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GROWING YOUNG

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ADVENTIST CHURCH *in Australia*

GROWING YOUNG: HOW TO SAVE OUR CHURCH

I was privileged to attend Australia's most important meetings recently. There were presidents and doctors and leading experts present. There was even a delegation from New Zealand! Although I had no particular expertise in the area being discussed, I did have a special interest and I was glad to be invited to report on the event.

What were these meetings, you ask? I was at the Youth Engagement Summit for the Seventh-day Adventist Church in Australia (AUC).

Were they really the most important meetings in the country on that Sabbath morning? They were, according to Pastor Murray Hunter, special media officer for the AUC. And I tend to agree with him. We were discussing the very survival of the Adventist Church.

Our commission to make disciples and share the unique message of our faith is still as necessary as ever but our churches are growing older. Many young people are leaving the Church once they reach independence.

Don't despair though, there is good news. The issue is being tackled—there is agreement and unity of purpose across the Church in Australia and there are practical things we can do (corporately/locally) to help the Church grow young.

According to the Churches Engaging Young People study, there are six core commitments common in churches that are "growing young": empowering/giving responsibility to young people, empathising with them, making sure the church's message is centred on Jesus, having a warm, loving community, prioritising young people and families, and allowing young people opportunities to "neighbour" well (service in the local and global community). If your church doesn't look like this, there may be something wrong.

The strategies common to churches that grow young do not negatively affect other generations, but improve the health and growth of the church in all areas. The reality is that churches who grow young reach all generations more effectively. "In a kingdom win/win, stronger ministry to young people bulks up the ministry muscles of the entire congregation" (Powell, Mulder and Griffin, *Growing*

Youth, p 42). Maybe you can't change the culture of your conference or even your local church, but there are simple things you can do. Some of these things your church may be doing already. Some you may be personally doing. That's OK. It's always good to be affirmed and reminded.

Parents, it starts with you. According to youth and family ministry expert Chap Clark, parents are the "single greatest influence on a child's faith". Have family worship at home as often as possible. But involve the children, don't just speak at them. Let them read, ask questions or lead out.

And if you're a man, especially a father, the onus is on you. It's not popular to tell men to stand up and lead these days, but faith transfer has proven to be more effective when fathers demonstrate faith for their children.

So men, in your homes you need to take an active interest or role in faith building. Talk about your faith in front of and with your children. You may not have kids, or your children are adults and have moved away or left the church. You still have an important role to play. Mentoring and looking out for children are crucial. Let the children at church know they matter and you have their back. Identify children

in your church who attend without their father or don't have a father and invest in them, providing them with male role models.

Be strategic. Speak to other men at church and see who is interested in investing in young people this way so that no-one is left out.

Speak to a young person (or three) in your church (find out their name) and ask them what they would like you to pray for in their lives. Commit to praying for them every day and when you see them at church again, tell them you've been praying for them and ask if there is anything else they'd like prayer for.

Do these things on a regular basis and our children will feel like valued members of our church community. They are not the future, they are the present.

JARROD STACKELROTH
EDITOR
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**IF YOUR CHURCH
DOESN'T LOOK LIKE
THIS THERE MAY BE
SOMETHING WRONG.**

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AFRICAN VISIT

We did not want to go to the South African and Indian Ocean Division (SID)—not because we don't like them but because we have enough travel to do. However Elder Ted Wilson reminds division presidents that they are also vice presidents of the General Conference and asked all division officers to visit two other divisions before 2020.

So Lionel Smith, Rod Brady and I visited SID during their mid-year Division meetings. They were standard meetings, laced with African humour, which made it interesting. Our favourite visits were to local churches, schools and public evangelistic programs, with good commentary from our hosts. At the three schools we visited in Zimbabwe, all had lady principals and were the best in the whole district. In Pretoria, South Africa, we saw the long-term vision of a local church coming into reality. They have a new facility—amongst new suburbs—that has a gym, a studio for DVD production, a Christian bookshop, a café, seminar room, a kitchen and pantry for the poor: an urban centre of influence. In Bulawayo we saw three public evangelistic meetings. Besides a bus driver and the conference president preaching, a lady with a voice to die for was preaching in a full tent pitched on a vacant block in a new suburb. Talk about enthusiasm. A Sabbath School class spent time checking on everyone and assigning people to contact those who were not there. Great care and nurture. I was impressed.

We had one day off with the SID secretary and saw cheetahs, rhinos, giraffe, zebra. . . even an elephant walked toward us on a road—we quickly found reverse and retreated at least 100 metres before the elephant walked off. I could feel my heart beat as this unfolded.

Cross-cultural and regional interaction brings learning and understanding—part of growing as a disciple of Jesus.

GLENN TOWNEND
SPD PRESIDENT
① /SPDpresident



NEWS

VARIETY SHOWCASED IN SHELL EXHIBIT

JARROD STACKELROTH

The challenge of completing the Pathfinder shell honour just became a whole lot easier with the current *Sel Belong Wara: Ocean Molluscs* exhibit at the South Sea Islands Museum at Cooranbong, NSW.

Running until early August, the collection has some 480 South Pacific region shells, with 166 shell artefacts, six fossil shells and an exhibit of local Lake Macquarie shells.

"All the information needed to do the honour is available in the South Sea Islands Museum," said Rose-Lee Power, curator of the Adventist Heritage Centre and South Sea Islands Museum.

Pathfinders need to bring \$A2 for the honour sheet, which is available at the site, a pencil and an adult. Clubs are encouraged to book ahead so enough honour sheets are available or so special opening times can be organised.

Pathfinders are not the only ones



ONE OF THE MANY SHELLS ON DISPLAY.

who will enjoy the exhibit, however. Mrs Power said they have already had a few bus tours come through the exhibition.

"Hopefully this exhibit serves to expose a little known yet beautiful family of animals and the artistic ways in which the cultures in Oceania have used their form and beauty," said Rebecca Hawken, Adventist Heritage Centre assistant, who organised the exhibition.

Many of the shells in the collection had been gifted to missionaries who have donated them to the museum. To book a visit email heritage@avondale.edu.au.

VANUATU CHURCH INSTALLS TITHE HOUSE

RECORD STAFF

Members of Hitraty Seventh-day Adventist Church at Meleamat, Efate (Vanuatu), have installed a tithe house where members and villagers are being encouraged to return one-tenth of their crops to God.

Deacon Sam Willie built the tithe house over two weeks using his own money and drawing from his experience as a maintenance officer at the Benjor Beach Club Resort.

All the church members came together for a dedication of the tithe house, with the service conducted by church minister Lolet Worwor. The prayer of dedication was offered by Mrs Worwor, supported by the church elders. This was followed by a ribbon cutting and the tithe house was officially declared open.

Church members gathered their crops and placed them in the tithe



MINISTER LOLET WORWOR PRAYS OVER THE TITHE HOUSE.

house. A special collection of the food was given to the church's ministers, while other items were priced by the deacons and paid for by the church members, with the funds returned to the church as tithe paid to the Vanuatu Mission.

The last time the church had a tithe house was in 2009–2010. It is seen as an opportunity to share messages of stewardship with the community of Meleamat.

NEW WEBSITE CREATOR FOR ADVENTIST PLACES

SCOTT WEGENER

Adventist Media's new website creator, Adventist Place, is now available for use throughout the South Pacific Division (SPD).

Designed especially for smaller churches, schools and missions without a tech-savvy webmaster, Adventist Place is a fully subsidised, easy-to-use website creator for any officially recognised Adventist entity within the SPD.

Adventist Place is a simplified and modernised alternative to the netAdventist website platform the SPD hosted and supported between 2007 and 2017.

"When we needed to move forward from netAdventist we created a Simple Church webpage service as an easy fall-back option for churches that weren't able to organise a modern website presence on their own," said Daniel Lewis, lead developer at Adventist Media.

"However the feedback we received showed it was too simple for many to be practical. This led us to rework the service into the much more compre-

hensive Adventist Place website creator. It's still simple, from a design and management point of view, but now flexible enough to allow hands-on creation of a reasonably comprehensive and creative web presence."

The website can be built as a basic set-and-forget information site or regularly updated with events, bulletins, podcasts and videos. It allows churches to integrate content from their existing social media pages with their websites and a built-in stock photography feature helps webmasters apply professional images to their pages.

Adventist Place was developed and is supported by Adventist Media.

"We're providing this service to make sure every Church entity in the SPD has the opportunity to create a great-looking website without needing to be a web developer," said Adventist media CEO Calvin Dever. "The aim is to



ADVENTIST PLACE DEVELOPER DANIEL LEWIS.

help churches progress from having a website that looks old or has out-of-date information—or that don't have a website at all because it's all too hard. This service makes it easy for churches to have a neat-looking website to represent their church. Adventist Place is part of a larger digital platform that we are developing that also includes Adventist Cloud, AdHub and DiscoveryHub. We'll work on tweaking Adventist Place as more feedback comes in and technology moves forward."

To find out more, visit: <place.adventistchurch.com>.

ADRA AUSTRALIA PASSES RIGOROUS TEST

JOSH DYE

ADRA Australia has been granted full accreditation from the Australian Government for a further five years.

The accreditation, through the Department of Foreign Affairs and Trade (DFAT), means ADRA is eligible to receive annual government funding for development projects.

The accreditation process is lengthy and rigorous, designed to ensure NGOs are compliant and adhere to

best-practice standards.

The paperwork was submitted in September last year with a three-day assessment occurring in December.

On May 7, ADRA received final confirmation that the accreditation had been extended, with the accreditation period valid until May 2023.

ADRA Australia CEO Paul Rubessa, who joined the agency part-way through the process, paid tribute to his predecessor, Mark Webster, and the rest of the team.

"This is a significant achievement," Mr Rubessa said. "We are very proud to be one of a select number of agencies with full DFAT

accreditation.

"I would like to thank Mark Webster and everyone at ADRA who made this possible. We are honoured to partner with the Australian Government and implement life-changing development projects. This decision will enable amazing things to happen for vulnerable communities around the world."

There are just 41 organisations that have the prestigious full DFAT accreditation.

NGOs must be accredited by DFAT to receive funding under the Australian NGO Cooperation Program (ANCP).

According to DFAT, "To gain accreditation, NGOs are required to undergo a thorough and independent assessment of their organisational structure, systems, policies and philosophies against an agreed set of criteria."



FIVE MORE YEARS; MANY REASONS TO SMILE.

INTERNATIONAL CHILDREN'S CARE PLACED IN VOLUNTARY ADMINISTRATION

JARROD STACKELROTH

Adventist supporting ministry International Children's Care Australia (also known as Adventure Fund Global) was placed into voluntary administration on May 9.

This means the Sydney-based charity is unable to receive any further donations. While the company was still solvent when the announcement was made, the board of directors could see that its position was untenable.

Dr Alex Currie, former CEO, said it has been a "painful and difficult time" and he is among those who have been working to help ICCA-funded programs find other donors.

In a letter sent to supporters and donors, Dr Currie laid out some of the difficulties ICCA has faced recently, welcomed questions and asked for prayer as the ICCA leadership team continue to negotiate on behalf of their partner organisations, which provide child protection and community development programs in Asia.

"Thank you for your love and generosity for children and communities," Dr Currie's letter stated. "ICCA has made a difference for so many destitute children for more than 20 years in countries like Cambodia, Thailand, Philippines and Sri Lanka."

Dr Currie cited a recent drop in donations that has been experienced by a number of Australian charities recently. The Australian Government has tightened tax deductibility

regulations for charities operating overseas—activities classified as "welfare" are no longer tax deductible for Australian donors. In mid-2017, ICCA made efforts to cut back on costs in response to these challenges, including a reduction to staff working hours and an increased reliance on volunteers.

"We want to express our heartfelt appreciation and support of so many donors, volunteers and staff over many years, and pray that the work of the organisation may be able to continue in some form," the letter stated.

ICCA ran a number of Big Build trips, taking groups from Australia to visit project sites and construct housing for disadvantaged people. The 2019 Big Build will continue as planned, in partnership with ICC Philippines and the Adventist Church in the Philippines.

While ICCA is a recognised supporting ministry of the Seventh-day Adventist Church, and is largely run by church members, it is not an official institution of the Church.



DR ALEX CURRIE.

Catalina Camp for the Deaf

NOVEMBER 2-5, 2018

Applications close October 1, Early Bird, August 30.

Are you Deaf, hard of hearing, or an Auslan or NZSL signer—and interested in Christian fellowship?

If so, this camp* is just for you. Enjoy worship, fellowship and fun at the Catalina Conference Centre, a fully accessible facility on the shore of Lake Macquarie, NSW, with a fascinating wartime history.

Guest presenter is the "Aussie Pastor", Lloyd Grolmund, of the New Hope Church in Western Sydney.



SDA Deaf Church
Down Under



Presentations professionally interpreted into Auslan and spoken English.

Price: includes twin-share accommodation with catered meals

Twin-share: \$330 (Early Bird \$280)

Single-private: room \$390 (Early Bird \$340)

*Operated by the SDA Deaf Church Down Under, in cooperation with Christian Services for the Blind and Hearing Impaired.

For more information and online registration:

Website: www.sdadeafdu.org/camp2018.htm

SMS: 0409 711 346

Email: sdadeafdu@gmail.com



CLASSROOMS REBUILT AFTER TONGA CYCLONE

TRACEY BRIDCUTT

Three months after Cyclone Gita devastated Tonga, a large construction effort has seen classrooms rebuilt at Beulah Adventist College.

A team of nine volunteers from the United States arrived in Tonga on May 12 to conduct the work. Beulah alumni from the US sponsored the team, while Tongan alumni, parents, church members, teachers and students took turns to supply meals to the volunteers during their three-week visit.

Felisa Ma'u, head of the English Department at Beulah, said the volunteers worked very hard, supported by

the locals and Technical and Vocational Education and Training (TVET) students.

"Beulah College is the first school in Tonga to start rebuilding [after] damage from Cyclone Gita. Praise the Lord!"

Since the cyclone, classes have been held in tents. The construction work was also boosted by donations from Littleton Adventist Church and their local community in Denver, Colorado, US.

Trans Pacific Union Mission associate education director Mele Vaihola expressed her thanks to the various local and international groups who supported the project.

"On behalf of the Union education department, we would like to thank Littleton Adventist Church, the Denver community and the US Beulah College alumni for their sacrifice in order to assist and support the school with the rebuilding," she said.

"We thank also the staff and students for your perseverance; our prayers have been answered. To the church community and Tonga alumni, thank you for your support. Adventist education is all about total member involvement."



CONSTRUCTION WORK AT BEULAH COLLEGE.

ADVENTISTS ENCOURAGED BY COMMUNAL PRAYER

VANIA CHEW

Seventh-day Adventists were among the many churches represented at the 2018 Sydney Prayer Breakfast, with representatives from the South Pacific Division, Greater Sydney Conference, Adventist Media and Sydney Adventist Hospital in attendance.

Altogether, more than 1400 people attended the event held in the Grand Ballroom at the International Convention Centre, including NSW Governor David Hurley and Premier Gladys Berejiklian.

Author and social critic Os Guinness from the United States was the main speaker, discussing the meaning of freedom and how history affects our present. His talk was followed by communal prayer for the poor and marginalised, young people and those involved in the educational sphere,



SOME OF THE ADVENTIST ATTENDEES.

media, business professionals, civic and church leaders.

"At a time when the Christian voice in the public sphere is being minimised, it's really encouraging to see 1400 people—including politicians—come together in prayer," said SPD communications director Steve Currow.

NEWS GRABS



PATHFINDER INFLUENCE

The Paraguay Government has enlisted the help of Adventist Pathfinder clubs in the capital of Asuncion to help develop positive interactions for a new social housing project. The Pathfinders were chosen as their values, discipline and respect for the environment "perfectly fit" the needs of the neighbourhood. —SAD



REMEMBERING AGOYO

ADRA is mourning the death of one of its employees killed late April in South Sudan. Agoyo Robert was off-duty when unknown gunmen fired gunshots at the vehicle he was travelling in. ADRA International president Jonathan Duffy strongly condemned the attack, sending prayers to Mr Robert's family. —ANN



CREATIVE SERVICE

A group of 17 students and three staff from Middle East University (MEU) in Lebanon took part in a recent international service trip to Irbid, Jordan. Representing four religions and six countries, the team organised health expos and painted murals with children and adults in several schools and a shopping centre. —ANN

HOT TOPICS



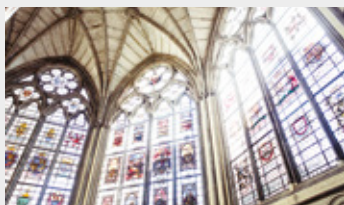
CHRISTIANS ATTACKED

Suicide bombings on May 13 at three churches in Surabaya, Indonesia's second-largest city, killed 12 people and injured at least 40. The perpetrators were all members of one family—a man, his wife, two young children and two teenage sons—who all died in the explosions. Though offering no evidence, Islamic State has claimed responsibility in what it called “a martyrdom operation”. —*NY Times*



ENVIRONMENTAL COW-CERNS

Studies have found that the methane released while cows slowly digest greens may account for up to 18 per cent of Europe's greenhouse gases. Denmark, which has committed to reducing greenhouse gases by 40 per cent by 2020, has come up with an interesting way to combat the issue: a national tax on cattle owners for cow flatulence, at \$110 per cow. —*CPH Post*



SACRILEGIOUS STYLE

The 2018 Met Gala, themed “Heavenly Bodies: Fashion and the Catholic Imagination”, recently caused a stir. Despite the theme being officially approved by the Vatican, Catholics have criticised the Metropolitan Museum of Art, accusing celebrities of blasphemy and “mocking” religion. —*Vogue*

CHURCH RESOLVES TO GROW YOUNG, ENGAGE YOUTH

JARROD STACKELROTH

“What happens to all those kids in our Church,” said Jeff Parker, youth director for the Seventh-day Adventist Church in Australia, “when around 62 per cent of young people who attend church leave before they're 30?” And with that challenge ringing in their ears, around 80 young people, youth directors and conference presidents began to work on some key action plans to allow the Adventist Church in Australia to “grow young”.

Pastor Parker told participants to “dream big. Anything and everything is on the table.” And around the table was where real strategising happened—with intergenerational and inter-conference brainstorming and dialogue.

After keynote presentations on a variety of topics—including the importance of family in passing on faith, intergenerational and inter-cultural worship—delegates were given the opportunity to engage with focus questions around their tables, with ideas and feedback compiled and reported back at the end of the weekend.

According to the 2017 AUC church attendance survey, the largest age group in the Adventist Church is 5-14 years, followed by a significant drop in the 15-24 year bracket.

As a sign of how seriously the Church is taking this conversation, South Pacific Division president Pastor Glenn Townend joined the meetings for some time on the Friday; Pastor Jorge Munoz, AUC president, was present and involved throughout; and every conference president attended except one—the general secretary of that conference attended instead.

“This challenge belongs to all of us—every department, institution and every member,” said Pastor Brendan Pratt, AUC ministerial secretary. “Having AUC administration and all the departments working together on the event was in itself an attempt to model that this



DELEGATES OF ALL AGES SAT AROUND TABLES TO DISCUSS THE BIG ISSUES.

Photo: Murray Hunter

challenge belongs to all of us. Youth and children's ministry leaders have been doing an amazing job in this space for many years, however the solution is not one or two departments but all of us.”

Another significant milestone was the inclusion of a delegation from New Zealand, who were able to observe and take part in the conversations. While acknowledging the different cultural contexts, the team from NZ saw cross-over in many areas.

On the final day of the summit, conference delegates voted on nine resolutions, including measurable actions that will keep the Australian Church accountable and help to determine progress. These broad strategies include intentional prayer, empowering families, connecting, collaborating and discipling young people, communicating and synergising the strategies throughout all levels of the Church, and an overall emphasis on growing young.

“It is imperative that the recommendations turn into tangible actions that make a difference,” said Pastor Pratt, who along with other members of the AUC team, helped to plan and execute the weekend.

“We're really excited about these nine recommendations and we just hope and pray that the future is going to be really strong for our Church and youth and young adult ministry,” Pastor Parker said.

Keynote presentations have been made available at <disciple.org.au>.



MOSES' ORDINATION

Pastor Moses Depaz was ordained during the recent Western Australian Big Camp. Baptised in 1995, Pastor Depaz graduated from Avondale College in 2013. He commenced his internship at Victoria Park, Victoria Park Spanish and as the Riverside Christian School chaplain, and was called to the Geraldton district in 2016. During the ordination service, Pastor Abby Aviles shared on the call to ministry, while Conference president Pastor Steve Goods read the charge and the welcome to ministry. Pastor Depaz says he has been blessed to work alongside young people in church, leading to baptisms.

—Douw Venter



JESUS IS COMING

An Inus District open air camp meeting was held in the northern part of Bougainville Island (Papua New Guinea) on May 5. During the youth camp, attendees completed Total Member Involvement work in the non-Adventist community, touching the lives of people with great physical needs before sharing the love of God. The climax of the camp was 10 young people accepting Christ. The baptism reflected the theme of the camp: "Move Forward with God, Jesus is coming." The aim is for the young people to take the gospel forward and make more disciples, reaching out to others in their communities. —Lenon Greson



PASTORS' KIDS RECOGNISED

For the first time, Fiji Mission ran a pastors' kids camp for ministers and their families with the theme "Building a Firm Foundation with the Lord". Held at Vatuvoanu Adventist College, about 90 pastors' kids, ranging from infants to young adults, attended the camp. Pastor Bob Larsen, general secretary of the Trans Pacific Union Mission, was the guest speaker. "I really learned a lot, especially being reminded that we should be different from others," said one pastor's kid. "Pastor Bob Larsen did tremendous work in challenging our children in a practical approach," said one of the parents. "The workshop with the parents was what I loved the most." —Pete Navosailagii



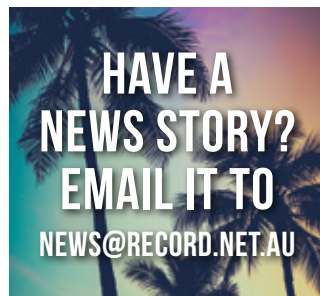
RUN FOR BIBLES

The primary campus of Avondale School (NSW) held its annual Run Around Australia event in March, where students try to run the distance equivalent to circumnavigating Australia. But this year, as part of the run, students were invited to raise money for Run For Bibles, a program that helps put Bibles in the hands of kids in Africa. The students raised a significant \$4217.80, which will go to helping spread the gospel to these children. There were no prizes offered, no extra incentives, just an opportunity to do something that could have eternal significance. Special thanks go out to all who supported this program. —Colin Chuang



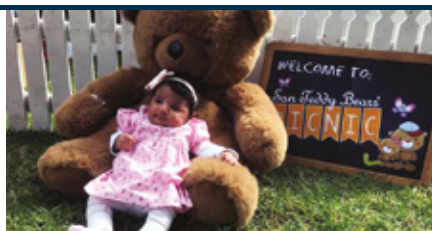
UNITED IN WITNESS

Cardboard Cathedral was packed to capacity on May 5 as Seventh-day Adventists from Christchurch and surrounds gathered for a regional day. New Zealand Pacific Union Conference president Dr Brad Kemp was in attendance, while the guest speaker was Pastor Thomas Lemon, General Conference vice president. After lunch, members moved to Bishopdale church, where presentations and prayer focused on public evangelism efforts around the world. A prayer of dedication was held for Pastor Lemon, surrounded by young people and elders from the churches. —SNZC



SPREADING LOVE

Children from Goodstart Early Learning Centre in Redland Bay (Qld) made their monthly visit to Adventist Aged Care at Victoria Point recently. An Adventist Aged Care spokeswoman said the bonds between the children and residents had strengthened since the visits started about two years ago. —Redland City Bulletin



MUM'S THE WORD

Three-month-old Anaiyah De Silva was among more than 500 mums, babies, doctors and midwives enjoying the festivities at this year's Teddy Bears Picnic at Sydney Adventist Hospital. Children were entertained by music, balloon artists, bubble blowers and play activities. For the first time Adventist Media ran a booth at the event, promoting its At The Table mums' ministry. —Record staff



KINDNESS IN TABWEWA

Young people from the three Adventist island churches of Buakonikai, Uma and Nuku (Fiji) recently visited elderly and sick people in Tabwewa village. The young people presented gifts, sang and shared words of encouragement and inspiration from the Bible with the people they visited. Many of the villagers expressed appreciation for the visit, saying it was the first time they had experienced kindness from a church denomination. —Na Kaci

Safety first: The story of AdSAFE

Commencing in 2013, the Royal Commission into Institutional Responses to Child Sexual Abuse (Royal Commission) in Australia saw around 8000 allegations raised in private sessions before it concluded in December 2017.

Of the 8000, more than half, 4728, were from survivors within a religious institution. There were 189 Seventh-day Adventist survivors brave enough to share their story of abuse with the Royal Commission. Many other survivors, on their pathway to healing, did not publicly share their story. If we look at our relatively low Seventh-day Adventist membership in Australia, 189 is a disturbingly high number.

The Royal Commission released its final report with 179 recommendations for systemic changes within all Australian child-related organisations: 58 of those have been proposed for religious institutions.

Churches, because of their trusting environments, are seen by predators as a great opportunity to engage and abuse. The sexual abuse of a child is a terrible crime and is one of the greatest of personal violations against the most vulnerable in our community. It is a fundamental breach of the trust that children are entitled to place in adults. Sexual abuse is one of the most traumatic and potentially damaging experiences, and can have lifelong adverse consequences. Tens of thousands of children have been sexually abused in many Australian institutions. We will never know the true number.

The church experience can be one where spiritual people attempt to develop Christ-centred relationships with those who interact with the local Adventist church and its ministries. "However the Royal Commission has shown that the church environment can be a place where child safety can be compromised. In some local churches the power afforded to people in ministry and the misplaced trust of parents when combined with aspects of institutional culture, practices and attitudes can create risks for children and vulnerable people" (Royal Commission 2017 Final Report, p6).

The Royal Commission found that ignorance about child sexual abuse in institutions hindered prevention and identification. This lack of knowledge meant that institutions failed to respond appropriately and enabled the abuse to continue. Survivors also said this often "prevented them from disclosing abuse and seeking the treatment and support that would have otherwise been available to them" (see <childabuse-

royalcommission.gov.au/nature-and-cause>).

What many people fail to understand is that the trauma can have a profound, long-lasting and cumulative impact on the victim and survivor, affecting their spirituality and distorting their perception of God. Royal Commission chair Justice Peter McClellan stated that, "the loss of spiritual life for a survivor is common, although not universal. For many survivors this loss compounds the burdens they must carry for the rest of their lives."

The Royal Commission's recommendations will provide us with the necessary tools to help equip and empower us as adults to ensure we foster safe environments within our churches and wider entities, so all attendees can spiritually grow and have a loving relationship with God. It is a mistake to assume that sexual abuse in institutions will not continue to occur in the future. But by creating a safe environment we send out a very clear message to potential offenders that our Church is not a place that provides an opportunity to abuse.

Prevention is far better than cure. We pray for guidance and collaboration in creating a safe environment that sends a loud message to everyone, both in and outside of our faith community. Prevention is not just about ticking boxes. Rather it is a commitment and desire from within to care for His precious gifts.

"What we can be certain of is that any institution which does not acknowledge past wrongs and the need for change will lose the confidence of Australians. The community will not accept the legitimacy of any institution which does not give priority to the safety and wellbeing of the children for which it has responsibility," said Justice McClellan.

Working on the assumption that everyone knows everyone and therefore can be trusted is not an adequate defence in the eyes of our Lord if a child or vulnerable person is abused. Christ has shown us on many occasions through the Bible our responsibility to care for His children and vulnerable people. There have been times where we have failed in what we have been commissioned to do. It is sad that our world has reached this point, but it is also another sign our Lord is soon to return. Our children and vulnerable people, more than ever, need our Church community to surround and support them.

I ANN WOOLDRIDGE ADSAFE GENERAL MANAGER.

THE ADSAFE TEAM

AdSAFE Ltd (AdSAFE) is a separate incorporated entity set up for the Seventh-day Adventist Church to protect children and vulnerable people from many forms of abuse, serving the South Pacific Division. AdSAFE commenced in January 2017 from an identified need for our Church to be more intentional in our responses and management of child protection matters. Our independence is necessary to make informed decisions and recommendations, without influence from other Church entities and for the best interests of children and vulnerable persons. AdSAFE is continuing the important ministry that our Church commenced 18 years ago—to create a safe environment where our faith community can come and experience the love of God.

SURVIVOR SERVICES

The Survivors Services team provides care and support through specialised case management to survivors and vulnerable adults. Our aim is to create a safe environment where survivors can share their stories and be empowered in seeking justice and healing pathways, through the provision of information on the different options available and to help navigate through the different services within the wider community.

SAFEGUARDING SERVICES TEAM

Our Safeguarding Services Team is actively working to raise the awareness of our collective responsibility to protect and promote the safety of our children and vulnerable people. Currently supporting approximately 750 churches, 75 schools and a diverse array of services throughout Australia and New Zealand, our small team aims to ensure the best support that complements any existing processes and procedures.

OFFENDER MANAGEMENT AND INVESTIGATIONS

The ministry of the Offender Management team is to implement prevention strategies to mitigate the risk of sexual and physical abuse against children and vulnerable people within the context of the local church or its wider activities. The team works closely with pastors and their leadership teams for the effective implementation of safety agreements upon known persons of concern who need to be monitored in our environments. Reporting to regulatory authorities (police and other government agencies) is often required to satisfy jurisdictional legislation. Offender Management also coordinates and manages independent investigations into allegations about child and vulnerable person-related harm within the Adventist Church and its affiliated organisations.

REDRESS

The Seventh-day Adventist Church recognises and accepts that there are many survivors of child sexual abuse within our churches and institutions, all of whom deserve care and support as they try to rebuild their lives. The Seventh-day Adventist Interim Redress Scheme, which is guided by the recommendations of the Royal Commission, is one way the Church is acknowledging past abuse and providing support to survivors. Through our Redress Scheme, the Church aims to support survivors by listening to their stories, offering an apology, providing access to counselling and providing a tangible acknowledgment of past abuse by way of an ex gratia payment. Over the past 12 months, AdSAFE has received a number of applications for redress and we are hopeful that many more survivors will come forward and seek the care and support that is long overdue to them.



If you would like to make contact with our team for support, advice or to make a report please contact: 1800 220 468 (Australia) or 0800 442 458 (New Zealand). For more information go to: <adsafe.org.au>.

AN UNLIKELY PATHFINDER



In the summer of 2005, my dad was called to pastor a church in Brisbane, Queensland. This particular church had one of the largest Pathfinder clubs in Australia, so shortly after arriving it was decided—by my parents—that my brother and I would sign up.

In the week or so that followed, there was much weeping and gnashing of teeth. I was into reading, horses and pretty pastel colours, and my idea of camping was Big Camp, where (shock horror) we all had to sleep in bunk beds and share a bathroom with a few thousand other people. I did not want to do Pathfinders.

But Mum and Dad stood firm, and so I was dragged, sniffing, by my frilly pink shirt to the first club meeting. Surprisingly, I didn't hate it—some of my best friends from school attended this club, so I didn't feel alone. The classwork was interesting, the games were fun and the food was delicious.

None of this, however, would prepare me for my first Pathfinder camp. I'll never forget turning up to school where the buses were being loaded. While all the other kids were sensibly dressed in old clothes, carrying practical backpacks, I was ready for the outdoors in a snow-white, faux-fur hooded jacket and tracksuit pants, dragging a gigantic bright purple suitcase behind me.

Then the real fun began. My air bed wouldn't stop deflating. I had to have the term "long drop" explained to me when I asked where the bathrooms were—and then flat out refused to use them when one of the Explorer boys said he'd spotted a snake with his torch. I learned to use a combination of wet wipes and deodorant to "shower", and by the end of camp, my clothes were spattered with mud.

And I loved it.

It has now been 10 years since I finished Master Guide, and I can't help but look back on my Pathfinder experience with joy and immense gratitude. I've spent countless hours under open skies filled with stars, laughing with friends and slapping away mosquitoes and sand flies. I've been awoken at a camporee at 1am due to a flooded tent and torrential rain. I've canoed and hiked and abseiled, and swum with turtles on a teen expedition at the Great Barrier Reef. I've spent more than a week bathing only in the ocean, and have had to dig my own toilet. I've learned about everything from camp cooking to stars, and have the badges to prove it.

And the friendships—and the memories—last forever. At a wedding in Brisbane recently, the bride, a close friend of ours, had a lot of Pathfinder photos. Surrounded by candles and cake, we played the game, "Remember

that one Pathfinder camp when . . .?" reminiscing about the times we tied a friend to a tree on top of an ants' nest, played Capture the Flag in the dark—only to end up with scratches, bruises and one broken wrist—and kidnapped another friend's teddy bear and put it in the long drop.*

Pathfinders is special. And it takes a lot of people to make it that way. I would not be who I am today if it were not for those people who continue to work tirelessly, often without recognition, to make sure Adventurers and Pathfinders are spaces where children and teens can learn, explore, make new friends and, especially, grow closer to Jesus. And I know so many people around the world have their own Pathfinder memories to share, and have been continually blessed by the investment these dedicated members (almost always volunteers!) have made in the lives of young people.

So to everyone who has been or is currently involved with Pathfinders: thank you, from the 13-year-old girl who shuddered at dirt under her fingernails and who can now pitch a tent in the dark.

** In hindsight, I don't recommend any of these activities. However, they do make excellent dinner party stories.*

MARITZA BRUNT ASSISTANT EDITOR.



my ministry

NNSW MEN'S BBQ

LIVING HIS WORD

WITH WAYNE BOEHM

LESSONS FROM ABRAHAM

The test set before Abraham was to be the severest of all tests. "Abraham had accepted without question the promise of a son, but he did not wait for God to fulfil His word in His own time and way . . . God had called Abraham to be the father of the faithful and his life was to stand as an example to succeeding generations. But his faith had not been perfect. He had shown distrust" (PP 145).

How was he to carry out the instructions when the promise to become a great nation rested upon the one who was to die? It didn't make sense but he moved forward in faith. **CONSIDER** the journey Abraham took to that mountaintop—each step was one of faith (Genesis 22:3,5,8,10).

But this isn't just the story about Abraham. It's also the story about a faithful son who willingly submitted to the instructions of his aged father. **CONSIDER** Genesis 22:7,9. The son of promise could have easily overpowered his aged father and escaped, but he submitted to the will of his father. Jesus' story took place just to the east of Mt Moriah where Isaac had submitted to his father. **CONSIDER** the parallels between these two stories in Matthew 26:39.

Bound, with his father's hand raised, Isaac lay ready for the inevitable. Unknown to Abraham and Isaac, a substitute was already there. Before Abraham left, before the altar was built, before the hand was raised, a substitute had been prepared—a ram as a burnt offering. **CONSIDER** 2 Corinthians 5:21.

This is our story. Condemned to die, destined to live. God sent His Son, born of a woman, to redeem those under the law, that we might receive adoption as sons and daughters. Let us then live in all the fullness of faith, always seeing Him who is invisible (Hebrews 11:27).

Every year, around April, a unique migration happens along the North New South Wales (NNSW) coast—specifically, Stuarts Point. A group of males, of all ages, converge on the NNSW Big Camp for what has long been regarded as one of the most integral events in Australian culture: the barbecue.

This barbecue, however, is special. It's a time when men and boys—fathers, sons, single men, uncles, grandfathers—can come and enjoy a social evening. It's called the Big & Little Men's BBQ, and it's changing lives across the state.

"The idea is just to encourage men to be men of integrity—in their homes, in their marriages and in their churches, and to stand up to what God has called them to be," says NNSW Children's and Family Ministries director Pastor Daron Pratt, who organises the event. "We live in a society where the absence of men in our homes is, unfortunately, becoming more and more of an issue. Children—especially boys—need men to help them to grow in life and understand life and to understand God, so we want to thank the men who come for what they're doing, for being there and for being present in their children's lives."

The barbecue has been running for five years now, and follows a simple format.

"We just throw out a table—none of the pretty stuff, we're men—with just a good old burger on a roll, a ginger beer, a muffin and a bit of fruit,"

says Pastor Pratt. "I give a short talk, thanking the men for what they do, and encouraging them in their walk."

A highlight of the evening is also the friendly cricket and footy match out on the oval, which is a hit with the younger boys.

"They really love it," says Pastor Pratt. "Often our dads are busy 24/7 with work and life, just trying to keep food on the table and support the home, and they get so busy that they don't get the time to just be present with their kids. At this event, we make a small window where that can happen—just dads and boys playing together."

The feedback has been phenomenal. This year's event saw 250 men from all walks of life attend the barbecue, an exponential increase from the inaugural number of 50. Men have come back to Pastor Pratt during the year to tell him the BBQ boosted their marriage, their fatherhood and their walk with God.

"The Church often assumes when it comes to our men," says Pastor Pratt. "This is just one way of saying to the men, 'You are important and what you do matters.' We want to encourage men to go back to their churches and begin to find ways to encourage the other men in their churches. We want to encourage them to stick it out when things are difficult, because they are making a huge difference in their family's lives."

I MARITZA BRUNT ASSISTANT EDITOR.

RECLAIM YOUR IDENTITY

Baptism

By baptism we confess our faith in the death and resurrection of Jesus Christ, and testify of our death to sin and of our purpose to walk in newness of life. Thus we acknowledge Christ as Lord and Saviour, become His people and are received as members by His church. Baptism is a symbol of our union with Christ, the forgiveness of our sins and our reception of the Holy Spirit. It is by immersion in water and is contingent on an affirmation of faith in Jesus and evidence of repentance of sin. It follows instruction in the Holy Scriptures and acceptance of their teachings. (Matthew 28:19, 20; Acts 2:38; 16:30–33; 22:16; Romans 6:1–6; Galatians 3:27; Colossians 2:12, 13.)

I sat across from a young lady and held back my tears as I watched hers flow. She was a committed and faithful follower of Jesus but she had never been baptised. Now, two years after I'd met her, she'd finally made the decision. So we sat outside a café and I led her through a simple Bible study on baptism. I wanted to make sure she knew what baptism was. Not the shallow version we often promulgate, but the raw, beautiful and romantic version the Bible reveals.

We were halfway through when tears began to flow. Time and time again, as I lead students through a study on baptism, something happens. Not everyone cries. But almost everyone is moved. Because baptism, it turns out, is much more than just

"marrying Jesus".

So what exactly is baptism? The answers we often hear are that "baptism is the beginning of your journey", "baptism is a public declaration of your commitment to God" or "baptism is like a wedding, you are marrying God". None of those are false but there is so much more.

To break it down, we need to go back to Eden. There, we are introduced to a man named Adam—the father of the human race—and his wife Eve. In Genesis 2 the author goes to the trouble of emphasising that the man and his wife were both "*naked*" and they felt no *shame*" (Genesis 2:25, *italics added*). Everything was perfect . . . until chapter 3 when Adam and Eve sin and suddenly "realise they

are naked". In other words, shame is introduced.

At its simplest, shame is an issue of identity. Adam and Eve were naked but felt no shame. Then, they realised they were naked and felt shame. It wasn't their nakedness that had changed. When they made the covering of fig leaves, it wasn't their body parts they were trying to hide. They were naked before sin, and naked after it. And of course, they were husband and wife so it's not like there were any surprises. What changed was their "realisation", which is another way of saying "the way they saw reality". Shame warped their sense of identity. Shame led them to see themselves differently. They felt a sense of brokenness and self-loathing. They wanted to hide,



and hide they did. I suggest the thing they were trying to cover was a new and distorted sense of identity.

Fast forward several thousand years to the hospital room where you were born. It's a beautiful scene of new life. There you are—Adam's great-great-great (to the hundredth power) grandchild. Yet underneath this momentous occasion is one nagging reality: you emerge from your mother's womb with a psyche predisposed to shame and brokenness. And as the years go by, it manifests itself more and more.

I have been there. It's a terrible burden to carry. No matter what you say to yourself, you just can't seem to break the cycle. Shame is Satan's tool to keep us bound to our failures and focused on ourselves. Guilt leads us to repent and move on. Shame stops us from moving on, even after the repenting has been done.

And it is to this experience that the narrative of baptism speaks with overwhelming power. Paul writes:

The Scriptures tell us, "The first man, Adam, became a living person." But the last Adam—that is, Christ—is a life-giving Spirit. What comes first is the natural body, then the spiritual body comes later. Adam, the first man, was made from the dust of the earth, while Christ, the second man, came from heaven. Earthly people are like the earthly man, and heavenly people are like the heavenly man. Just as we are now like the earthly man, we will someday be like the heavenly man (1 Corinthians 15:45–49).

The "first Adam" is the one we encounter in Genesis—the father of the human race, our father.

The second Adam is Jesus.

All humans born under the first Adam belong to the family of Adam. But Jesus came as the second Adam, to take the place of the first Adam. All humans born again under the second Adam (Christ) belong to the family of Christ. So Jesus is the new Head of humanity for all who accept Him. This means there are two families now: those whose ancestor is Adam and those whose ancestor is Christ.

But why does this matter? Paul explains this a bit more in Galatians 4:4–7:

But when the fullness of the time came, God sent forth His Son, born of a woman, born under the Law, so that He might redeem those who were under the Law, that we might receive the adoption as sons. Because you are sons, God has sent forth the Spirit of His Son into our hearts, crying, "Abba! Father!" Therefore, you are no longer a slave, but a son; and if a son, then an heir through God.

In Paul's time, when a person was adopted into a family, they assumed the same identity as the family itself. An adopted son was not regarded as an adopted son but as a son. His old identity, debts and obligations were cancelled. He now had an entirely new identity under the new father of the house. His dad was no longer his biological dad. He now had a new father and grandfather, a new family tree and heritage, and was expected to take on their legacy, history and status.

As believers, we have been reborn under the second Adam (Jesus) and adopted into God's family. We no longer belong to the first Adam. He is no longer our head or our pop-pop. This means everything for which we were under the first Adam—our

ancestry, heritage and story with him—has been cancelled. We now have an entirely new identity. We are no longer children of the earthly man but of the heavenly. The shame associated with our heritage in Adam—the dark pages of our story—is completely wiped away by the reality we no longer belong to that family or its identity and heritage. We are now in Christ—a new creature with a new identity. Since shame is a matter of identity, freedom comes only when we receive our new identity by faith in Christ.

Baptism is the ritual Jesus gave us through which we enter into our new identity in Him. It is more than "marrying Jesus". Baptism is switching families. Baptism is swapping identity.

Jesus took your shameful identity to the cross and He now offers you a new identity and heritage based on His perfect life and sacrifice. And its yours, for free. The scars on His hands are the guarantee that you don't have to live in shame. You can be free. Paul wraps it all up in Romans 6:4:

We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

This truth set the foundation for me to let go. And I'm not entirely sure what it whispered to the heart of my friend as we sat under the warm, summer sun. But it said something.

I pray that it says something to you as well and spurs you to do more than just dip into some water but to celebrate the ritual of new life and identity the Bible calls baptism.



MARCOS TORRES

Pastor of Vic Park and Joondalup churches in WA. Marcos blogs at pomopastor.com.

REUBEN HARE: ULTIMATE SERVICE-MAN



Reuben Ethelbert Hare was the first of Robert and Henrietta's two sons. His father was the first locally born ordained minister of the Seventh-day Adventist Church in Australasia. His mother was a teacher at Healdsburg College in California and, after Robert finished his ministerial training there, they moved to New Zealand and she never saw her American homeland or her family there again.

Reuben was born in Gisborne on June 16, 1889. Moving with his family as an infant to Australia, he grew up there and in young manhood trained as a dental mechanic, blacksmith, wheelwright and engineer. This practical training was of lifelong benefit.

Reuben attended the old Avondale School for Christian Workers (now Avondale College of Higher Education) for several years and there completed the Biblical Academic Course (ministerial training) but did not graduate. While a student at Avondale, Reuben met Ivy Emily Reeves and they married on October 18, 1911, after which he entered the organised work of the Church. Reuben and Ivy had four sons, Ronald, Neville, Douglas and Barrie, between 1912 and 1929.

Pastor Hare's first years of service were in public evangelism and he also helped to construct several churches before he was ordained in Brisbane (Qld) in September 1917.

Following a stint as Home Missions and MV secretary for the Queensland Conference (1917-18), Pastor Hare was appointed city evangelist in Adelaide and then to the same role in Sydney in 1920 before pastoring in Albury, NSW, in 1922-23.

In 1923 Pastor Hare was appointed to the English work in India, serving in Colombo, Bangalore and Bombay until 1928 when he returned to Australia to lead the Home Missions Department in the Union Conference Office. From 1930 he spent six years as president of the South NSW Conference,

which included the city of Sydney, and then almost two years as North New Zealand Conference president before being recalled to the Home Missions Department of the Union Conference.

With war clouds gathering, he organised the National Emergency Service, which could be called upon by government agencies in times of crisis.

To this end, training classes were organised using St John Ambulance manuals and materials. Instruction was given for air-raid wardens, rescue, demolition and decontamination, volunteers, ambulance drivers and attendants. Women were trained to care for the ill and injured, and Sanitarium Health Food Company trucks were modified and equipped for immediate use as ambulances should the need arise. Later, with Europe devastated by war, Dorcas societies packaged contributions of food and clothing and sent them off to the United Kingdom, West Germany and even the Russian-occupied zone in Berlin. These efforts, initially coordinated by Pastor Hare, continued after the war to meet the social welfare needs of the local Australian population.

For two years from 1938, Pastor Hare was editor of the *Australasian Record*, and from 1940 the Religious Liberty secretary as well. From 1940 he was also the field secretary for the Australasian Union, the equivalent of the present-day South Pacific Division.

In 1945, in addition to his other

roles, he became the Islands vice-president, tasked with the huge responsibility of getting the work of the Church re-established in the Western Pacific after the chaos caused by Japanese imperialism and occupation during World War II.

In 1950, Pastor Hare became the general secretary of the Australasian Union but it would seem this was in addition to his existing duties. While there is some conflict in the record of the specifics of some of these duties, it is clear Pastor Hare carried an incredible workload right up to his retirement in 1958, accumulating 47 years of denominational service.

Alongside all his other achievements he also found time to be active in the St John Ambulance Association, where he ultimately achieved

the distinction of becoming Knight of the Venerable Order of St John of Jerusalem. This significant honour was bestowed upon Pastor Hare by Queen Elizabeth II at Buckingham Palace.

Pastor Hare fell asleep in Jesus on Sabbath afternoon, November 6, 1976, aged 87 years. His beloved wife was laid to rest in the same grave as her husband just a few months later, after her death on April 29, 1977.



DR LESTER DEVINE DIRECTOR EMERITUS OF THE ELLEN G WHITE/ADVENTIST RESEARCH CENTRE AT AVONDALE COLLEGE OF HIGHER EDUCATION.

Dreaming BIG

A sheepish smile peeks from behind tiny hands covering her face. Eleven-year-old Rebina has just returned from school, and her mother has introduced some funny-looking foreigners.

But her initial shyness doesn't last long. Once Rebina realises these visitors are not too weird, she relaxes. Within minutes she's giggling and practising her English on these strangers.

Still dressed proudly in her blue school uniform, Rebina's hair is tied up in pigtails with bright red ribbons. She has just completed one of her last end-of-year exams and the Nepalese school year is almost over.

She's a little bit sad, because she enjoys studying and learning.

"I like going to school," Rebina tells us, "Because when I am at school I get to learn new things. I like learning.

"My favourite subjects are Nepali, science and maths."

Rebina has a dream: to help other people in her community in a very practical way. As she explains, her mother grins proudly.

"When I grow up, I want to be a doctor," Rebina says. "I want to become a doctor so I can help people who are sick."

* * * *

Tucked between India and Tibet in the mighty Himalayan mountain range, Nepal is a country of rare beauty.

But by all accounts, Nepal is one of the poorest countries in the world.

Old dilapidated cars bounce along pothole-laden roads, fighting for position with dirty diesel trucks and buses, which turn the air into something you can taste. Across these busy roads, cows wander aimlessly, unaware of the

obstruction they're causing.

Best known for its majestic peaks that soar above the clouds, Nepal is home to 29 million people. While tourists flock to this trekking paradise, the country remains rooted deep in poverty.

There are governance issues. There are geographic challenges. Infrastructure is either outdated or lacking completely. And the 2015 earthquake that rocked the country to its core exacerbated these problems.

The country scores poorly on the Gender Inequality Index—144th out of 188 countries—putting women at a structural disadvantage. And that's a big problem.

The United Nations found gender inequality is a major cause and effect of poverty, with women and girls accounting for 60 per cent of chronically hungry people worldwide.

The Asian Development Bank puts it this way:

"The low status of women in Nepal can be traced to economic, legal, sociocultural, political and institutional factors—which are interrelated, mutually reinforcing and centuries old. The condition of women was exacerbated by the country's caste system, as this defined access to resources and opportunities."

Times are changing, however, and Nepal is making some progress in overcoming this gender inequality. In 2015 Nepal elected a woman president and in 2016 a woman was appointed Chief Justice of the Supreme Court for the first time.

Meanwhile, international development organisations like ADRA are focusing heavily on gender equality in their programs to empower women.

* * * *

The small twin-prop plane hums loudly as it cruises towards Kathmandu. Out the window, majestic Himalayan peaks stretch upwards, reaching well above the clouds and our small airplane.

Reflecting on Rebina's story, I feel inspired and hopeful but uncertain.

Inspired, because her dream of helping others in such a tangible way is so pure and her heart for service so beautiful.

Hopeful, because the spark I saw in her eyes when she spoke gave me confidence she can overcome the odds to achieve her dream.

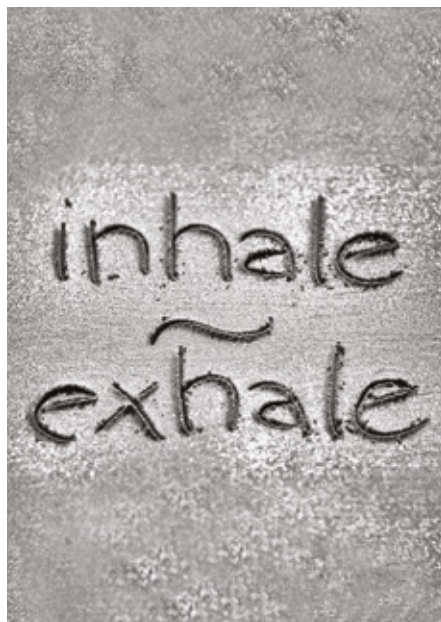
But uncertain, because despite Rebina's passion and talents, a frustrating lack of financial resources and educational opportunities could cripple her dreams.

So over to you. Will you make a difference?

Your gift before June 30 will help people like Rebina. Visit adra.org.au/amazing.

JOSH DYE COMMUNICATION COORDINATOR AT ADRA AUSTRALIA. HE TRAVELLED TO NEPAL IN MARCH.





STRESSED? THE WAY YOU BREATHE CAN CHANGE YOUR DAY

Breathe in, breathe out. It's something we all do subconsciously every single day. But what if this simple act could do even more for us than keeping our bodies going? What if breathing could help to lessen your stress?

We're more stressed than ever and the feeling can be crippling, with almost 5 million Aussies suffering from stress and 60 per cent of Kiwis reporting they feel stressed at least once a week.

In this modern era of social media and the 24-hour mobile workplace, people use the words "busy" and "stressed" interchangeably—and stress is often worn like a badge of honour.

So, can taking a deep breath really reduce your stress levels? And if so, how?

Generally, when a person is stressed they take quick shallow breaths, sending a message to their nervous system to release a flood of stress hormones (like adrenaline, noradrenaline and cortisol).

On the other hand, taking slow and steady breaths signals to the brain that everything is okay, helping to calm the mind and reduce physical symptoms of stress.

The power of breathing has long been recognised as a helpful tool to promote calmness, with recent research highlighting the strong neurological connection between stress and breath.

So why not give it a try? We've compiled a few of our favourite and easy breathing techniques that will help you relieve stress today. Thankfully, these are techniques you can try at your desk, in the car or in the comfort of your home to help you unwind from a stressful day. Happy breathing!

Visit <sanitarium.com.au> or <sanitarium.co.nz> for more great ways to improve your health.



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TRY THESE BREATHING TECHNIQUES TODAY



PURSED LIP BREATHING

1. Breathe out for double the amount of time you inhale.
2. Take a normal breath in through your nose for 2 counts.
3. Pucker your lips and exhale for 4 counts.
4. Repeat for a few rounds.

DIAPHRAGMATIC BREATHING

1. Place one hand on your chest and the other on your tummy while sitting or standing.
2. Breathe in deeply and slowly through your nose, feeling air filling your belly (not your chest).
3. Breathe out slowly through your lips.
4. Keep breathing for 5-10 minutes.



TEDDY BEAR BREATHING

1. Get your child to lie down with one hand on their chest and their favourite stuffed animal on their belly button.
2. Ask them to close their eyes and relax.
3. Encourage them to make the stuffed animal on their tummy rise—not their chest.
4. After a full breath, hold it, count to 3, then ask them to breathe out.
5. Repeat until they feel relaxed.

Sanitarium
health & wellbeing



RECORD READERS

Adventist Record can be found in churches throughout the South Pacific, yet one particular church is a little different. Inmates of this church are a “captive audience” as they meet each Sabbath at Bomana Prison, Port Moresby, PNG.

Elder Reuben Alu, who is also head of security at Pacific Adventist University, considers Bomana his home church and has attended there for years, bringing *Record* and providing Bibles for the inmates. Around one-tenth of the prison population attend the Adventist church services. The photo depicts Dr Nick Kross, SPD youth director, with some of the inmates and their *Record* magazines on a recent visit. Pastor Kross previously provided Mr Alu with 500 World Changers Bibles for the inmates and hopes to provide some more soon.

Jarrod Stackelroth
Editor

ETHICAL INVESTMENT

Bruce Manners’ article “A good investment decision for a nuclear age” (Feature, May 19), on the Church’s investment decisions, is a good reminder of our superannuation.

Recently I learnt that most superannuation packages include investment in tobacco, gambling and weapons. However, there is good news: many superannuation companies have an ethical investment option, and Australia has three dedicated ethical super funds.

I’m glad to say that my super no longer funds the destruction of humankind and the planet, and now funds things like solar power.

Ben Reuter, NSW

ROYAL WEDDING

Adventists should applaud the witness to Protestant Christianity evinced by the recent televised broadcast of the wedding between Prince Harry and Meghan Markle.

The wedding was char-

acterised not only by class, elegance and tradition, but also by intelligence, authenticity and spirituality.

I loved the inclusivity it extended to people of all races, colours and gender, and I especially liked Bishop Michael Curry’s beautiful tribute to the love of God and its world-changing power. All in all it proved to be an inspiring and beautiful wedding and a worldwide spectacle to the glory of God.

Jeff Crombie, Qld

TEMPLE CLOTHES

Re: “Church clothes anxiety” (Editorial, May 19). It’s sad we forget the temple is us, not the building. Having to be dressed up to attend as if you’re somehow coming before God is only going backwards in the gospel experience.

Peter Aitken, NSW

BEYOND APPEARANCES

I found “Church clothes anxiety” (May 19) puzzling.

How wearing “good” clothes (with or without a

tie) to a worship service can be harmful by themselves I find hard to understand.

Jesus apparently wore a “mid-range” garment and was able to mix with all classes.

Most people have smart, casual clothes, even if they don’t have a formal suit.

Society accepts that formal or semi-formal secular occasions expect a level of appearance—even the Bible refers to this (see Matthew 22:11). Why can’t we also show respect for God at worship services by wearing good clothes?

I have worked in retail security and sales, where we were trained not to judge someone on their appearance alone. Surely, we can do this in the Church. Surely the Church has matured from the “knee-jerk” response of the mid-’60s Hippie generation that rejected people purely on things like how long their hair was.

Our attitude to people (see James 2:1-7) and to demonstrate respect for God is equally important as

what we wear.

While details may vary, the Old Testament shows the principle of taking special clothes and grooming preparation for both the congregation and clergy/priests (Exodus 19:10,11; 28:40-43).

The solution to avoiding needless offence is not in making new dress codes but changing our attitude to welcome people into church. And having constructive, prayerful and tactful ways of dealing with any dress code issues only if it is really necessary. In many cases people will adjust aspects of their life to a welcoming community without “being told” anyway.

Ryan Young, Vic

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

AT THE

Table



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.

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HI KIDS!

KIDS SPACE

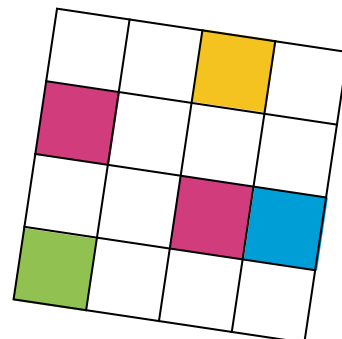
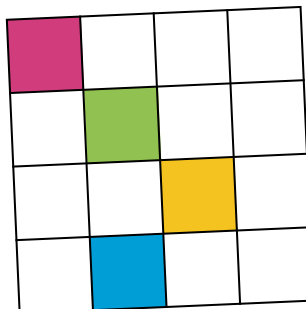
PRODIGAL SON

A man has two sons. One of them feels restricted at home and demands his inheritance so he can go out into the world to live on his own. His father agrees and the son goes out and wastes all of his money on worldly pleasures. Without money or friends, he realises he has made a terrible mistake. He returns home and is warmly welcomed by his father, who gives a party in his honour.



SUDOKU

COLOUR IN THE SQUARES SO THERE IS ONE OF EACH COLOUR IN EACH ROW.



MATCHING GAME

COMMUNITY MESSAGE

Match the pigs and put the words in number order to complete the message.



1. Peo



2. in G



3. fam



4. nev



5. top



6. ple



7. ing f



8. ch o



9. or ea



10. od's



11. ther



12. car



13. er s



14. ily

Anniversary



RAYNER. David and Marita were married on 19.5.1968 in South Brisbane church (Qld) by Pastor M M Stewart. They spent most of their working lives at Signs Publishing Company in Warburton (Vic) and now live near Toowoomba (Qld) where they teach ukulele to almost 100 students in the seniors U3A program. They have three much-loved daughters—Janelle, Leonie and Julie—Ann—and five wonderful grandchildren. David and Marita give thanks to God for His many blessings and the joys that He has given to their home.

Weddings



KOZIOL-KEATING.

Tyson Koziol, son of Helen and Shane Koziol (Adelaide, SA), and Minique Keating, daughter of Andrew (Gold Coast, Qld) and Michelle Keating (Brisbane), were married on 8.4.18 in Carrick Hill Gardens, SA. The couple will set up their home in Adelaide where Minique is employed as a Bible teacher at Prescott College Southern and Tyson works as an electrician.

Joseph Maticic, Travis Siutu



PARSON-DRAZIC.

Mitch Parson, son of Richard and Penny Parson (Brisbane, Qld), and Jelena Drazic, daughter of Rudenko and Dushanka Drazic (Brisbane), were married on 22.4.18 in the Mount Gravatt church, Brisbane. They met through mutual friends. Mitch works in the community services sector and Jelena as an administration officer for Brisbane City Council. They will set up their home in Brisbane.

Mark Pearce

Obituaries

BOARD, Gordon Stewart, born 24.7.1933 in Cannington, WA; died 23.4.18 in Mt Barker. On 24.12.1963 he married Pamela White. Gordon is survived by his wife; children Cherelle and Graeme Fitzclarence (Karratha) and Greg and partner Michelle (Albany); and brother Tom and Laurie Board (Albany). Gordon loved his family and showed compassion for many in need. He had a passion for ministry,

serving as a lay preacher, elder and mission coordinator for the Youlden Report in Perth. With a desire to help his wife who suffered from dementia, he graduated from Curtin University with a Master of Science degree at the age of 84 at a time when he was critically ill from cancer.

Robert Kingdon

CAMPBELL, Linda (nee Calligan), born 11.5.1960 in Sydney, NSW; died 24.3.18 in Perth, WA. On 9.2.1985 she married David. Linda is survived by her husband; children Brad and Katie, Greg and Taya, and Megan and Digby; her granddaughter Billie, born a week after she died; and sister Sue. Linda trained as a physiotherapist and was actively involved in many sports. While working in Esperance she met and married David whose family was one of the first farmers to settle in Esperance. From then on farming, her family, and the local farming and sporting community became her life. Her 30-year battle with cancer drove her to seek both medical and spiritual answers, which she eventually found in the Bible. This led her to Jesus and the Adventist faith in 2008.

Roger Millist, David DeKlerk

COTTRELL, Marjorie Vera, born 31.1.1926; died 2.5.18. On 6.7.1946 she married Septimus Cottrell, who predeceased her on 6.3.01. She is survived by her children Jenet (Qld), George, Diane Hughes and Robyn Mitchell (NSW); 14 grandchildren; 32 great-grandchildren; and two great-great-grandchildren. Marjorie was baptised in 1986 and soon after worked at the Cooranbong Community Services Centre. Whether in her library duties or other roles, her work was marked by friendship, faithfulness, kindness and a willingness to help anybody. An observer might well remark, "Well done Marjorie, for allowing the love of God to shine through you."

Jim Beamish, Steve Magaitis



FEHER, Gyula (Julian), born 23.3.1939 in Subotica, former Yugoslavia; died 27.4.18 in Adelaide (SA). On 8.4.1973 he married Aurora. Gyula is survived by his wife (Adelaide); children Joachim and family (Central Coast, NSW), Miriam Kingston and family (Lake Macquarie), and Ingrid (Danii) and partner (Adelaide, SA). After leaving Communist Eastern Europe in the 1960s, Gyula spent some years in Paris and, after

working in a variety of jobs, held a position as a waiter in an expensive hotel. During those years he met Aurora while holidaying in Romania and met Jesus through Bible studies with French Adventist pastors. After migrating to Australia in 1974, he continued to work hard for his family, but never lost his missionary zeal for sharing his faith and befriending lonely and struggling people wherever he met them.

SMITH, Heather Margueretia (nee Smith), born 1.1.1942 in Brighton, Vic; died 6.4.18 in Perth, WA. In 1961 Heather married Max Smith, who predeceased her on 20.11.17. She is survived by her two sons: David and Desiree (Forrestfield, WA), and Peter and Lee Smith (Christmas Island); and grandchildren Lilyan and Nathaniel. Max and Heather sensed a call to ministry, then attended Avondale College (1964-67), followed by a life in ministry and service in the North NSW and Western Australian conferences. Heather was the consummate support to Max and also found fulfilment in her work as an office manager. She relaxed by creating various crafts, with porcelain dolls being a favourite.

Ian Royce



WALL, Mavis Clyde (nee Stewart), born 11.12.1924 in Box Hill, Vic; died 2.5.18 in Normanhurst, NSW. Mavis was predeceased by her son Rod and daughter Lesa. She is survived by her son David, daughter-in-law Susan and niece Naomi. After a difficult early life, Mavis spent the last 35 years at Azalea Court in Hornsby, and kept her mind active sharing her love of Christ.

ADVERTISING

MT DRUITT ANNIVERSARY

Mount Druitt is celebrating 30 years on July 14, starting at 9:30am at 55 Hythe Street, Mount Druitt. All past members and pastors are invited to come and celebrate. To assist in catering, book by emailing us: <mtdruitsda@gmail.com>. RSVP by June 30.

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>.

GREY NOMADS CAMP — ADVENTIST ALPINE VILLAGE, NOVEMBER 5–10, 2018

Plan now to attend the South NSW Conference Grey Nomads camp for a spiritual feast and social fellowship at the Adventist Alpine Village, Jindabyne, NSW. Set in the beauty of the Australian Southern Alps, numbers are limited to 150 attendees. To receive an application form and details of accommodation options, please contact Robyn Howie: phone: 02 6249 6822 or email <robynhowie@adventist.org.au>.

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Finally...

No child of God sins to that degree as to make himself incapable of forgiveness. —John Bunyan

NEXT ISSUE: ADVENTIST RECORD, JUNE 30

POSITIONS VACANT

MARKETING DIRECTOR—ADRA AUSTRALIA WAHROONGA, NSW

Do something extraordinary . . . marketing director, ADRA Australia. Imagine using your marketing and communication skills to influence campaigns and programs aimed at building a better world for families and communities. In this role you will direct and manage all of ADRA Australia's marketing, communication and fundraising, including the development, implementation and monitoring of strategies focused on building stronger relationships with the Adventist Church and growing ADRA Australia's supporter base. Now that's doing something extraordinary. See <adra.org.au/work-for-us/> for more details, access to a job description and how to apply. Inquiries should be directed to Alison Young at <alisonyoung@adra.org.au> or by phoning: (02) 9473 9503.

Applications close June 24, 2018.

SUPPORT SERVICES DIRECTOR—PACIFIC ADVENTIST UNIVERSITY PORT MORESBY, PAPUA NEW GUINEA

Pacific Adventist University is seeking qualified applicants for the position of support services director. The role of the support services director is to manage the organisation and operation of the various departments within the Support Services Department, including building maintenance, machinery, security, campus and grounds. They are also responsible for the oversight and management of all

special projects undertaken by the university. For more information please visit the South Pacific Division's Human Resources website at <adventistemployment.org.au>. All applications, including your CV, three work-related referees and a reference from your church pastor, must be forwarded to: Human Resources, Seventh-day Adventist Church (Pacific) Limited, Locked Bag 2014, Wahroonga NSW 2076, Australia; email <hr@adventist.org.au> or fax (02) 9489 0943.

Applications close June 29, 2018.

ADMINISTRATIVE ASSISTANT TO THE PRESIDENT—SOUTH PACIFIC DIVISION (SPD) OF THE SEVENTH-DAY ADVENTIST CHURCH WAHROONGA, NSW

The SPD is seeking a highly suitable candidate to support the function and operation of the presidential office, including undertaking designated research and special projects. This part-time support role will report directly to the Division President and be based at the head office in Wahroonga NSW. For full selection criteria please visit the South Pacific Division's Human Resources website at <adventistemployment.org.au>. To apply, please send a cover letter, your CV, three work-related referees and the contact details of your Adventist church pastor, to: Human Resources, Seventh-day Adventist Church (SPD) Ltd, Locked Bag 2014, Wahroonga, NSW 2076 Australia; email <hr@adventist.org.au> or fax (02) 9489 0943. Applications close July 2, 2018.

FOR MORE AVAILABLE POSITIONS VISIT:
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Saturday 1 September

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- Dr Leigh Aveling
- Chaplain Stenoy Stephenson

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