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## WHY I GO TO CHURCH FOR THE FOOD

SOMETIMES GETTING TO CHURCH IS  
HARD . . . BUT IMPORTANT 12

### NEWS

BUSHFIRE RECOVERY CONTINUES: LOCAL  
ADVENTISTS BRING SUPPORT AND RELIEF 14

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"It's like a wave of understanding that comes along with reading your magazine. Your article about not being the perfect mum resonated with me so much. I loved its honesty. Your magazine played a pivotal role in my moving forward—in many ways than one. It's given me hope and encouragement. May God continue to bless your efforts!" —Bee

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## A HAVEN OF CONNECTION

Recently, my wife and I got hooked on a TV show. We'd wait in anticipation for the latest episode each week. The show? *Old people's home for 4 year olds*. The premise? Take a class of cheeky, energetic, curious, filter-less four-year-olds and have them spend a significant amount of time with the elderly residents of a nursing home—some of whom also lacked a filter.

On the surface it was cute, wholesome reality television, with plenty of laughs and a few tears.

But as the show's script kept reminding us, the importance of this "experiment" went deeper than just entertainment. The show claims that 40 per cent of elderly people don't receive any visitors. Up to 80 per cent of the elderly participants tested high on the scale for geriatric depression, loneliness and limited mobility.

During the course of the show, we witnessed the older people coming out of their comfort zones, trying new things and forming lasting friendships with the little people. Interacting with the young folk created measurable improvements for the nursing home residents, both in mental health and mood, as well as in fitness levels. There were also demonstrable benefits for the young people as well, who improved their confidence, social skills and vocabularies.

It seems intergenerational mingling is beneficial in a number of ways. It's not just elderly people who are suffering from isolation and loneliness these days. Add mental health challenges into the mix and many of us are suffering from disconnection and disillusionment.

Yet, in our western world, where it is quite common to move to another city for work—disconnecting from family and friends—many of us lack meaningful relationships and intergenerational ties outside of our own nuclear family. Shifting cultural values, personal entertainment systems meaning less need for social interaction, high density living and disconnection from meaningful relationships have left us feeling hopeless. The relationships we do have often don't meet our expectations or are fleeting and shallow.

It turns out one solution to our emptiness epidemic is an oldie but a goodie. Church.

Church, as understood by early Christians and the

biblical authors, is a group of people coming under Jesus' Lordship. Church cannot be experienced in isolation but it can be a haven of connection for the isolated. We are called to be the church. Us, people, not bricks and mortar but blood and bone.

There was a time in my life, not too long ago, where I discovered firsthand the benefits of connection and support that being the church can provide. I was struggling to hold everything together. The weight of juggling competing responsibilities at work and home, while trying to support my wife, who was struggling with her own mental health, meant I was feeling fairly isolated and alone. Enter my church.

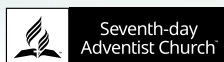
I have at least two "church" experiences each week. Apart from attending my local church on Sabbath, I meet with a group of men from church for a mid-week meal. When I feel my worst, I can share everything I am going through with these guys, without judgement or solutions, just a listening ear and shared prayer. I'm afraid sometimes it's just sharing frustrations and pain. Not much Bible study! It may not seem productive, but it is lifesaving.

The early Christian church, as described in Acts, was just families and groups of people meeting in each other's homes. There weren't big bands, fancy AV productions or slick rhetorical presentations. Just breaking bread and remembering Jesus.

Yes, churches can be critical and judgemental. There are bad and broken people in churches. So don't attend or commit to a toxic church. Jesus gave us the key to identifying His true church: "By this everyone will know that you are my disciples, if you love one another" (John 13:35).

Perhaps you've been feeling isolated and lonely, or are just looking for the positive benefits that a loving, intergenerational community might bring. Try your local church. You might be surprised by the results.

**JARROD STACKELROTH**  
SENIOR EDITOR  
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## MASTER THE THINKING

My fellow Division president began his report by saying: "You have to master the thinking of the people you are trying to reach." As I reflected on this wisdom, he began to illustrate.

A tribe in his country had not been reached by the gospel, however some of a neighbouring tribe had become disciples of Jesus. Through that relational link, the elders of the tribe were willing to listen to the Seventh-day Adventist message.

When the mission evangelist began to speak, starting with the trial and death of Jesus, the chief stood up and left, followed by the elders. Knowing no-one else would listen, the evangelist followed the chief, respectfully asking what the problem was. "How can we follow a man who allows himself to be treated like that?" the chief asked. Others chimed in, "He didn't have a spear? He is weak. We can't believe the story."

The evangelist listened. He didn't argue or try to explain the centrality of the death of Jesus. Instead, he told them that this was not the whole story—Jesus conquered death and rose again three days later.

"Does that mean He is alive now?" the chief asked. The evangelist assured him that it was so. "Come back and I will tell you the rest of the story." Over a period of time this chief and his tribe decided to follow Jesus because Jesus deals with real issues of human existence.

"Master the thinking of the people you are trying to reach." Do I really understand the values of post-Christian people around me? Is my church providing resources to help reach the needs of young people, immigrants and others seeking Jesus? Am I trying to relate/connect with those who don't know Him?

In becoming like us, Jesus mastered human thinking (John 1:14). We can do no less in our disciple-making focus.

**GLENN TOWNEND**  
SPD PRESIDENT  
● /SPDpresident



## AVONDALE OFFERS REFUGE TO FIRE VICTIMS

BRENTON STACEY

Avondale University College offered emergency accommodation to those forced from their homes near midnight by the bushfire in Charmhaven (NSW) on New Year's Eve.

Sixteen adults, two children and a dog rested on beds in the Andre and Watson Hall residences. "They were really thankful for the accommodation," said Doug Cloete, the work health safety coordinator at Avondale.

He received a call from the New South Wales Department of Communities and Justice half an hour before the evacuees arrived at the Lake Macquarie campus for processing in the Chan Shun Auditorium. With the closure of the Morisset Country Club, the auditorium is now the evacuation centre during disasters in the Cooranbong and Morisset area.

Finding temporary accommo-



**AVONDALE IS THE NEW EVACUATION CENTRE FOR THE COORANBONG/MORISSET AREA.**

modation so early on a public holiday proved difficult, so Mr Cloete offered the evacuees guest rooms in the residences. Two students working on campus over the break volunteered to make up the beds. "We did what anyone else at Avondale would have done and that's to help those in need," said Mr Cloete.

Avondale also offered accommodation for a mother and daughter stranded in Lake Macquarie on January 3 because of fires on the South Coast.

The university college remained available as an evacuation centre until the following day, January 4.

## SANITARIUM'S BUSHFIRE RESPONSE

SANITARIUM HEALTH FOOD COMPANY/RECORD STAFF

Sanitarium Health Food Company has responded to the bushfire crisis by donating Weet-Bix, UP&GO and So Good to families in need and firefighters working on the front line.

Since mid-December, hundreds of pallets of Sanitarium products have been donated and distributed throughout NSW and Victoria, with more than 40 pallets sent to

firefighters volunteering for the NSW Rural Fire Service on January 6 alone.

In addition, 30 pallets of Weet-Bix, UP&GO and So Good were delivered to Foodbank Australia to be distributed to relief agencies and evacuation centres. Sanitarium products were also given directly to ADRA Australia, which had people on the ground

working to support victims in NSW, Victoria and South Australia.

In a Facebook press release, Sanitarium stated that its "primary focus is remaining responsive to the immediate needs of fire services and our relief agency partners".



**SANITARIUM IS DONATING FOOD PRODUCTS TO SURVIVORS AND FIREFIGHTERS.**

## DIGITAL AND MARKETING STAFF JOIN AM TEAM

MARYELLEN FAIRFAX

Recent staffing decisions at Adventist Media (AM) have focused on expanding the Seventh-day Adventist Church's reach in the online space through digital marketing.

James Lombart has joined the AM team as the new digital marketing assistant, alongside departmental and donor relations assistant, Nicholas Honeyands, and digital discipleship strategist, Rachel Lemons Aitken.

"Their marketing skills will help us reach people with the good news about Jesus in new ways," said sales and marketing manager Tim McTernan.

Before joining Adventist Media,

Mr Lombart worked for Apple, and a Berkshire Hathaway subsidiary in Sydney. Originally from England, he moved to Australia in 2008 and was married in July 2019 to his wife Jana in Italy. Together, they attend both Fox Valley and Wahroonga churches.

"I really like the team I get to work with, and the mission of AM," said Mr Lombart. "It's really rewarding applying evidence-based business principles to further the work of the Church."

While Mr Lombart works in AM's marketing and sales department, Mr Honeyands works with the communications, news and editorial team

who produce *Adventist Record*, *Signs of the Times* and *Mums At The Table*.

"It's great to be able to put into practice what I've learned for such an important purpose," he said. "Donor relations is a new role. It's rewarding and challenging to

delve into a position that hasn't previously existed at AM."

Prior to joining AM, Mr Honeyands studied a Bachelor of Business majoring in marketing at Avondale University College, graduating in December last year. He is engaged to be married to his fiancé Emily, a Year 1 teacher at Hills Adventist College, in October.

Ms Lemons Aitken has joined the AM team to coordinate digital discipleship at a South Pacific Division level. Formerly working for the Australian Union Conference (AUC), the decision to join AM was made following the expansion of DDC to New Zealand last year, which took the ministry beyond AUC's reach.

"It was a natural fit," said Mrs Lemons Aitken. "It allows the ministry to expand organically."

Mrs Lemons Aitken has previous experience working in digital communications with the AUC and Greater Sydney Conference. She lives in Sydney with her husband Peter and three-year-old son, Jax.



L-R: NICHOLAS HONEYANDS, RACHEL LEMONS AITKEN AND JAMES LOMBART.

## PACIFIC SIGNS PRINTED FOR RELEASE

KENT KINGSTON

Signs Publishing staff in Warburton, Victoria, kicked off 2020 with a flurry of activity, preparing 200,000 Pacific edition *Signs of the Times* magazines, intended for use during this year's PNG for Christ evangelistic effort.

"We ran a night shift to finish this job on the press," said Helen Sandbach, Signs Publishing's production supervisor. "It's a good challenge to have. We are pleased to be able to support the large outreach and discipleship efforts in Papua New Guinea this year. Ultimately, this is what Signs is for—we support, resource and work with the Church to make a difference in people's lives, and we look forward to receiving reports of how church members in Papua New Guinea and the Pacific use and share these resources."

The special edition magazine is believed to be the first full-length *Signs* developed especially for the Pacific islands. Written largely by Pacific authors, the magazine deals with current issues in the region, including deforestation, state-church relations and Type 2 diabetes. Distinctive Adventist Bible teaching is also featured, including the Sabbath, wholistic health and the signs of Jesus' second coming.

Along with the 200,000 Pacific *Signs* magazines, Adventists around Papua New Guinea will use World Changers Bibles and other resources to connect with friends, neighbours and work-mates in the lead-up to May's PNG for Christ public meetings, slated for 2000 locations around PNG.



Given that 440,000 Adventists live in the South Pacific islands, the 200,000 Pacific *Signs* magazines are only the beginning. Signs ministry is looking for financial supporters who can help reach the goal of printing one million Pacific *Signs* over the next few years.

To donate to the One Million Pacific *Signs* project, visit <signsofthetimes.org.au/1million>, email info@signsofthetimes.org.au or call +61 (0)2 9847 2218.



## NEW-LOOK MUMS AT THE TABLE MINISTRY REVEALED

MELODY TAN

A new-look *Mums At The Table* TV show has launched on Australian and New Zealand free-to-air channels.

Featuring two new sets, the weekly show's filming style reflects the ministry's refined focus: to connect with and target an increasingly digital-focused audience. The show features six regular segments: "Table Talk" is a talk-show style segment featuring Rachel Humphries and Shona Solomon, "Nutrition" features accredited practising dietitian Amanda Muhl and "Cooking" is presented by mother-and-daughter duo Gia and Olive. In the remaining three segments, Fiona Lelilio-Tiatia interviews GP Dr Simone Kooke (for "Ask the Doctor"), digital discipleship strategist Rachel Lemons Aitken ("Mums in Tech") and psychologist Collett Smart ("Wellbeing").

The new-style show has coincided with the re-launch of the *Mums At The Table* magazine, which is now

available once every two months to paid subscribers. Funded by generous donations, the magazine was previously available free every month to churches, schools, community groups and individual subscribers. Due to substantial

growth, a subsidised annual subscription fee has been introduced to help cover the cost of printing and distributing the magazine.

"It's such an awesome TV show and magazine," Krystal wrote in an email, after subscribing to the magazine for herself and a friend.

Plans are underway to initiate the final phase of the Mums At The Table strategic goal: a partnership program to connect mums with local Adventist



SHONA SOLOMON AND RACHEL HUMPHRIES FILMING AT THE NEW SET.

churches through the ministry's closed Facebook group, which has more than 5000 members from Australia and New Zealand.

*Mums At The Table* is a multi-media ministry of Adventist Media. Churches and mums interested in being a part of the ministry can contact [hello@MumsAtTheTable.com](mailto:hello@MumsAtTheTable.com). To become a donor or to subscribe to the magazine, go to [MumsAtTheTable.com](http://MumsAtTheTable.com).



### Your donation will ...

place *Signs of the Times* magazines in their hands so that they can share the good news with their friends, neighbours and communities.

A special one-off Pacific edition of *Signs* magazine is being developed that is culturally targeted at readers in the islands. *One million* of these magazines will be printed over the next few years and distributed to selected outreach projects that are well placed to make a positive evangelistic impact.

for more info

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## 26 BAPTISMS AT PNGUM YOUTH CONGRESS

JACQUELINE WARI

More than 2500 young people attended the Papua New Guinea Union Mission (PNGUM) youth congress from December 15–22, 2019, at the Bautama campground in Port Moresby.

Representing nine local missions and one conference, young people, leaders, teachers, pastors and Church administrators attended the week-long event, which aimed at empowering and equipping young people and raising the standard of youth ministry in PNGUM.

The theme for the congress was “Lifting the Bar of Excellence”.

South Pacific Division youth ministries director Dr Nick Kross, and pastor and evangelist Rome Ulia, were guest speakers for the congress. They were joined by PNGUM youth director Pastor Lonol Winnie and PNGUM communication director, Pastor Cameron Wari, who helped conduct morning devotions.

Congress delegates attended morning and evening worship programs, plenary sessions, studied the Bible in small groups and attended workshops on various issues.



YOUNG PEOPLE STUDYING TOGETHER DURING THE SMALL GROUP STUDY.



BAPTISM OF 26 YOUNG PEOPLE ON SABBATH.

Pastor Ulia presented powerful, life-changing sermons in the evenings, which were live-streamed on Facebook and viewed by thousands across PNG and the globe.

Pastor Ulia ended his sermons each night with appeals, allowing everyone the opportunity to respond by moving to the front of the stage.

In one of his plenary sessions, he spoke about re-evaluating the Church structure to reach the community, adding that worship was not housed in a building, and encouraging the young people to “become the church” so that the community can experience God through them.

Meanwhile, Dr Kross spoke on the excellence of having passion. He spoke about Paul’s life of passion towards God and experiencing excellence in marriage, among other topics.

Workshops conducted by the PNGUM youth directors and departmental directors from the Union office covered 18 topics including: Christian leadership, Spirit-filled youth leadership, the influence of cults on young people, consumerism, the Bible Summary Project, media and technology, public speaking, facing abuse in youth ministry and disaster response.

As part of the congress service project, 100 attendees repainted seven classrooms at the Mt Diamond Adventist Secondary School.

The congress ended on Sabbath with the baptism of 26 young people, a powerful sermon by Pastor Ulia for the divine service, a presentation by Dr Kross in the evening and a colourful closing ceremony where youths from the local conference and missions presented gifts to the guest speakers and facilitators.

## NEWS GRABS



### PRESIDENT ASKS FOR PRAYER

President of the worldwide Adventist Church Ted Wilson released a seven minute video for 10 Days of Prayer (January 8–18), urging Adventists globally to seek God’s Spirit and to pray for Australia’s deadly bushfire crisis. “[You can] bring hope and healing in the midst of tragedy,” he said. —*Ted Wilson Facebook*



### GREAT CONTROVERSY PERFORMED

The Adventist message of the great controversy was recently performed as a play at the Broadway Theatre in Catford, London. Directed by Jermaine Wong, *And There Was War* traces the beginnings of the fall of Lucifer and the introduction of sin. The play was mostly attended by non-Adventists and people of no faith. —*BUC News*



### VENDING MACHINE FOR BOOKS

Church member Azucena Quintanilla is spreading hope in El Salvador by distributing free Adventist books in the town of Santa Tecla. Together with local church members, she built a book dispenser complete with buttons, lights, sound and a sign for just \$US40. It is filled with new and almost-new books free to the public. —*Adventist Review*





## FAMILY MAN ORDAINED

East Auckland Seventh-day Adventist Church (NZ) was filled on December 14, 2019, to celebrate Ben Reynolds' ordination. Alongside his wife Jess, their daughter Sarah was also dedicated during the service. Having graduated from theology at Avondale with first class honours in 2013, Pastor Reynolds has ministered to the East Auckland congregation and been chaplain at Balmoral Adventist School for the past six years. Pastor Eddie Tupa'i (NZPUC president), Graeme Drinkall (NZPUC secretary-treasurer), Pastor Ben Timothy (NNZC president) and Pastor Hugh Heenan (NNZC secretary) led out in the service. —Ben Timothy



## THE SECRET OF DISCIPLESHIP

An Efate District meeting (Vanuatu) was held in December 2019, with hundreds of attendees being challenged to live as true disciples as described in Hebrews 12:1-3. PNG Union Mission associate general secretary, Pastor Allen Akili, preached during the week-long meetings about the dangers of consumerism and materialism and encouraged Adventists to live selflessly. Referring to PNG Prime Minister James Marape's call to leadership, Pastor Akili also challenged every politician and public servant to take their call to the public sphere seriously, and to be proud of their Adventist faith. "The secret is to keep your eyes focused on Christ," he said. —Kaio Timothy



## DETERMINED TO BE BAPTISED

Avondale Retirement Village (Cooranbong, NSW) resident Kelvin Teerman was baptised on November 23, 2019 at the facility. Kelvin was introduced to Jesus by roommate Alan Craig who inspired him to pursue Bible studies. Due to his frailty, it was proposed that he be accepted by profession of faith, but Kelvin insisted on baptism by immersion. "I extend my humble appreciation," he said, "to Avondale House, Trevor, Loretta, the decoration team . . . to Pastor Grego and all my wonderful new brothers and sisters who helped me, and witnessed my commitment. Thank you from the bottom of my heart." Kelvin since passed away on December 27. —Maddy Voinea



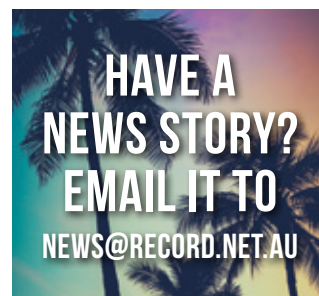
## IN HEALTH WE ARE TRUSTED

The South Queensland Resourcing and Administration Centre hosted Dr Hans Diehl, founder of the Complete Health Improvement Program (CHIP), on November 14, 2019. Pastors and health leaders gathered to attend the "New Frontiers in Health Outreach" seminar, with some members of the Church of the Latter-Day Saints also attending. Dr Diehl spoke of the sacred trust we have as a Church to communicate the health message, referring to how Ellen White's first health vision occurred during the same year that the Church was established (1863). "The closer the food is to the way God packaged it, the better," Dr Diehl said during his presentation. —Brett Townend



## SWEET FUNDRAISER

Amelia Brady, Amelia Bannister, Ma Tin Tin and Karene Mpoyi from Hilliard Christian School (Tas) raised \$A984 for research into motor neurone disease. After completing a "Christianity in action" unit at school, Year 9 and 10 students researched community needs and proposed a way to help—in this case, selling Krispy Kreme doughnuts to raise funds. The girls received the Andrew Wilkie Award for outstanding community contribution at presentation night. —Katy Matteo



## EISTEDDFOD CHAMPS

Students from Carlisle Adventist Christian College (Qld) participated in the 73rd annual Mackay Eisteddfod last year, with fantastic results. The school's P-2 choir won the bronze award, and the Years 3-6 choir claimed gold for the third year in a row. Students Alex and Annie Stanton, Emma Bounden and Lexie Tapp competed in various musical and dance categories and all won multiple prizes for their efforts. —CCAC



## MINISTRY TRAINING SUCCESS

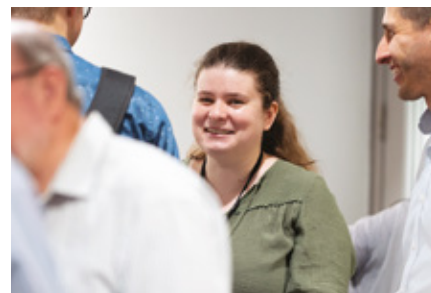
Partnering with Avondale University College and the South Queensland Conference, Harvest Community Church, Springwood Samoan Church and Browns Plains Samoan Church hosted ministry training to equip lay members in preaching and Bible study. More than 120 attendees heard presentations from Dr Erika Puni (Theology lecturer, Avondale), Sam Luteru (ADRA Logan) and Alele Vili (lay member). —Record staff



## RUNNING FOR SIGHT

Seventeen members of Avondale College Church (Cooranbong, NSW) ran the Central Coast Half Marathon and 10km Fun Run on November 24, 2019, wearing special shirts to raise awareness for a charity that restores sight to the blind in India. Eyes for India Oceania supports the work of Dr Jacob Prabhakar at the Adventist-run Ruby Nelson Memorial Hospital in Punjab, India. —Monika Pansare-Roessler





## GOD OF HOPE LAUNCH PIONEERS NEW ARTISTIC MINISTRY MODEL

Sydney Adventist Hospital's (the San) Tulloch conference room was packed on Thursday night, December 12, for the launch of art exhibition "God of Hope".

Crowds gathered to witness a culmination of more than three years of vision-casting and planning, coordinated by artist and graphic designer Shelley Poole, and made possible by a collaboration between the San, South Pacific Division (SPD) and Adventist Media.

Guests enjoyed a healthy dinner provided by Life Health Foods and Sanitarium Health Food Company before hearing speeches from Adventist HealthCare CEO Brett Goods, Adventist Media CEO Dr Brad Kemp and Adventist HealthCare director of Mission and Culture Dr Branimir Schubert, among others.

A 28-minute documentary produced by Adventist Media entitled *God of Hope* was premiered on the night, which follows the artistic practice of three photographers featured in the exhibition: James Bennett, Heath Bennett and Felicity Thomson.

"I was really encouraged by the response of the audience," said Mrs Poole. "They were really warmly embracing it. This is a very innovative thing for the Adventist Church."

*God of Hope* documentary producer Mariana Venturi believes the film truly encapsulates the concept of hope. Having interviewed people from diverse contexts, she was inspired by their true stories.

"I will never forget the powerful, peaceful beauty of Denise Murray's words as she shared and prayed with us in the studio. I'll also never forget the warm smiles, simplicity and joyful heart of the Tongan people as they sing through their difficulties, praising God with authentic gratitude for

life," she said.

After the documentary premiere, groups enjoyed a guided art tour around the hospital and were able to meet some of the artists and people featured in the artworks. Guests also took with them postcards, maps and printed materials to remember the experience.

Dr Schubert, who was involved in bringing the exhibition to the San, was encouraged by the positive response.

"It's early days, but we've already had many positive reactions to what is on display. Some like the art, others are challenged by it, but it's designed to generate thinking and reflection."

With more than 14 artworks featured, the exhibition is designed to bring hope to patients, guests and staff who walk through the hospital's doors.

"Being at the SAH is a very unique context, a lot of people are going through difficult circumstances," said Mrs Poole. "We've tried to grapple with the question of how a loving God can allow suffering, [in a way] that genuinely gives you a sense of hope."

"To trust God—no matter what—is my take-home message from the [documentary]," said Mrs Venturi. "Karen Muirhead summarises it [in the film] so well when she says, 'Living without hope is worse than dying.'"

*You can view the exhibition in person by visiting Sydney Adventist Hospital in Wahroonga (Sydney). The full documentary is also available at <godofhope.org.au>.*

**MARYELLEN FAIRFAX**

ASSISTANT EDITOR, ADVENTIST RECORD.

# Have your say on church structure models

Seventh-day Adventist Church leaders in Australia are inviting members to be involved in another round of consultation as part of the ongoing church structure review.

A series of 31 meetings, beginning on February 27, will give members an opportunity to find out about the review's progress, ask questions and provide feedback. Those unable to attend a face-to-face meeting will be encouraged to join an online session.

The meetings will be hosted by AUC president Pastor Jorge Munoz, general secretary Pastor Michael Worker and CFO Peter Cameron.

"We want to listen carefully to our members and what they may have to say about this initiative," Pastor Munoz said. "We value their input—what we learned from the first round of consultations has been very helpful in shaping and guiding our progress."

Church leaders have committed to widespread consultation and transparency with every aspect of the review. Seventy workshops were held nationally in 2017 as an initial step in getting the discussion underway. The workshops were attended by local church leaders and members, young adults, pastors, church administration and departmental personnel. Extensive consultation has also been held with local conferences, and education and aged care leaders. On top of that, more than 21,000 posts, comments and reactions have been made on a dedicated Facebook page, a key communication channel for the process.

Much of the feedback has echoed a similar sentiment—that the Church is "over-governed and over-managed" and that more resources are needed at the local level; on the frontline. There was also a common desire for a "district" model for resourcing and supporting local churches. Under

this model, churches, schools, aged care entities and ADRA would be more cohesively integrated for mission.

In response to the feedback, several administrative models will be presented at the upcoming meetings. Options range from retaining the current model of 10 administrative bodies (one Union, nine conferences), nine school systems and five aged care systems, to a heavily streamlined model of just one administrative entity, one school system and one aged care system (see "modelling options" table, page 11).

"We are not saying the current structure is bad, but what we are exploring is whether it's the best model we can possibly have to effectively and efficiently fulfil our mission of creating a thriving disciple-making movement around Australia," Pastor Munoz said.

"The review is focusing on every aspect of the Church and looking at how we can do church better—in our schools, in our aged care entities, in administration and at local churches. It's important to note that the shape the Church ultimately takes in terms of administration is only one part of the entire church structure review."

Indeed, some aspects of the review are already being implemented, including a new pastoral ministry development plan. This plan, which has launched in South Queensland, Northern Australia and Western Australia, will roll out nationally in 2020. It involves personal and professional development training for pastors, with the aim of building a better, stronger, more efficient and more qualified ministerial team.

"The continuing personal and professional development program will better equip our pastors in all areas of ministry, including the training of church members," Pastor Munoz said.





## DIGGING IN HIS WORD

WITH GARY WEBSTER

### DRAGON SLAYERS

In previous issues, we've explored the qualities of God's end-time remnant, now let's turn our attention to their antagonists. Firstly the dragon, who is clearly identified as Satan.

**READ** Revelation 12:9.

Satan, the dragon, is evil personified, for he is full of hatred toward Christ, the woman, his end-time people and every person on planet earth. Yet, in spite of his evil and murderous hatred toward us, we put ourselves on his turf, watch his movies, listen to his music, eat his food, imbibe his drinks, hang out with his friends and have more enthusiasm for his sports than for praying or reading God's Word. Then we piously pronounce, "I don't see anything wrong with such things!" Why is that? Not because we are enlightened, but because he has deceived and blinded us!

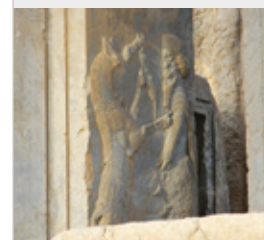
**READ** Revelation 12:4,12-15,17.

The good news is that Satan is impotent against Christ. Both in heaven, before sin entered the world, and at the cross, Christ triumphed over Satan.

**READ** Revelation 12:7-10; John 12:31,32; Colossians 2:15; Hebrews 2:14.

Because of Christ's victory over Satan, Christ's people have salvation and the power to overcome. We can be more than conquerors through Him who loves us. Claim it, today and every day.

**READ** Revelation 12:10,11; Romans 8:37.



**RELIEF OF DARIUS  
I FIGHTING  
AHRIMAN THE  
DRAGON (AN  
EVIL SPIRIT OF  
MEDO-PERSIA)  
IN PERSEPOLIS,  
IRAN.**

### Modelling options

CHURCH	SCHOOLS	AGED CARE
9 conferences	9 school systems	5 aged care systems
9 conferences	1 school system	1 aged care systems
4 conferences	4 school systems	4 aged care systems
4 conferences	1 school system	1 aged care system
1 entity	1 school system	1 aged care system

"We want our members to know that while pastors preach and give Bible studies, among other things, their main role is to train in disciple-making. In other words, the role of pastors is to train others to do what they are doing."

Another aspect of the review is the ongoing strengthening of the Quality Adventist Schools program—an improvement program based on world's best practice and which provides a process for reinforcing the professional learning culture of Adventist schools. Using this as a model, work has also begun on a Quality Adventist Churches program that will help with the different ministries at a local church level.

"We have seen a great deal of support for the initiatives we have already introduced," Pastor Munoz said. "The ministry development plan, for example, is going to translate into real benefits for our pastors and local churches."

Pastor Munoz recognised that change can sometimes be challenging, but it can also bring exciting opportunities.

"The reality is that we have a responsibility to show our young people that reviewing the way we do things is a normal part of our operation," he said. "It's important to check whether everything is working well or not, including our church structures. It's something that we haven't done for a long time."

"Through this process we have an opportunity to work together and look at ways we can do church better with the resources we have and be more intentional about how we approach mission. It's essential that the church structure aids this work and doesn't hold it back."

"As we continue to move forward in this journey, prayer is paramount. We encourage everyone to join with us in praying for this important project so that we will achieve the best possible outcome for God's glory."

*Two posters outlining dates and venues for the upcoming meetings have been supplied to all churches in Australia with this edition of Adventist Record.*

*For more details go to <[adventist.org.au/structurereview](http://adventist.org.au/structurereview)>.*

**TRACEY BRIDCUTT**

COMMUNICATIONS DIRECTOR FOR THE SOUTH PACIFIC DIVISION.

# WHY I GO TO CHURCH FOR THE FOOD

It was approaching 12pm on Sabbath. I could picture the song service, pastor preaching and fellowship tables being prepared. My seven-month-old was still asleep.

After a long, hard night, I was exhausted. I was hungry. She needed sleep. My husband messaged from church saying he'd saved us a seat. "We'll probably just make it for lunch!" I replied.

She woke a few minutes later, so on went some orange pants, a white cardigan, a headband, and we were off.

People were milling around outside when we arrived. Being a fairly large congregation I quietly hoped no-one would notice we'd just arrived. My husband and I exchanged knowing looks. Our baby is always a good conversation starter.

Once inside I chatted with some friends. Despite the baby bliss, my conversation evaded mention of my week's extreme tiredness, occasional relational stress, spiritual flatness and baby blues. Past our bright smiles, no-one probed deeper. What mattered was being amongst church family, even if only briefly.

A friend held our baby so we could eat—the same friend who looked after her so I could sit through my first complete post-baby church service recently. *Perhaps I did come for the food today*, I mused to myself, listening to the people talking and laughing around me as I enjoyed the company and lunch I didn't prepare.

That day, I observed and felt a special dimension of God's love expressed through the smiles, kindness and warm food given by people I often only see at church. Spiritual morsels through spiritual mortals.

Whether absent from church, or unintentionally absent in spirit, I am grateful for a gracious, understanding God. Especially after a sometimes tense Sabbath morning or rush to get to church on time to utter a meaningful "Happy Sabbath" greeting. He reaches me wherever I am, however I am, in whatever season I'm in: whether through food, friends, fellowship, or my loved ones.

I could not have imagined how large, loud and lovely God's love has become since becoming a parent. Each time I look at, listen to, nourish and embrace my precious daughter, God's love is magnified.

While I love church, some days, in my haste to get home for feed and nap time, I admittedly leave church feeling only physically nourished. The rushed small talk has felt unnourishing, and sometimes draining! To turn up, or not turn up—has occasionally felt like a risk.

Do I risk: appearing tardy or unfaithful? Being more stressed out and anxious being at church, than being at home? Awkwardly falling asleep in church because of sleepless nights? Throwing out a working weekly routine to have a tired and hungry baby at

a church with no quiet mothers' room? Or do I choose to turn up (even if just for the food and friendship), hoping to be filled, and maybe even to give to someone what little may be left in my cup during this season of life.

Whether a new parent or not, turning up to church (and on time) is not an expression of one's spiritual state or commitment. Some Sabbaths, spending time reconnecting and strengthening relationships with loved ones, being in nature, sleeping, listening to uplifting music or reading a book is more restful, peaceful and nourishing for my spirit. While other Sabbaths I turn up, knowing that despite this new—oft out of the pews—season of parenting, little can replace the multidimensional nourishment offered by my church community.

If, like me, you sometimes turn up to church to eat or socialise, be nourished. Or if you notice someone who may be just "turning up for the food", or not at all, perhaps ask what nourishment they may appreciate.

In this season of transitioning to a family of three, I am encouraged by Paul's words, and grateful for a church who practises the style of hospitality endorsed in Romans 12:13: "... Share with the Lord's people who are in need. Practice hospitality."

**SONJA KAMA**

WIFE, MUM, FREELANCE WRITER AND COMMUNICATOR.





# The man *with*

**A**rthur Lawson was born on July 16, 1880 in Wilmington, South Australia. He accepted the Advent message in Broken Hill, New South Wales (NSW), in about 1903 due to the influence of Pastor J Steed.

By 1904 Lawson was canvassing in Broken Hill, selling *Daniel and Revelation* before attending Avondale College from 1905 where he graduated from the Normal (Teacher Training) Course in 1910. Called to be a missionary in Papua New Guinea (PNG), Lawson then spent some months in brief nursing training at the Sydney Sanitarium and Hospital in order to prepare himself for mission service before going on pre-embarkation leave during August 1911, with his family in Broken Hill. He sailed for PNG on September 30 of that year and was later joined there by his wife, Enid.

Nearly a year later, Lawson described the events of his first year in mission service to the church membership back in Australia. He was grateful for the modest amount of nursing training he had earlier received at the "San" as he had been thus able to help the local people, particularly with several cases of snake bite. He also reported that the mission station at Bisiatabu was ideally placed for the "starting of the work in this dark island". One of the very early Adventist missionaries to Papua New Guinea, Lawson continued in mission work there until his permanent return to Australia in early 1921.

Back in Australia, Lawson worked for a time at the Mona Mona Mission in the state of Queensland. Then he moved to Cooranbong (NSW), living there for the rest of his life and working for the Sanitarium Health Food Company until his retirement. Arthur Norman Lawson died on June 29, 1965 at the Kurri Hospital in his 85th year.

But there is more yet to the Lawson story; old and frail in the early 1960s, he did not sleep well and often wandered around the Avondale College campus during the night. In those days students often worked in the Sanitarium factory on the campus and as they got off their shift at 2am, they would often see this old man walking the campus in the middle of the night with his kerosene hurricane lamp bobbing among the trees. Some

# the lamp

commented on these sightings with disrespect, even ridicule. But the college preceptor (dean of men) at the time, Pastor Desmond B Hills, was astute and invited old Pastor Lawson to take evening worship for the young men in the dormitory.

Frail and with a weak, quavering voice, Pastor Lawson described what it was like to be a pioneer missionary; how he had preached the gospel, every day of every month for years before he got his first baptism and how that first convert had died six weeks later of black-water fever. He shared how he had then continued his preaching and teaching, full-time, for several more years before he had his second convert.

Those present in the chapel that night were humbled by the story of enormous commitment and resilience they heard from Pastor Lawson. The man with the lamp was not only an honoured presence on campus from then on, but those present that night carried the memory of the occasion with them down through the years.

The seed that Pastor Lawson and the other pioneer missionaries to PNG sowed, and which did not seem to be fruitful at the time, has now blossomed into full bloom, as today there are more church members in Papua New Guinea than in any other country in the South Pacific Division of the Seventh-day Adventist Church.

## LESTER DEVINE

DIRECTOR EMERITUS OF THE ELLEN G WHITE/  
ADVENTIST RESEARCH CENTRE AT AVONDALE  
UNIVERSITY COLLEGE.



# BUSHFIRE RECOVERY CONTINUES

## LOCAL ADVENTISTS BRING SUPPORT AND RELIEF

**A**s Australia reels from the ongoing destruction caused by multiple bushfires across the country, local Adventist churches and individuals have rallied together to support causes or volunteer for ADRA to make a difference. The stories below—as told to *Adventist Record*—are just some examples of the widespread effort across the country.

### ADRA VOLUNTEERS PROVIDE ESSENTIAL ITEMS TO WORST-AFFECTED COMMUNITIES

ADRA in Victoria, in conjunction with the Red Cross and the Salvation Army, has been supplying personal hygiene packs to relief centres and contributing food to families in need.

With more than 24 ADRA volunteers—a third of whom are non-Adventists—the team quickly outgrew the ADRA premises due to an influx of donated goods.

“We had two businessmen offer us two warehouses,” said ADRA (Victoria) volunteer manager Marilyn Beveridge. “Forklift drivers have offered us their forklifts [to load goods onto trucks]. It’s been amazing!”

With three vans available, ADRA volunteers have been transporting supplies to the worst-affected areas.

“It’s challenging because we have to get permission each day to go on those roads; sometimes they’re open, sometimes they’re not,” Mrs Beveridge said. “We’ve mainly done food, water, personal hygiene packs and generators for communities that have lost power.

“One of the critical needs now is cleaning packs,” explained Mrs Beveridge. “Dishwashing, clothes washing and household cleaning especially. There’s a lot of silt and grime. Also generators for people who have lost power. Crisis fencing is also a big need because some cattle have survived but the fencing is destroyed, as well as feed for sheep and goats.”

As well as food and hygiene packs, ADRA is providing furniture to people who have lost their homes.

“We’ve been able to respond and have a significant impact because, for a year now, we’ve been running a food bank program and reaching the community,” shared Andrew Wilson, pastor of Cann River and Bairnsdale churches. “They trust us. We don’t care if they’re Christians or not, we just care for everyone.”



### NUNAWADING CHURCH, VIC

Nunawading church has contributed a shipment of personal care packs for victims of the Gippsland fire disaster.

Led by Nunawading ADRA leader Mike Tarburton, and supported by Casey and Pakenham ADRA teams, a Facebook callout was made to church members requesting that personal care items be brought to the church the next morning (Sabbath, January 4) for collection and delivery. Dozens of care packs were assembled.

Many others—who did not see the announcement—contributed cash that was used to purchase apples, apricots, strawberries, plums, tomatoes and cucumbers to satisfy the cravings of firefighters and victims for “something fresh”.

A retired pastor and member of Nunawading church sourced donations from church members in Melbourne’s eastern area, to purchase and deliver eight portable generators at a cost of several thousand dollars. Further cash



donations from church members were sent with the generators to provide them with fuel.

"Active ADRA teams and responsive church families produced an astounding amount of needed items in a very short span of time," said Nunawading member Shirley Tarburton. "[We are] thankful to have an opportunity to supply a need and hopefully make a difference."

### GROUP SEWS FABRIC POUCHES FOR BURNED ANIMALS

A group of Victorian Adventists and friends (pictured right) banded together to sew pouches and wraps for animals burned in the bushfires.

Emma Wood, a home economics teacher at Edinburgh College, was first introduced to the idea after being added—alongside others who could sew—to an online animal welfare group.

"Thankfully, many in Emma's family can sew and so she made a few phone calls and we all met at the school classroom where there is much fabric deemed 'too ugly' for people, but perfect for animals," said her husband, Pastor Josh Wood.

Five sewing machines were set up, as well as ironing stations and cutting-out stations, and the group spent five hours making 13 pouches (a total of 52 pieces sewed altogether) as well as nine bat wraps.

As the pouches were made from summer-appropriate material, Mrs Wood has purchased additional fabric and plans to make some "winter pouches" as well.

### HILLS ADVENTIST COLLEGE STUDENTS SEW ANIMAL POUCHES

Under the direction of home economics teacher Annali Baxter, Year 9 textiles students at Hills Adventist College (NSW) have sewn 30 pouches of different sizes and donated them to the Port Macquarie Koala Hospital to help injured animals.

"They were all very excited to be using the skills they have learnt in class to help the animals in such a practical way," said Miss Baxter. "Many of them gave up their lunch-time to sew, with some of them so inspired that they took extra fabric home to sew more pouches over the weekend. In all, 30 pouches, complete with two liners each, were donated to Port Macquarie Koala Hospital."

An estimated two billion animals have been lost during the bushfires, with millions of others injured.

### KANGAROO ISLAND, SA

ADRA, in collaboration with Federal MP Rebekha



Sharkie has distributed food vouchers to the firefighters and affected individuals on Kangaroo Island. The vouchers, which can be claimed at local shops, are a first step in ADRA's plan to respond to the crisis on the South Australian island.

"Our team has been deployed to assess what the needs are and to identify gaps for ADRA to fill," said South Australian Conference ADRA director Charlene Luzuk. "We are currently working with CFS personnel identifying what is urgently needed by some of those who lost their houses."

### ATSIM COORDINATOR PRAYS FOR FIREFIGHTERS

Despite the sense of hopelessness, many volunteers and displaced people have been encouraged by prayer. Volunteering on the front lines, Aboriginal and Torres Strait Islander Ministries (ATSIM) South New South Wales coordinator Julie Nagle has been actively sharing her faith by praying for the firefighters and volunteers who are putting their lives at risk.

"I was driving along and saw a fire truck, and had to pull up," she said. "I walked up to [the firefighters] and said, 'This might be a bit crazy, but I feel impressed to come and pray with you guys and your trucks.' One bloke turned and said, 'Yes please!' I had no idea what I was going to say, but once I laid my hand on that truck, the words came: 'In Jesus' name, wherever these wheels travel and wherever these feet walk, may you bless their generosity and compassion.' I've been doing it for each truck and they've been really grateful."

### MARYELLEN FAIRFAX

ASSISTANT EDITOR, ADVENTIST RECORD.

# developing our hearing

**T**he New Testament was written to hearing communities of Christ-followers across the Mediterranean, a world where the masses were largely poor, uneducated and illiterate.<sup>1</sup> Life was slow, hard and short.<sup>2</sup> Reflecting the larger population, the majority of the early Christians were illiterate.

So the New Testament writings were largely heard in community, in worship and were read by a lector to the listening congregation.<sup>3</sup> For example, Jesus served as lector when He read the Isaiah scroll in Luke 4:16. To illustrate the hearing dynamics in the New Testament, we will examine the Gospel of Mark.

## A BIBLICAL INJUNCTION

Hearing was an important part of the dynamics for an ancient audience.<sup>4</sup> The concept of hearing can be seen in the use of the verb *akouó*—hear, heed and understand—which is used on more than 400 occasions in the New Testament.<sup>5</sup> It is used to denote understanding of the Christian faith (see Galatians 3:2,3). Jesus' whole teaching was delivered orally and preserved orally in the first few decades after His death.<sup>6</sup> Jesus repeated "You heard that it was said to the men of old . . ." (see Matthew 5:21, onwards), reflecting the

actual reality of His day in that Jews heard the Old Testament read to them in the synagogue.

Paul reminds the recipients of the letter to the Romans that "faith comes from hearing and hearing from the word of God" (Romans 10:17). In 1 Thessalonians 5:27, Paul states, "I charge you before the Lord to have this letter read to all the brothers." The fact that this letter is addressed to "the church of the Thessalonians" (1:1)—and that the "you" referred to in 1:2–4, and following is plural—suggests that Paul intended this letter to be read aloud to the entire congregation. In fact, he commands that this happen.

The letter to the Colossians was also intended by Paul to be read aloud "to the holy and faithful brothers in Christ at Colossae" (Colossians 1:2), as again the plural "you" in 1:3–5 and beyond indicates. In Colossians 4:16, Paul furthermore commands, "After this letter has been read to you, see that it is also read in the church of the Laodiceans and that you in turn read the letter from Laodicea." The early Christian communities were listening congregations. As they gathered to listen to the Word of God, the Holy Spirit was present in a mighty way to bless, strengthen and convict them in

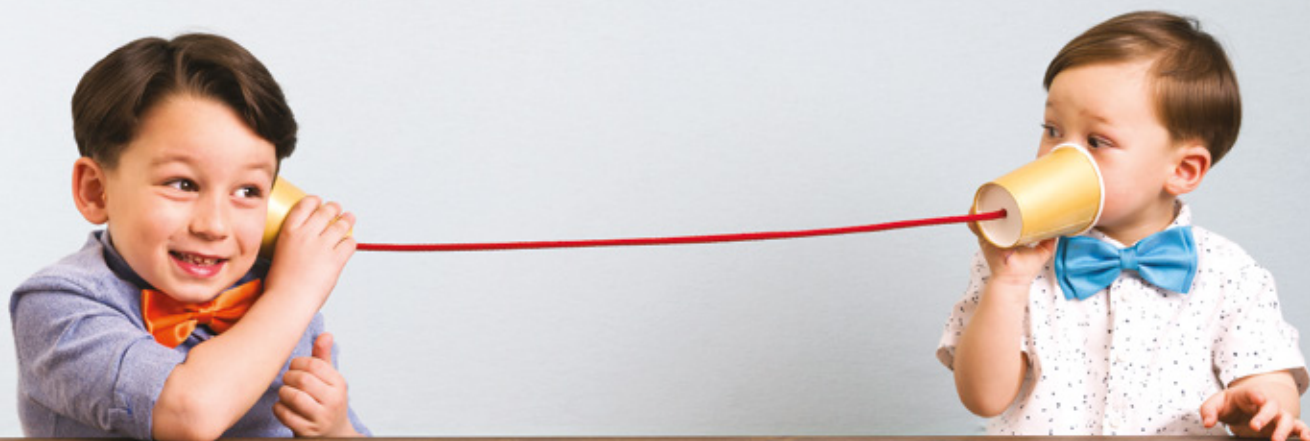
their walk with God (see John 14:15; Ephesians 5:18–20).

## HEARING THE GOSPEL OF MARK

The Gospel of Mark has interesting aural features. Louise Lawrence points out that forms of the verb *akouó* occur 40 times in Mark's Gospel.<sup>7</sup> Mark usually states that Jesus' deeds are frequently "heard" by others (see Mark 2:1; 3:8, 21; 5:27; 6:14, 55; 7:25; 10:47); Jesus beckons people to "listen" to His teachings (see Mark 4:3; 6:2; 7:14). God petitions people to "listen" to His beloved Son (see Mark 9:7) and the most important commandment to Israel, which Jesus reiterated in His teaching, was: "Hear Israel . . . !" (Mark 12:29).<sup>8</sup>

The centrality of hearing is found in its use at the beginning and end of the parable of the sower (Mark 4:9, 23). The parable introduces four kinds of hearers: wayside hearers (Mark 4:15); persecuted hearers (Mark 4:17); worldly hearers (Mark 4:19); and finally obedient hearers (Mark 4:20). Hearing is the primary means by which people encounter the seed of the Word (see Mark 4:15). It is only obedient hearers who hear the Word, keep it and bear an astounding harvest as a result.<sup>9</sup>

Mark urges his audience to "hear", for in hearing they will understand that





the kingdom of God has broken into history in the Person and ministry of Jesus. The phenomenal harvest recorded in the parable (see Mark 4:20) alerts hearers to the fact that God is at work—hidden and unobserved—in Jesus. The definitive criteria for understanding the kingdom is to be an obedient hearer. The organ of the ear functions in Mark as a metaphor for spiritual cognition.<sup>10</sup>

Another way in which hearing is highlighted in this gospel is the way in which the deaf man is healed in Mark 7:31–37:

Then Jesus left the vicinity of Tyre and went through Sidon, down to the Sea of Galilee and into the region of the Decapolis. There, some people brought to him a man who was deaf and could hardly talk, and they begged Jesus to place his hand on him. After he took him aside, away from the crowd, Jesus put his fingers into the man's ears. Then he spit and touched the man's tongue. He looked up to heaven and with a deep sigh said to him, "*Ephphatha!*" (which means "Be opened!"). At this, the man's ears were opened, his tongue was loosened and he began to speak plainly. Jesus commanded them not to tell anyone. But the more he did so, the more they kept talking about it. People were overwhelmed with amazement. "He has done everything well," they said. "He even makes the deaf hear and the mute speak."

Jesus takes a strange route to get to the region of the Decapolis. He goes out of the way, taking an unexplained detour. The journey does not make sense. He needed to get away from the people who focused on the miracles over the message. So He went to the region of the Decapolis—the 10 cities—an area that was so "Gentile" it was known as the "Rome away from Rome".<sup>11</sup> Jesus took this long winding trip to perfectly time His rendezvous with this deaf-and-mute man!

The deaf man would have been stigmatised and given no social agency. Eugene Boring states that in an oral-aural culture, the inability to hear

was more serious and isolating than in "a visually oriented modern culture like our own".<sup>12</sup> Furthermore, "deafness was often understood by the ancients more in terms of intellectual rather than sensory impairment, deaf persons were assumed incapable of bearing legal responsibility and [were as such] politically marginalised".<sup>13</sup> Robert Gundry contends that "the whole man is concentrated in his ears, and to heal a deaf mute is so stupendous that claimed instances are extremely rare in antiquity".<sup>14</sup>

Jesus places His fingers in the man's ears, spits and then touches his tongue (see Mark 7:33). Immediately the man is healed from his deafness and muteness. The crowds exclaim that Jesus does all things well (see Mark 7:37). Nobody is excluded from the healing touch of God. This man is doubly afflicted: as a foreigner, he suffers isolation and he is also excluded by his physical impairment. Jesus does not heal from a distance, but rather comes close and personal.

This miracle is an allusion to Isaiah 35 where Yahweh heals the blind, the deaf and the lame.<sup>15</sup> Jesus now carries out the functions of Yahweh by healing this man. The phrase "he has done all things well" probably also echoes Genesis 1:31, which is a statement about the goodness of God's work in creation. Jesus' action initiates a new age. Hearing is a divine gift that ushers in the new creation.<sup>16</sup>

## HEARING TO GROW

Hearing was fundamental to the early Christian understanding of the Old Testament. The stories of the Old Testament were a lived reality of what God had done in the past and now in the present in Jesus the Messiah. Hearing was fundamental to understanding the Gospels of Jesus, the letters of Paul, and the prophecies and symbolism of Revelation. It was fundamental because it leads to obedience (see Luke 11:28). Ellen White says:

"It is your privilege ever to grow in grace, advancing in the knowledge and love of God, if you maintain the sweet communion with Christ it is your

privilege to enjoy. In the simplicity of humble faith ask the Lord to open your understanding, that you may discern and appreciate the precious things of His Word. Thus you may grow in grace, grow in simple, trusting faith."<sup>17</sup>

1. The complexity of the first-century world is seen in this comment by Harry Y Gamble in which he says, "The culture of the ancient Mediterranean was a traditionally oral culture into which literacy had made a strong advance, and although literacy was mostly concentrated in the social and political elite, society at large was characterised by a lively synergism of the oral and the written. Modern theoretical models of a fundamental disjunction or opposition between the oral and the literate modes (whether social, linguistic, cognitive or hermeneutical) fail to illuminate either their manifest coexistence or their fluid interaction in the Greco-Roman period and offer no adequate account of the ways in which the literate participated in oral culture or the illiterate participated in literate culture."—"Literacy and Book Culture" in Craig A Evans and Stanley E Porter (editors), *Dictionary of New Testament Background* (Downers Grove: InterVarsity, 2000), page 646.

2. James S Jeffers, *The Greco-Roman World of the New Testament: Exploring the Background of Early Christianity* (Downers Grove: IVP, 1999), page 249, maintains that "one of the ways in which ancient society most differed from the modern Western world was its static nature. Things changed very slowly. Most people lived virtually the same life their parents had."

3. William Shiell, *Reading Acts: The Lector and the Early Christian Audience*, BIS 70 (Boston: Brill, 2004), page 2, notes that "the presence of a lector was not only anticipated but also necessitated by the composition of the average audience in the Greco-Roman world. . . . Because of the relatively low levels of Greek and Latin literacy levels in the ancient world, the churches needed to use lectors so that the congregations could read the documents."

Full reference list available online.

## KAYLE DE WAAL

HEAD OF AVONDALE SEMINARY. ADAPTED FROM **HEARING THE WAY: WHAT THE FIRST CHRISTIANS HEARD IN THE STORY OF JESUS**, AVAILABLE FROM ADVENTIST BOOKSTORES.



### Middle Eastern Farro Salad

Enjoy the nutty texture of farro along with its many health benefits in this colourful Middle Eastern salad. Farro is an ancient wholegrain and an excellent source of fibre, protein, magnesium and iron.

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## EATING HEALTHIER FOR ANXIETY AND DEPRESSION

Ever turned to comfort food like lollies and biscuits when you're having a bad day? The sugar high kicks in, but then you crash soon after and you're back to having a bad day again. New research is showing that our mental health can be strongly influenced by the quality of our diets.

This research shows how the food we eat impacts the diverse colonies of bacteria (microbiota) that reside in our digestive systems. Healthy gut microbes may positively influence higher functioning processes like mood and memory. This gives a whole new meaning to "trusting your gut".

### GUT & MENTAL HEALTH: WHAT'S THE LINK?

There are 38 trillion reasons to love your gut . . . that's the number of bacteria residing in our digestive system. Incredibly, we contain more bacteria cells than human cells. But imbalances in these bacteria have been linked to chronic health issues such as obesity, autoimmune disorders, asthma, allergies and diabetes.

Definite links have been found between depression, anxiety and mood disorders, and an out-of-kilter digestive system. So nourishing our gut may go some way to boosting both our physiological and mental health.

Further, there is a direct communication line between our gut and our central nervous system, commonly referred to as the "gut-brain axis". The feeling of butterflies in the tummy is related to this connection. So it seems that a happy gut may also mean a happy brain.

### HOW DOES FOOD AFFECT MENTAL HEALTH?

Results from the PREDIMED study show that the adoption of a Mediterranean diet not only reduces the risk of cardiovascular disease, but also reduces the occurrence of depressive symptoms. The Mediterranean diet largely consists of fresh fruit and vegetables, extra virgin olive oil, legumes, nuts and seeds, and of course, wholegrains.

There is still some way to go before we understand the full potential of gut microbes and how we can support them to improve both our mood and our mental health. In the meantime, boosting your mental health might just be a bowl of healthy cereal away.

### GUT-LOVING GRAINS



### GOODNESS OF GRAINS

Wholegrains are delicious and packed full of nutrients like B vitamins, iron, folate, protein, low-GI carbohydrates and fibre. Wholegrains—especially the fibre in cereal—have been shown to protect our hearts and reduce our risk of developing nasties like diabetes and cancer.



### FILLING FIBRE

Meeting our wholegrain intake (48g/day) can help nourish the diverse range of bugs that reside in our gut. The prebiotic fibre in these grains acts as fodder for the bacteria to grow and thrive. The byproducts of the fermentation process of this fibre have been shown to enhance gut health and nutrient absorption.



### WHAT'S IN A SERVE?

Adults and kids should aim for between 4 and 6 serves of grain foods a day, at least two-thirds of which are wholegrain or high cereal fibre. A serve of wholegrain would be: one slice (40g) of wholegrain bread or two wholegrain breakfast cereal biscuits.







## COVER TO COVER

Thank you so much for the November 30, 2019 (yes, I'm a bit behind!), issue of *Adventist Record*. As a photographer, the "Creative Issue" really grabbed my attention. I believe it's the first time I've ever read the *Record* from cover to cover!

I enjoyed it so much.

It's great to now be following some Adventist photographers on Instagram.

Thank you.

Tracey Chatman, WA

## DEMOLISHING STRONGHOLDS

I'm confident that I speak for many *Adventist Record* readers in applauding and appreciating the very personal and compelling experience that Dr Edyta Jankiewicz so frankly expressed in her article "Discipleship and family life" (December 20, 2019).

Demolishing strongholds (2 Corinthians 10:4) is a work of divine grace which the carnal nature attempts to resist to death unless empowered by the Holy Spirit. Confronting the enemy, the author was willing to be coaxed into vulnerability—to honestly admit her relational malaise, first to the small group and then to herself where she learned to take responsibility for her flaws. In this environment of acceptance she faced the most stubborn and resistant stronghold—denial—and here began her recovery that eventually brought more honesty and understanding in her relationships.

Like an impenetrable wall, denial will block any perceived notion of the self being at fault. It's an ego-protective mechanism rooted in feeling a lack of self-worth and self-rejection. Only humility can

begin to allow the Spirit to penetrate and challenge this, unlocking the fortress of pride. This very relevant article will be a help to many who are struggling and will be an addition to my files in my work as a clinical counsellor.

Steve Cinzio, Qld

## PAPERLESS

Congratulations to the South Pacific Division for their use of paperless meeting software as reported in "SPD keen on going green" (December 7, 2019)—reportedly reducing the environmental impact and saving close to \$A100,000.

What even greater benefits for the Church and the environment could be achieved if a similar paperless system was adopted for the quadrennial General Conference (GC) session. Documents setting out the matters to be considered and proposed motions could be circulated electronically to duly appointed delegates in each division around the world. Delegates could then be linked by video conference. This would avoid the enormous expense of transporting and accommodating the delegates to the location of the GC session.

This cost has been estimated to be [close to] \$A45 million. What a difference it would make if this money could be used for frontline mission instead of being spent on the process of administration.

Anyone who has visited the Church-operated schools and hospitals in the South Pacific islands will be well aware of the desperate need they have for money for basic maintenance and day-to-day operations.

While it may be argued that the constitution of the Church requires these expensive quinquennial sessions, remember the Constitution was drawn up long before these alternative electronic means of conferencing were available.

We have an obligation as stewards of the environment and of the Church's money to review and modernise this expensive tradition of the GC session.

Warren Millist, Qld

## CONFUSED?

I was somewhat surprised by the letter "My opinion" (December 21, 2019) that all leadership in the Church was meant for men only!

God used women all the way through Scripture:

Deborah, a woman who had authority over men, young women having prophetic visions at the end times (Joel 2:28), female leaders in the New Testament—the four daughters of Philip, Phoebe the deaconess, Junia, who Paul in Roman's 16:7 calls an apostle (and others).

Women have always had a place in the ministry of both Testaments.

The most influential clergyperson in the history of Adventism has been a female—Ellen White. She spoke out loud in churches all over the place and she had spiritual authority over men!

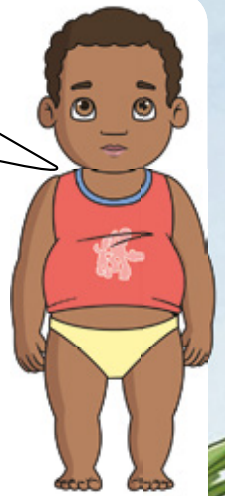
For Adventists to be struggling over the ordination of women in ministry is incomprehensible to me. My only conclusion is that there are a lot of confused Adventists out there!

Robyn Sim, NZ

**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.

# HI KIDS KIDS SPACE

We worship God  
when we thank Him for  
His protection.



## WHEN THE CROCODILES MISSED DINNER

God blesses the Israelites in Egypt. As they prosper, the Egyptians become afraid of the Israelites' strength and force them into slavery. Satan works through Pharaoh as he orders all male children to be killed. Moses' mother hides him for three months and then puts him in a basket in the river. His sister watches over him. A princess finds him and adopts him as her own son. When he is grown, Moses becomes a great man for God.

### HELP MOSES FIND HIS WAY TO THE PRINCESS

COLLECT THE LETTERS TO DISCOVER WHO WAS WATCHING



**Memory Verse**  
"Let everything  
that has breath  
praise the Lord"  
Psalm 150:6 NIV



## Anniversary



### CAMPBELL,

Alwyn and Edna celebrated their 60th wedding anniversary on 15.12.19 in the Alton Villas activity centre, Cooranbong, NSW with family and friends. They were married by Pastor Alex J Campbell and Pastor Ron Vince in the large newly-opened Wahroonga Church. Two of the original wedding party were in attendance: Joyce Risbey (nee Spoor) and Dr Gordon Campbell. Alwyn and Edna were blessed with three children, Gary, Carolyn (Wright) and Ross; five grandchildren, Pastor Lachlan, Lara and Brittany Campbell, James and Kendall Wright. They served in educational ministry, 14 years in Papua New Guinea and many years in Australia, including 18 years as head teacher/librarian at Sydney Adventist College.

## Appreciation

**DAVIDSON.** Willeson Davidson and family would like to express their sincere appreciation for the flowers, cards, love and support following the loss of their much-loved husband, father, grandad and uncle Douglas Arthur (Doug). We are comforted in the hope of the resurrection and the soon return of our Lord and Saviour Jesus Christ.

## Obituaries

**MOORHEAD,** Lorna Jacqueline, born 16.7.1931; died 17.12.19. She is survived by her daughters, Julie and husband Tony; and Katrina and husband Russell; granddaughter Jessica; sisters Dawn and Pam; and brother-in-law Des. Lorna is resting now until the upward call.

Trevor Mawer

## ADVERTISING

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### NORFOLK ISLAND SEVENTH-DAY ADVENTIST CHURCH 125TH ANNIVERSARY

May 22-24, 2020. Former church

pastors, members, families and friends are invited to celebrate this significant anniversary with us on Norfolk Island. If you have old photos, memories, anecdotes and memorabilia to share, or inquiries, please contact Ken Weslake at <nufkason@gmail.com>.

### ALLROUND TRAVEL 2020 PROGRAM

Bible lands tours of Israel and Jordan (Dr Peter Roennfeldt) May 17-31. Paul's missionary journeys: Greece, Patmos, Turkey (Dr Peter Roennfeldt) May 31-June 21. Reformation tour: Italy, Germany, Switzerland (Dr Peter Roennfeldt) August 30-September 19. World famous Oberammergau Passion play including Austria, Italy and Germany: August 17-30. Bible lands with Gary Kent: October date TBA. For further details please contact Anita or Peter on 0405 260 155. Email <alltrav@bigpond.net.au>.



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### LOVE OR HATE?

Many white supremacists identify as Christians. What would Jesus have to say about that?



### THE ART OF FORGIVENESS

Don't let bitterness and resentment poison you



### REMEMBER TO REST

Modern malady, ancient remedy



### THREE IN ONE

The Trinity. Logical? Biblical?

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## POSITION VACANT

### OPERATIONS MANAGER

#### YEPPPOON, QLD

Adventist Retirement Plus (South Queensland Conference) is seeking a full-time operations manager based at Yeppoon. The successful applicant will manage the support services and independent living units of this site, ensure that we meet our retirement village act legislative requirements, manage multiple service delivery teams and must also work collaboratively with the site care manager. This position requires relevant tertiary qualifications, excellent communication skills and previous management experience and be a committed member of the Seventh-day Adventist Church with a strong commitment to mission demonstrated within the aged care ministry of the Church. Sales experience in real estate will be an advantage. For more information and a position profile, please contact Chief Operations Officer, 400 Boundary Street, Spring Hill, Qld, 4004. Email <danielv@arplus.org.au>, phone (07) 3218 7777, <arplus.org.au>. **Applications close February 14, 2020.**

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## NEXT ISSUE:

ADVENTIST WORLD, FEBRUARY 8



## POSITION AVAILABLE

DIRECTOR OF FINANCE, FULL-TIME  
WAHROONGA, NSW

ADRA Australia is seeking a qualified and experienced financial and business management professional to join our senior management team. Reporting directly to the CEO, the Director of Finance provides financial and commercial leadership which includes the development of strategy and the management of operations for ADRA Australia's finance and IT functions. The role also involves supporting our national and international program partners to comply with finance and accounting requirements. The successful applicant will be someone who thrives in the financial and general management arena and demonstrates skills in Accounting, Strategy and Planning, Team Leadership and Culture, and Risk and Compliance.

ADRA Australia is the official humanitarian agency of the Seventh-day Adventist Church. Motivated by our faith we enable people and communities in Australia, the South Pacific, Asia and Africa to improve their health and livelihoods and assist people to prepare for and recover from disasters around the world.

Candidates should address the selection criteria in their application letter providing examples of past experiences and qualifications. Forward your letter and resume by March 1, 2020, along with the names of three work related referees to: <alisonyoung@adra.org.au>.

FOR A COPY OF THE CANDIDATE INFORMATION DOCUMENT PLEASE CONTACT:  
Alison Young, ADRA Australia, phone 02 9473 9503 or email  
[alisonyoung@adra.org.au](mailto:alisonyoung@adra.org.au)



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