is-dementia>. Accessed 09/08/2017

3. <https://yourbrainmatters.org.au/5-simple-steps>. Accessed 09/08/2017

DR ANNIE DRYSDALE IS A GENERAL PRACTITIONER FROM AUSTRALIA. SHE IS USING A NOM DE PLUME.



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

PLANT POWERED CALCIUM

When most people think about bone health and calcium, the first things that come to mind are dairy products. And while dairy products are a rich source of dietary calcium, they aren't the only foods we can use to meet our body's needs for this vital mineral. For those with allergies or intolerances to dairy or those choosing to eat a completely plant-based diet, here are our favourite plant-based sources of calcium:

FORTIFIED PLANT-BASED MILKS

Years ago, people looking for a non-dairy milk had limited options, but now your average supermarket carries a whole range of plant-based milks to help meet different needs and tastes. Soy, almond, rice and coconut milk are available among a wide range of options. Look for varieties with at least 120mg of calcium per 100mL when aiming for the equivalent calcium to dairy milk.

FIRM TOFU

Just how rich firm tofu is in calcium depends on the ingredient used to make it set. While soybeans naturally contain some calcium, if a calcium ingredient is used to set firm tofu it gives it an extra boost. Look for firm tofu with at least 300mg of calcium per 100g.

ALMONDS

With 75mg of calcium in every 30g, a small handful of almonds has about the same amount of calcium as a quarter cup of milk. A great calcium-rich snack.

Beyond these you'll also find useful amounts of calcium in a whole range of other foods like beans, spinach, Asian greens and even oranges. By making sure to include a few particularly rich plant-based sources of calcium every day and getting smaller amounts across the day in a wide range of foods you can get plenty of calcium from non-dairy sources.

WHAT ELSE CAN WE DO TO BUILD HEALTHY BONES?



SUNLIGHT

Vitamin D is vital to healthy bones and the good news is that the body can make it through exposure to the sun. But sun-baking is not necessary to meet our needs. In fact, due to the way our body controls vitamin D production, short bursts of sunlight are actually more effective than long periods in the sun. Sun safety should not be ignored for the sake of vitamin D, with the Cancer Council advising that, during the majority of the year, most people can reach their vitamin D needs from regular incidental sun exposure.



EXERCISE

Resistance exercise or weight-bearing exercises in particular are good for building healthy bones. A simple set of resistance exercises like bicep curls using a drink bottle or lifting cans of food overhead can be a good starting point. Even something simple like regular walking is great for promoting bone health.

Sanitarium
health & wellbeing



GREAT INSIGHTS

I was reading through the *Record* (July 29) this morning and came across your article "Press On". I was blessed with the three insights you highlighted in it and thought I should let you know. I believe many others, too, will be greatly blessed from them.

[Also] your choice of the photo was spot on—it actually caught my attention!

Serah Tina Keliwin, PNG

MISSION BOATS

I read with interest and some concern the letter by Roy Richardson in the August 19 *Record*.

I worked with Roy's father in the West of Papua in the 1960s and was shocked to realise that any missionary posted there has to work without a boat. It would be like tying a person's hands behind their back and a wrecking ball to their feet and expecting them to swim. While as a Church we allocate money to pioneer new territory, we should not neglect established fields.

When I first went to the Western District, extending from Port Moresby to the West Irian border, there were two boats: [one used by] Roy's father, John, in the Kikori area at the eastern half, and myself further west. First we had a 28-foot boat, *Diari 2*. But early in our time there, the Papua New Guinea Union Mission president came for a visit and after a trip along the coast was astounded that we worked with such a small vessel. [The president] arranged for the *M.V. Light*, a 45-foot vessel, to replace it, the reason being

the heavy seas experienced along that coast as a result of the south-west trade winds, plus the huge volume of water that comes into the gulf from the many large rivers.

There is absolutely no way any mission work can be conducted in West Papua without a sturdy vessel.

As a result of Roy's feasibility study done in 2014, has there been any positive action taken?

Ralph Williams, Qld

POLITICAL BANDWAGONS

Recently I have noticed a disturbing trend in *Adventist Record* of jumping on the political bandwagon dealing with social and political issues.

While we are not to be indifferent to social issues causing human suffering, Jesus' only mandate to us was to share the gospel.

The following quote from E G White is pertinent.

"The government under which Jesus lived was corrupt and oppressive; on every hand were crying abuses—extortion, intolerance and grinding cruelty. Yet the Saviour attempted no civil reforms. He at-

tacked no national abuses, nor condemned the national enemies. He did not interfere with the authority or administration of those in power. He who was our example kept aloof from earthly governments. Not because He was indifferent to the woes of men but because the remedy did not lie in merely human and external measures. To be efficient, the cure must reach men individually and must regenerate the heart" (DA 509).

Peter Cieslar, via email

LATTER RAIN

I note in a recent edition of the *Record* a promotion for a prayer conference to pray for the "latter rain".

Following is a list of all the Bible texts that refer to a former and latter rain: Deuteronomy 11:14; Job 29:23; Jeremiah 3:3; Jeremiah 5:24; Hosea 6:3; Joel 2:22-25; Zechariah 10:1; James 5:7,8.

A careful reading of these texts will show that there is not one text that states that the "latter rain" is the outpouring of the Holy

Spirit at the end of time. All the texts refer to rain in an agricultural sense.

The writings of the apostle Paul in 1 Corinthians chapters 12 to 14 show that Paul assumed that the gifts of the Spirit would be seen in the Christian church from his time onward. Paul does not mention any further outpouring of the Holy Spirit at any future date. The Holy Spirit was given to the Christian church at Pentecost.

We now have available to us the gifts of the Spirit. Our evangelists criticise the Sunday-keepers for not having a Bible text to support Sunday worship. Any other teaching or doctrine that we teach should also be subject to the same test. *Sola Scriptura*.

Brian H Abrahams, Qld

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.

NEW SHOW



PANELLISTS Fiona, Rachel, Shona, Melody, Rachel and Maryellen discuss a range of topics including current events, issues and family life. **PLUS** healthy recipes, exercise tips, DIY projects and awesome hacks for around the home.

find us on social media



@thetabletvshow
#thetabletvshow

thetabletv.com

STAND UP AND BE COUNTED!

KIDS SPACE

COLLECTING INFORMATION

Very soon your Church will be collecting heaps of information, like the number of children who attend church or Sabbath School and who goes to special programs or meetings. This information will go to the General Conference so that they can understand how they can best support everyone all over the world and especially the children who live in the South Pacific Division!



COUNT THE PEOPLE

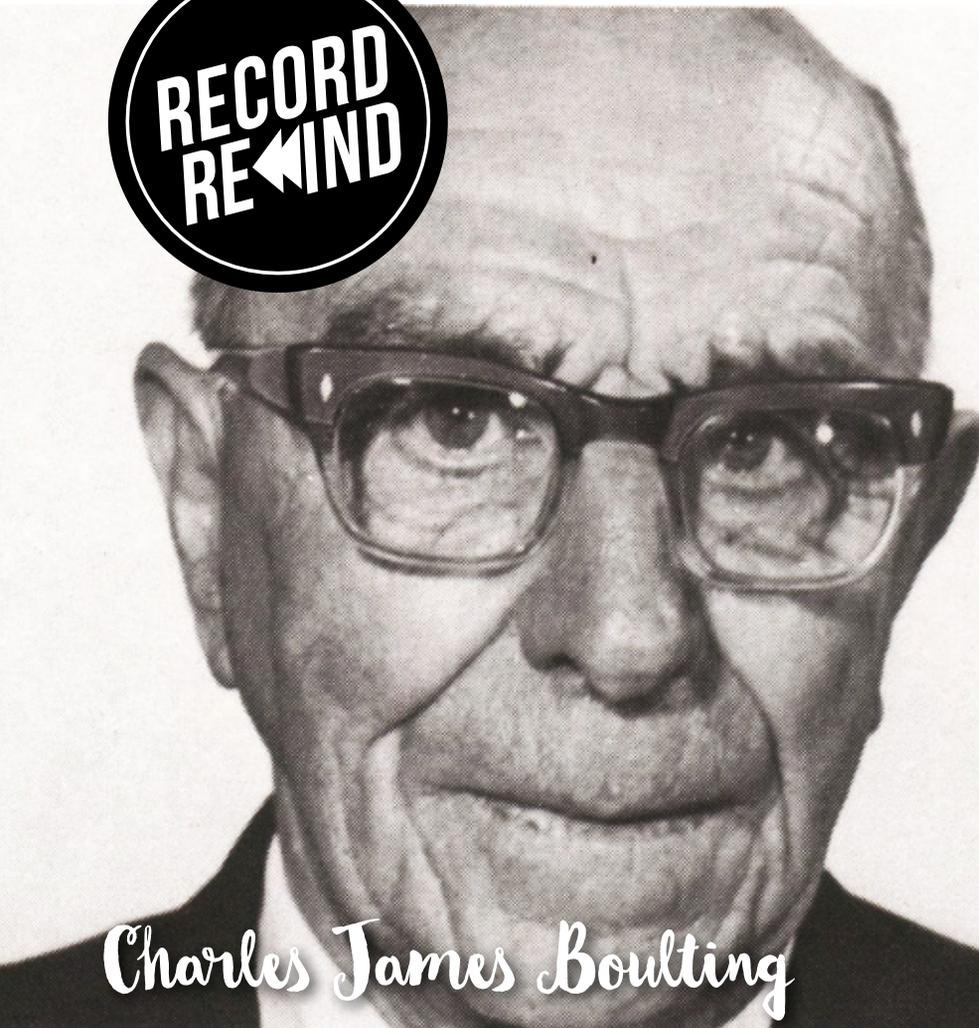
- Wearing a hat
- With brown eyes
- With green eyes
- That are boys
- That are girls
- Wearing glasses
- That are children
- That have grey hair
- That have curly hair
- That have no hair
- With a beard
- With piggy-tails

MEMORY VERSE

WE ARE A PART OF A WORLD CHURCH
WITH MANY DIFFERENT NEEDS BUT
WE HAVE THE SAME MISSION:

“To call all people to become disciples of Jesus Christ, to proclaim the everlasting gospel embraced by the three angels’ messages of Revelation 14:6-12, and to prepare the world for His soon return.”

Maybe some of these faces look like people from your community or church family - why don't you give them some names! Try and find yourself or someone who looks like you!



Charles James Boulting

BORN INTO A WEALTHY JEWISH family in Margate, England, on January 3, 1884, Charles studied medicine as a young man, working at the renowned Guy's Hospital in London as part of his study program.

Eventually Charles abandoned his medical studies for a career in show business. He joined the J C Williamson Company and later took a contract to tour Australia with an opera company. However, while still on the ship travelling to Australia he became disillusioned with the shallowness of theatrical life and once his ship reached Melbourne he resigned from his position.

Finding work in Queensland, Charles learned dairy farming and one of his duties was to travel to Boat Mountain, near Murgon, and there purchase supplies from a young Adventist widow, Minnie Lamplough, who as a single parent, was

running a small shop to support herself and her five children. She always added tracts or copies of *Signs of the Times* when boxing up the groceries Charles had bought and after a time asked him if he was reading any of them. On being told he did not understand what he was reading Minnie arranged for a layman, Brother Dingle, to travel to Charles' home and give him Bible studies. As a consequence Charles gave his heart to the Lord and was baptised, something his family back in Britain fiercely opposed. They soon disinherited him, even holding a Jewish funeral; such was their rejection of him. But on the bright side, Charles married Minnie Lamplough, the shopkeeper who had introduced him to the Adventist message and for the next 46 years they worked together promoting the Advent message. To this union a son, Charles Henry, was born at Murgon in 1915.

In 1925 Charles entered denominational employment when he was called to the Australasian Union Conference (now the South Pacific Division) where he became the manager of the purchasing department, known back then as the "Buying Agency" in Sydney. Though untrained he was called into ministry in Victoria in 1935 and quickly proved himself a very effective soul winner. While in the Victorian Conference, Charles started the first Adventist radio program in Australia and his voice soon became well-known throughout the region with his regular broadcasts from Mildura. This innovative new ministry must have impressed Church leaders, for in 1938 regular denominational use of the airwaves began with Pastor Laurie Naden, the speaker on seven stations in five states. The accompanying Bible correspondence courses were effective and the resulting home visitations by pastors led to significant numbers of people joining the Church.

Ordained in 1943, Charles was called to pastoral work on Norfolk Island in 1945, serving there until 1950. On his return to the mainland he received medical advice that he should retire, but he felt he still had something to offer and so, as energy permitted, he worked in health clinics operated in those days by local churches around Sydney, giving physiotherapy-type treatments and massages. Later he did visitation in the Newcastle area before moving to the Kressville retirement village near Avondale College.

Minnie had died in 1958, and in 1960 Charles married Wanda Niebuhr, well known in the educational ministry of the Church. Together they promoted the cause of Christ to all they met until Charles died on April 24, 1974, at the age of 90 after a fall and subsequent stroke. As one writer commented at the time, "The greatest tribute that can be paid to such a life is for us to live as faithfully and consistently as he did."

LESTER DEVINE, DIRECTOR EMERITUS OF THE ELLEN G WHITE/ADVENTIST RESEARCH CENTRE.

Obituaries



BALDWIN, Maurice Walter, born 14.10.1925 in Sydney, NSW; died 24.7.17 in Sydney. He is survived by his wife Joan and children Kent, Karen Butler and Jennifer of Sydney, and Adrienne and Alan Harnett of Brisbane. Maurice was born in the Sydney Adventist Hospital when his father was the hospital engineer. He spent most of his life at Castle Hill (NSW) where he worked in the family engineering business, producing custom-built locomotives for the sugar cane and mining industries, both in Australia and overseas. Maurice

was a founding member of Fox Valley church. Prior to that he was a long-standing member of Wahroonga church where he helped to install the pipe organ in 1958 and later worked with his brother, Franklin, on a major upgrade of the organ, completed 50 years later. Over the years Maurice sang in several mixed voice and male choirs, including "Shir Chorale" and "Fifth Sabbath". He will be remembered as a gentle man and a Christian gentleman.

Mark Baines, Alex Currie



GATE, Lillian Ellen, born 15.5.1923 in Georgetown, Qld; died 11.7.17 in AdventCare Whitehorse, Vic. On 12.5.1945 she married

Jeremiah Gate, who predeceased her in 1995. Lillian is survived by her two children John and Nerolie Gate (Bonnells Bay, NSW) and Georgie and Noel Winzenried (Lilydale, Vic); three grandchildren; and nine great-grandchildren; as well as seven step great-grandchildren and one step great-great-grandson, all of whom she considered "our babies". Lillian was baptised in 1948 in the face of strong family opposition. Her total commitment to Jesus was seen in her spiritual influence and never-ending interest in the salvation of those around her. She will be remembered as a generous and kindly Christian, and a caring and loving mother, grandmother and great-grandmother.

Chester and Robyn Stanley

to entertain with her excellent cooking. Even in her later years Peggy was active, along with her husband Tom, as founding members of a church plant at Lake Macquarie. But above all, Peggy's strong faith in Jesus will leave a legacy for all who met her.

*John, David and Matthew
Tompson*

ADVERTISING

ABSOLUTE CARE FUNERALS.

The Adventist family owned and operated business, caring for you from Sydney to Newcastle to Wollongong. Contact Arne Neirinckx, who understands our Adventist philosophy, on 1300 982 803 or mobile 0408 458 452.

Call us even if you have already prepaid your funeral: <arne@absolutecarefunerals.com.au>.

BACK TO GEELONG, celebrating 120 years: Sabbath, November 4, 2017 @ Geelong church, 6-10 Little Myers St, from 9:30am. Worship, reminisce, reconnect, lunch provided. RSVP Marion 0409527540, October 1, or via Facebook.

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 tours as well as individual and fly-build group travel; with competitive airfare, cruise and travel insurance prices. **Tour Jan 2018: Israel and Jordan "In His Footsteps Worship Tour"** with Colville and Lea-Anne Smith Faith Tours. **Tour May 2018: Mini Reformation/Europe** with Pastor Peter Roennfeldt. **Tour June 2018: Best of Ireland (10 nights) and Britain (six nights)** with optional seven-night cruise "Spectacular Norwegian Fjords" with Pastor Harold Harker. Contact our friendly team Anita, Debbie or Peter. We welcome your enquiry: <alltrav@bigpond.net.au> or phone 07 5530 3555.

MACKSVILLE ADVENTIST SCHOOL

is holding its 50th anniversary

POSITIONS VACANT

CHIEF EXECUTIVE OFFICER

AdventCare (Victoria)

Do you feel called to use your leadership strengths to make a difference as chief executive officer of AdventCare Victoria? Employing more than 250 staff and managing in excess of 200 aged care beds and 92 residential units across three sites, AdventCare provides quality aged care and retirement living while operating within the mission of the Adventist Church. Our CEO will be an Adventist exhibiting exceptional leadership, planning, strategic thinking and HR management skills to deliver the strategic vision of the Board while focusing on high quality, person-centred services. You will ensure sound and effective business practices to achieve sustainable quality and financial outcomes and enable growth. For the position description, more information or to apply, contact Pastor Craig Gillis, Conference secretary, on 03 9264 7707 or <CraigGillis@adventist.org.au>. Only applicants with the legal right to work in Australia will be considered.

Applications close October 13, 2017.

VICE-CHANCELLOR

Pacific Adventist University (Port Moresby, PNG)

Pacific Adventist University seeks an experienced, innovative and visionary academic leader who can supervise the academic programs and policy development of the university as its deputy vice-chancellor. It is expected that the incumbent will have a strong and active commitment to the Adventist Church's mission, hold a PhD or equivalent qualification with a record of scholarly publication, and have an interest in and aptitude for cross-cultural service. Interested applicants should request a position description from Dr Lozano via email <Raul.Lozano@pau.ac.pg>. All applications must include a cover letter that addresses each of the selection criteria, a complete curriculum vitae (CV) and the contact details of five professional references. Applicants for this position must be submitted to Dr Lozano via the email address outlined.

Applications close September 2017.



SHEA, Keith William

Charles, born 6.9.1934 in Arncliffe, NSW; died 9.3.17 in Hurstville after a long illness. In 1960 he married Heather Thorburn, who predeceased him. He was also predeceased by his sister Joan Cleverdon. Keith married Jenny Brooks in 2010. He is survived by his wife; children David, Graeme and Helen; grandchildren Jennifer, Kevin, Valerie and Elliot; great-grandchild Marley; and sister Dorothy Shea (Melbourne, Vic). Keith was a lifelong member of Hurstville church where he served in various positions and assisted in many missions to serve his Lord.

Nataniel Periera, Jimmy Cha

TOMPSON, Peggy Maureen (nee Turner), born 2.4.1928 in Brisbane, Qld; died 1.6.17 in Wyong Hospital, NSW. She is survived by her husband Tom; sons John and David and their spouses; five grandchildren; six great-grandchildren; and two sisters. Peggy struggled with her health for many years but was never known to complain. As the family and many friends gathered to say goodbye, stories were told of Peggy's loving disposition and sense of humour. She was remembered as a gracious host who loved

FOR MORE AVAILABLE POSITIONS VISIT:
ADVENTISTEMPLOYMENT.ORG.AU

/SDAJOB



celebration on Sabbath, October 21, 2017. The service is from 10.30am at the school, followed by a luncheon, afternoon program and social. All past and present staff, students and loved ones are welcome to attend. For more information please contact Colin on <colreynold58@gmail.com> or Kerry on <Kerry.howard@macksville.adventist.edu.au>.

REACH OUT TO LARGER AUDIENCES. STREAM LIVE FROM YOUR CHURCH. PUBLISH PROFESSIONAL VIDEOS ONLINE. Fully installed or DIY affordable video production systems. Technical assistance, warranty and operator training included. <www.orionaplietecology.com.au>.

BACK TO NARRABRI. Celebrating 50 years on Saturday, October 21, 2017 at 23 Gibbons St, Narrabri. All former ministers,

past members, friends and family are welcome. Join us for worship at 10am and then share in the lunch provided. Please bring any memorabilia and memories to share in an afternoon program. RSVP to Betty Murray on (02) 6792 6520 or email <eamurray@hotmail.com>.

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.

IS IT IN YOUR HEAD TO DO SOMETHING FOR JESUS? A

little town in Tasmania called Waratah needs you. If you would consider living there and helping us with our community services based outreach please contact Pastor Peter Ansell on pansell@adventist.org.au or phone 0408560125. Rent is cheap, houses are cheap to buy if you decided you really liked it there. When Paul heard the call to Macedonia to come over and help, he went. God bless you as you consider the needs of Waratah.

**FINALLY:
YOU ARE THE
ONLY BIBLE
SOME UNBELIEVERS
WILL EVER
READ.**

—JOHN MACARTHUR

SUPPORTING MINISTRY

PALM ISLAND MINISTRY

Medical Missionary Training Institute Inc.

The MMTI is looking for a married couple to join present staff and co-manage the established ministry on Palm Island, Queensland. The applicants may be from any cultural background and education, however it is required that they are truly heart converted, live the Adventist health message and have a passion for service. A position description can be provided for anyone interested in this ministry opportunity. Please contact Bev Krogdahl on 0458 536 115 or email <mmti.org.au@gmail.com>.

Medical Missionary Training Institute Inc is an independent ministry supportive of the Seventh-day Adventist Church.

Celebrate our Anniversary with us

Anniversary Day – Friday, October 27 – 10.00am

- Historical re-enactment • Plaque unveiling • Student performances

Students and teachers – past and present – will commemorate our school's anniversary on World Teacher's Day

Thanksgiving Service – Saturday, October 28 – 10.45am

A Thanksgiving Service will be held at Glenvale Seventh-day Adventist Church and Community Centre followed by an alumni gathering and community bush dance on the school grounds.

DARLING DOWNS CHRISTIAN SCHOOL
07 4659 1111 | 451 McDougall Street, Glenvale | www.ddcs.qld.edu.au

SHARE YOUR FAITH!

LUTHER

500 years ago Luther took a courageous stand for truth. What were the issues? What were the results?

Share the good news of the Reformation with this 16-page mini *Signs of the Times*, designed for sharing—personally, with your church community or letterbox.

To view content and order, visit:
<www.signsofthetimes.org.au/Luther>
Hope Shop URL

Packs of 50	1	2-9	10+
\$AUD	\$25	\$22	\$20
\$NZ	\$28	\$25	\$22

SIGNS OF THE TIMES
MARTIN LUTHER AND THE REFORMATION

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>.

FOLLOW ME

#FOLLOW ME FAITH

SHORT-FILM COMPETITION

Do you like taking videos of your latest adventure? Showing your day on Snapchat and Instagram?

Whether you use your phone, GoPro, drone or DSLR camera, this competition is for you.

Whip out your device and create a short film of 3-5 minutes—we want to see how you view Christian Faith.

PRIZES: All-expenses-paid trip to follow in the footsteps of the early church in the Bible lands, filming for Hope Channel Australia. Other prizes include trips to the South Pacific and outback Australia.

ENTRIES CLOSE: 12pm November 15, 2017. You do not want to miss out!

FOR MORE INFORMATION

www.disciple.org.au