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CYCLONE DEVASTATES PACIFIC

ADVENTIST CHURCHES AND
SCHOOLS DESTROYED 5

NEWS

NEW EMERGENCY PATHFINDER
CURRICULUM FOR 2020 8

ADVENTIST RECORD | MAY 2, 2020
ISSN 0819-5633



**“In the rubbish dump
it wasn’t that easy
for us. Everyone had
to fight to live in the
dumpsite. It’s like
survival of the fittest.”**

—LEEBOY TOBIAS

Your support through today’s *Adventist Record* offering (May 2) will help us to continue to share inspiring stories like Leeboy’s.

Thank you for supporting our ministry.

ADVENTIST RECORD: MORE THAN A MAGAZINE



A WAKEUP CALL

What a whirlwind first three months of 2020. Who would have thought we would be here?

My year started out great. A short holiday with the family at Stuarts Point on the mid north coast of New South Wales. Then it was back home to clean out the garage, a job that had been waiting to be done since returning from New Zealand in 2018. And finally back to work.

All was right in our little corner of the world, or so it seemed. Then we started to hear about a virus starting to run out of control in Wuhan, China. Reports began to appear on our major news networks of many thousands becoming infected and of thousands dying. The city was locked down. Movement was restricted. It was developing into a major disaster.

Then there came Italy, the US, Spain and the UK. A pandemic was declared by the World Health Organization.

Now we are trying to control it in Australia, New Zealand and across the South Pacific. It has been sobering to watch the numbers grow and know that at any time it could infect you or one of your loved ones.

How quickly things can change. Within the space of a few weeks we had gone from a carefree life with freedoms to move and congregate to a closing down of society resulting in church closures, job losses, toilet paper and basic food shortages, and the inability to visit our friends and family.

As I think about all that has happened, the warning found in Matthew 24:44 admonishing us "to be ready" makes a lot of sense. If society can be shut down and be turned around in such a short time and by such a tiny thing like a virus, then it doesn't take too much of a leap to see how the last things just before Jesus returns could happen rather quickly.

In Matthew 24 Jesus is instructing His disciples about

IF SOCIETY CAN BE SHUT DOWN AND BE TURNED AROUND IN SUCH A SHORT TIME AND BY SUCH A TINY THING LIKE A VIRUS, THEN IT DOESN'T TAKE TOO MUCH OF A LEAP TO SEE HOW THE LAST THINGS JUST BEFORE JESUS RETURNS COULD HAPPEN RATHER QUICKLY.

His second coming. He says "no one knows about that day or hour . . . only the Father." And that we will be going about our daily lives, eating, drinking and getting married. Then Jesus will come. There will be little warning, despite preachers telling us for decades. "Therefore," says Jesus, "keep watch, because you do not know when . . ." In other words, if you don't want to be surprised, keep a watch out and be prepared.

So what does this mean for you and me?

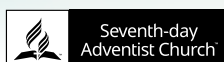
Every time we witness a pestilence or see reported an earthquake or significant flooding or famine or a war we should not dismiss it as "just one more". Rather, it should be a wakeup call. It should be a reminder that we are living in the end times and that Jesus' coming is getting closer. Jesus said, "Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. All these are the beginning of birth pains" (Matthew 24:7).

We should do all that we can to help others be ready for Jesus' return. Peter Roennfeldt has prepared some great resources to help us share Jesus with our friends and neighbours (see <www.following-jesus.com/resources/>).

This situation also says to me that we should never take anything for granted. Our life and society can change quickly. It could be an illness or an accident. It could be a virulent virus that gets loose in society. Or it could be something altogether different that triggers a limitation on our freedom to be faithful disciples in our worship of the God of heaven.

Let's stay focused on our God-given mission, particularly as we know how quickly things can change.

BRAD KEMP
ADVENTIST MEDIA CEO



South Pacific

abn 59 093 117 689
vol 125 no 9

senior consulting editor

glenn townend
senior editor
jarrod stackelroth
assistant editor
maryellen fairfax
copyeditors
tracey bridcutt
kent kingston
melody tan

graphic designer

linden chuang
template designer
theodora pau'u
noticeboard
julie laws
letters
editor@record.net.au
news & photos
news@record.net.au

noticeboard

ads@record.net.au
subscriptions
subscriptions@record.net.au
+ 61 (03) 5965 6300
mailed within australia and
nz \$A43.80 \$NZ73.00 other
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website
record.adventistchurch.com

adventist media

locked bag 1115
wahroonga nsw 2076 australia
+ 61 (02) 9847 2222
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jean-pierre niptik
"A woman assesses the
damage on Santo Island,
Vanuatu, caused by Cyclone
Harold."

GOD AND SUFFERING

Thousands of people have lost jobs, superannuation funds are worth substantially less and relationship issues are becoming more apparent—those are just some of the consequences of the COVID-19 pandemic. People are infected, health care workers are stressed and families are grieving; everyone is suffering.

The virus and its affect do not surprise God, but what is He doing about it? This question assumes two characteristics about God. Firstly, that God is love and wants to help people—the Bible affirms this love (Exodus 34:6; 1 John 4:8). Secondly, God has the power to intervene in the suffering—the Bible affirms this power (Genesis 18:14; Matthew 19:26). God even accepts our questions about suffering (Psalm 13:1-4; Revelation 6:10).

From my reading of Scripture, God relates to suffering in three ways.

God suffered because of what people do to each other. In Genesis 6:5,6, “The LORD observed the extent of human wickedness. . . . It broke his heart.” Think of the fighting, murder, sexual abuse, exploitation, greed and stealing that occurs every minute of every day. God sees it and it breaks His heart. He suffers because of what we do to each other (see also Exodus 3:7-10; Hosea 11:3-9).

God suffered with the people (Genesis 3:8-10). When Adam and Eve sinned it hurt God, but He went into the garden to talk with them. Jesus, God’s Son, came and lived as a human just like us (John 1:14; Matthew 1:23). God is not distant in suffering—He is there with us to understand and comfort.

God suffered for the people. After discovering the consequences of their sin, Adam and Eve were still naked with very temporary covering. Sin would lead to death, but God took first blood—an innocent animal to cover the consequence of human sin (Genesis 3:21). God would deal with sin ultimately—He provided a substitute who suffered for the people, His own Son (Isaiah 53:1-15; Hebrews 2:9-18; 1 Peter 2:21-24).

Whatever suffering we experience, let us remember that God suffers because we suffer; with us; and ultimately, for us—so He can put an end to such suffering once and for all (Revelation 21).



GLENN TOWNEND
SPD PRESIDENT
@SPDPresident

ADVENTIST RECORD PUBLICATION UPDATE

RECORD STAFF

With churches closed due to COVID-19, the team at *Adventist Record* has received multiple inquiries regarding the continuing distribution of the magazine.

Churches and conferences have expressed a desire to continue receiving the print magazine, so at this stage *Record* will continue being created, printed and distributed as normal.

However, if you would like to reduce the number of copies received, change your distribution address or pause your subscription until churches reopen, email [<news@record.net.au>](mailto:news@record.net.au).

With more than 24,000

copies distributed every fortnight, it is not practically possible for the magazine to be individually delivered to each church member’s home address. However many churches are letterboxing the magazine to their members as a form of ministry and connection.

During this time, *Adventist Record* is active on social media and posts regular news and updates to [<record.adventistchurch.com>](http://record.adventistchurch.com).

We encourage you to subscribe to our e-news, which is circulated every Friday, and to read our online magazine if you are unable to receive a physical copy—visit [<issuu.com/adventistmedianetwork>](http://issuu.com/adventistmedianetwork).

SOUTH AUSTRALIA HOSTS BIG CAMP ONLINE

KENT KINGSTON

Adventists in South Australia celebrated their annual Big Camp convention online from April 14 to 18 thanks to a partnership between the local conference and a team of volunteers from Living Ministry Media (LMM).

The programs featured morning and evening sessions filled with music, prayer and preaching, filmed at a production studio fitted out by LMM. The main speaker for Virtual Big Camp was South Australian Conference president Pastor David Butcher, who had a strong sense of God’s leading in what has happened.

“Our chosen theme, finalised months ago, was ‘For Such a Time’. Now, more than ever, this theme is relevant,” he said. “Society at the moment, with COVID-19, is in crisis. Our

lives have been reshaped for us; there is fear and uncertainty everywhere. For me, the world and story of Elijah speak into our day and our space. The message was essentially focused on being faithful in a threatening world.”

LMM, an Adelaide-based ministry, has been providing video/media support for Adventist events across the South Pacific since 1994. When churches closed in March, LMM swung into action and began providing a weekly livestreamed church service, which has attracted thousands of views.



PASTOR DAVID BUTCHER PRESENTING A SERMON ONLINE.

CYCLONE DEVASTATES PACIFIC COMMUNITIES

TRACEY BRIDGUTT

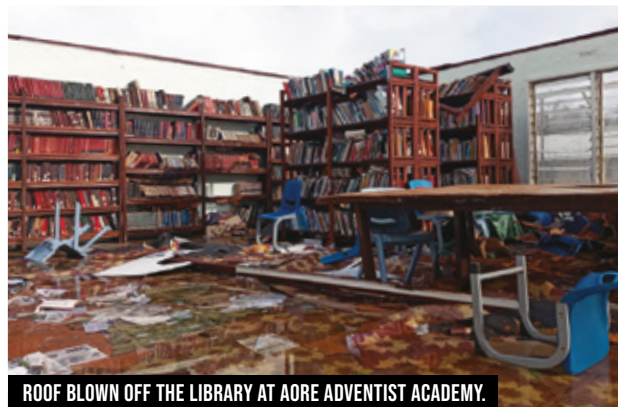
The clean-up and recovery effort is continuing for South Pacific communities left devastated by Tropical Cyclone Harold.

The category-five cyclone cut a path of destruction through Solomon Islands, Vanuatu, Fiji and Tonga last month, leaving thousands of people homeless, cutting power and water supplies, and flooding villages. Worst affected was Vanuatu, where the cyclone caused extensive damage to the northern part of the country after making landfall on April 6.

"The devastation is so big, thousands of people lost their entire gardens, homes and there are over 1000 schools that have been destroyed," said Vanuatu Mission president Pastor Nos Terry Mailalong.

Adventists were among the many left homeless. "We lost churches, schools and hundreds of church members lost their homes," Pastor Mailalong said. "Aore Adventist Academy, which is the major church high school in the country, is almost completely destroyed."

All of Aore's seven staff houses were also smashed. The Adventist primary school at Sarakata lost its roof and an ADRA staff house was flattened.



ROOF BLOWN OFF THE LIBRARY AT AORE ADVENTIST ACADEMY.

Cyclone Harold formed as a tropical low between Papua New Guinea and Solomon Islands on April 1. It struck the Solomons as a category-two system, destroying houses, buildings and food crops. At the height of the

storm, 27 people were reportedly swept off a ferry travelling from Honiara city to Malaita province on April 3. No Adventists are believed to have been among the casualties.

In north-east Guadalcanal, Tivale Adventist Church was destroyed and Tenakoga Adventist College had a roof blown off and dining hall damaged. Seven Adventist families in Guadalcanal province lost their homes and 23 kitchen outbuildings in Adventist communities were destroyed.

In Fiji, the cyclone caused widespread flooding and damage to homes, especially within the communities of Lau and Kadavu. It then moved to Tonga, where buildings and roads were damaged, and a number of homes lost their roofs, including a staff house at Beulah Adventist College and a pastor's house on Eua Island.

ADRA is working with local authorities in Vanuatu, Solomon Islands and Fiji and with the Tongan Mission office to assist those affected. Food and shelter are the main needs.

Solomon Islands ADRA emergency response coordinator Raynick Ray said communities are facing the challenge of their root crops rotting because of the flooded gardens, while there are also health concerns.

"The communities are experiencing



REMAINS OF TIVALE ADVENTIST CHURCH.



A HOUSE AT KOLONA.

an increased rate of mosquito bites and are requesting quick delivery of bed nets and other relevant supplies should there be an outbreak of malaria, dengue, or other disease and sickness," Mr Ray said.

The relief effort has been made particularly challenging due to the threat of the COVID-19 pandemic, with supply routes being cut and difficulties around managing safe social distancing while people are gathered at evacuation centres.

Pastor Mailalong said Vanuatu had now been hit by three major disasters. "There is the impact of the threat of COVID-19—plenty of working-class citizens are losing their jobs," he said. "In the Tafea province in the southern part of the country, ash is falling from the volcanoes and affecting the livelihoods of the people, destroying food crops and contaminating the water source. And then of course Cyclone Harold devastated the northern part of the country. Only the Lord will see His people through these difficult times."

ONLINE FILM FESTIVAL HELPS MUMS MINISTRY RAISE FUNDS

MELODY TAN

Mums At The Table, an Adventist Media ministry, has partnered with Heritage Films in an innovative fund-raising event created in response to the COVID-19 pandemic crisis.

The Hope at Home online film and event festival originated as a result of the increasing lockdown measures introduced by the Australian government to address the spread of coronavirus.

The online film and event festival launched on April 5 and is available in Australia and New Zealand. Running for 10 weeks, it includes unlimited access to 12 hope-filled films—such as *Hacksaw Ridge*, *Beautifully Broken* and *The Heart of Man*—chosen to encourage and inspire families during this time of uncertainty. Passholders will also have access to live Q&As, panels, workshops and the online community that will form around the festival. Those who sign up after the

launch date will have instant access to earlier films.

In response to the current climate, Rod Hopping, chief executive of Heritage Films, said in an interview, "It's probably more important than ever to get out a message of hope. It's timely to try and mitigate fear and anxiety in people's lives. It seems better timing than ever. Maybe God's got it on His mind as well in terms of bringing it all together."

The partnership with Heritage Films means Mums At The Table is not only able to offer half-price tickets to those interested, but also, for every ticket sold, the ministry will raise \$A10.

"Mums At The Table is all about providing mums with online resources



A FESTIVAL FACEBOOK COMMUNITY WILL HAVE "WATCH PARTIES" AND OTHER EXCLUSIVE CONTENT.

and a community they can turn to when they need it," said Melody Tan, project manager of the ministry. "Every ticket sold goes towards helping us to continue to support and encourage mums."

Tickets for the festival are \$A59.99, but those who use the discount code MUMS50 will receive a 50 per cent discount, bringing the price down to \$A29.99. To sign up, please visit: <https://bit.ly/MATThope>.

An advertisement for the ACA Health Benefits Fund. It features a man and a woman with long hair, both looking very excited and happy. They are positioned behind a laptop, which is open in front of them. The man is on the left, gesturing with his hand, and the woman is on the right, holding a small white card. The background is a plain, light-colored wall. On the left side of the image, there is text that reads: "ACA HEALTH BENEFITS FUND" with a logo above it. Below that, it says "Refer a New Member & Receive a \$100 GIFT CARD EACH with any Combined Hospital & Extras Cover*". At the bottom, there is a dark blue banner with white text that says "Contact us today at 1300 368 390 | acahealth.com.au |" followed by icons for Facebook, Instagram, LinkedIn, and YouTube. At the very bottom left, there is a small text that says "*Terms & Conditions Apply. Offer ends 30 June 2020".

YOUNG PEOPLE GET BAPTISED DESPITE COVID-19

MISIKARAM GUGUNA/RECORD STAFF

While the rest of the world was shutting down, 18 young people in Nakandokum—a community consisting of three villages in East Sepik Province, Papua New Guinea—made the decision to get baptised on April 4, following evangelism by young people utilising the World Changers Discovery Bible Reading (WCDDBR) program.

The baptism is the first fruit of WCDDBR evangelism in Sepik Mission that was launched in July 2019 by Papua New Guinea Union Mission youth director Pastor Lonol Winnie.

Following the launch, the Sepik Mission youth department trained young missionaries—Minister Fabian and Minister Dickson, among others—to be “world changers” in Nakandokum by conducting small “cottage meetings” and appealing to the young attendees to give their lives to Christ.

“I visited them in November 2019 [and could] not hold back my tears of joy hearing these young people sharing their



THE YOUNG PEOPLE GETTING BAPTISED.

joy and love for their new faith. I prayed with some of them whom I felt [could] stand up as world changers. [I] encouraged them [to] not look back but stand for Christ,” said Sepik Mission youth director Pastor Misikaram Guguna.

He also added, “I thank Pastor Lonol Winnie and South Pacific Division youth ministry director Pastor Nick Kross for allocating more than 8000 World Changers Bibles to the Sepik Mission.”

The baptism was in keeping with PNG Government regulations* that allow gatherings of up to 100 people.

**As of April 2020.*

LAY LEADERS IN VANUATU TRAINED IN THEOLOGY

JOSEPH WEBB/RECORD STAFF

Twenty-four lay leaders from all over the islands of Vanuatu recently travelled to Aore Adventist Academy (AAA) to receive some theology training.

The training event, held by the Vanuatu Adventist Institute of Lay Ministries and Leadership, was supposed to be conducted by four pastors over two months—from March 1 to May 2. Given COVID-19 restrictions, the event was only held for the first two weeks under the guidance of Dr Joseph Webb from Caboolture Seventh-day Adventist Church in South Queensland, before being cut short.

Dr Webb returned to Australia just before flights were cancelled.

During his time at AAA, Dr Webb presented the theology module through lectures, class discussions and small group activities, which covered the definitions and branches of theology,

biblical studies, systematic theology (issues of salvation) and applied theology (relational ministry).

“AAA is a beautiful setting for such a training school,” he said. “I suspect the recent cyclone thwarted any attempt to continue at the school, also as people were told to stay in their villages due to COVID-19.”

Although the training event was cut short, responses gathered reveal that the students thoroughly enjoyed the experience and learned a lot.



PASTOR WEBB (LEFT) WITH LAY TRAINEES AT THE AORE CAMPUS.

NEWS GRABS



ADVENTIST SEWS FACE MASKS

Keila Sánchez, scarf designer and member of Paw Paw Seventh-day Adventist Church (United States), is putting her skills to work sewing medical face masks for healthcare providers. Reading that medical workers have to reuse masks for up to a full week motivated her ministry, sewing 60 masks in just under 24 hours.—*Adventist Review*



DENMARK REACHES OUT

The Adventist Church in Denmark has reinvented the concept of “web-church” by advertising their neutrally-branded website, “webkirke.dk” (webchurch.dk) to the public through front-page newspaper advertising. The move was made in an effort to “look outside the [Adventist] pool” and move toward more intentional evangelism.—*TED*



BASKETS BOOSTING IMMUNITY

ADRA in Slovenia has responded to the COVID-19 crisis through their “Healthy Baskets” project, which provides baskets of fruit, natural juices and vitamin C supplements to healthcare workers and elderly residents of nursing homes. They also designed and printed flyers, sharing practical medical advice with the community.—*TED*

HOT TOPICS



VIRTUAL BIBLE LANDS TOUR

Sydney-based travel agency "Liberty Tours" is keeping travel dreams alive in the midst of COVID-19 through a series of webinars and virtual tours of the Bible Lands. Travelling to the Garden of Gethsemane or the Mount of Olives in Jerusalem, guests can soak up the history and gather valuable information for future trips to the area. —*Liberty Tours*



BIBLES GONE VIRAL

While self-isolation has taken a toll on the global economy, one industry is booming: Bibles. Compared to the same month in 2019, Tyndale House Publishers have seen a 44 per cent increase in sales of their Life Application Study Bible and a 60 per cent bump in their popular Immerse Bible, as well as explosive engagement on social media. —*The Christian Post*



ALCOHOL CONSUMPTION RISES

New research commissioned by the Foundation for Alcohol Research and Education (FARE) reveals that 20 per cent of Australians have purchased more alcohol than usual during the COVID-19 pandemic, 70 per cent are drinking more than normal and one-third now drink alcohol daily. Most respondents also expressed concerns about their alcohol use.

—*FARE Media Release*

NEW EMERGENCY PATHFINDER CURRICULUM FOR 2020

MARYELLEN FAIRFAX/JEFFREY PARKER

In light of COVID-19 restrictions on group gatherings, youth and Pathfinder directors from across Australia have teamed up to create a "New Emergency 2020 Curriculum" so that Pathfinders can complete course work online from home and meet requirements for investiture this year.

"Each of the classes have things that can be completely done at home, hopefully with things around the house and safe online content," said Australian Union Conference (AUC) youth director, Pastor Jeffrey Parker.

Adapting existing coursework, youth directors from across AUC met for more than a week on Zoom to write the new curriculum. With a program available for each class, from Friends to Guides, the directors are excited by the move.

"Our Australian youth directors are very passionate about Pathfinders and we want to see our 4000+ Pathfinders in Australia continue to investiture in 2020. We are excited about this new 'isolation curriculum'," said Pastor Parker.

Greater Sydney Conference Pathfinder director Pastor Phil Yates has been

creating YouTube videos to teach various honours to Pathfinders.

"The honours online and the emergency curriculum have been much appreciated by club directors and Pathfinders, they are feeling supported and have a standard to work to," he said.

Alongside the videos and curriculum to provide structure, Pastor Parker encourages Pathfinders and directors to continue meeting up with their club members online to stay focused.

"It's very doable and we will have a special 'Pathfinders in Isolation' pin for all those who get invested at the end of 2020!"

The honours videos and new curriculum can be accessed via the AUC Pathfinders website <<https://pathfinder.org.au/>>, which Pastor Parker calls the "one stop Pathfinder shop".



PASTOR NICK KROSS AT UNSTOPPABLE CAMPOREE 2019.

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CREATIVE, CONFIDENT KIDS

A talented group of children from Hillview Seventh-day Adventist Church (Morisset, NSW) conducted Sabbath morning service on March 14, to the delight of the wider congregation. Children of various ages—from pre-school to upper primary—led out in introducing the various parts of the service. A highlight of the morning was a group of primary aged girls who performed a graceful creative expression of worship. Another feature was an enthusiastic ukulele band leading the music. Tiani Page, children's ministry leader, trained the young people for many hours, evidenced by their confidence in front of the congregation. —*Mary Fedorow*



READY, SET, GO!

Secondary students from Brisbane Adventist College (BAC) held their "Go Week"—a week of worship—from March 9–13 under the theme "Ready, Set, Go", which emphasised the importance of physical and spiritual fitness. Led by BAC alumnus Pastor Raymond Moaga and assisted by the BAC chaplaincy team, the students enjoyed a healthy breakfast at school each day before engaging in morning exercise sessions. Discussion questions revolving around four key things you need to be "spiritually fit" were a central part of Pastor Moaga's TEDx-style presentations. —*BAC Facebook*



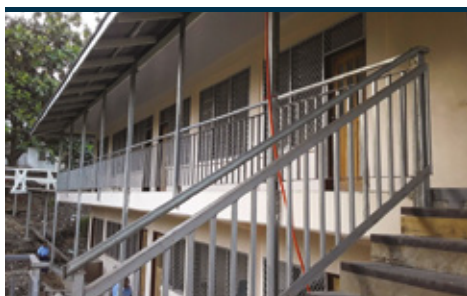
DRIVE THROUGH GOSPEL

Local volunteers from the Bay Food Pantry, a ministry of the Adventist church in Bonnell's Bay (NSW), held a drive through food pick-up service on April 2. According to those involved, the operation ran smoothly and the team were able to feed more than 50 families, with leftovers to spare. The team were visited by Police Commander of Lake Macquarie, Superintendent Danny Sullivan, who personally thanked them for their community service. Unfortunately due to COVID-19, many volunteers were unable to make it, and the operation has been scaled back to a handful of volunteers until "normal" life resumes. —*NNSW Facebook*



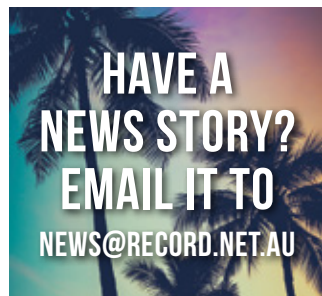
EDUCATION EXPERT

Greater Sydney Conference appointed a new executive director of education, David Hobson. The decision was ratified on January 29. GSC president Pastor Terry Johnson said, "We believe that David will do a wonderful job in this new role, we are praying for you, your family and the responsibilities you are taking on." David is married to Megan and has two adult sons. He is a highly experienced educator with 15 years' experience as a classroom teacher and 14 years in executive leadership. He's an active, committed Seventh-day Adventist Christian and is currently studying an MBA in leadership and management. —*Daniel Lavaiaamat*



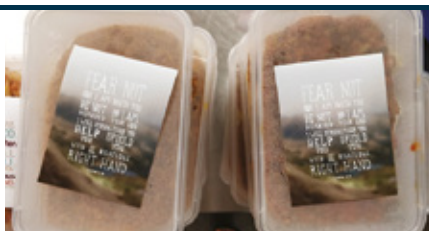
KUKUM EXPANDS

Kukum Adventist Primary School (Solomon Islands) has expanded to offer high school (grade 7) classes after more than 20 years. The change follows high demand for more Adventist high schools in Honiara. Currently there are six teachers, led by Gibson Apusae, the new principal, and 85 students. The new classroom building has been donated and funded by the school parents and, it is hoped, it will be completed before the end of the year. —*George Kaola*



LEADERS IN ACTION

Students from Hurstville Adventist School (NSW) attended the "Grip Leadership Conference" on March 4. They were encouraged in their role as leaders and have already been discussing activities that they can run in their school to make a difference, to help the students and to give back to the community. Their teachers and supervisors have said that they are very proud of them! —*Daniel Lavaiaamat*



FOOD FOR THE SOUL

In light of COVID-19, young adults from Murwillumbah Seventh-day Adventist Church (NSW) made food for people in the community, complete with Bible promises on top. They left with more than 30 containers of food, and came home with only three left over. The recipients were grateful for their generosity. —*Murwillumbah Seventh-day Adventist Church Facebook*



SMALL GROUPS IN PNG

Seventh-day Adventist churches in Lae, Morobe Province, Papua New Guinea, have been gathering for small-group Sabbath services since PNG Prime Minister James Marape announced a State of Emergency on March 24. Groups of less than 20 people are studying the Bible, singing praise songs and participating in the 100 Days of Prayer. —*Record staff*



Family life 24/7 in the midst of COVID-19



If your family is anything like ours, you may be finding the sudden enforced social isolation somewhat disorienting, as normal routines and social interactions have gone out the window. In our family, my husband and I are now working from home and our young-adult daughters have had to move back from Avondale University College. As we're learning how to navigate this new reality, these are some things that we've found helpful:

Practising gratitude each day.

Positive psychology research reveals that gratitude is "strongly and consistently associated with greater happiness".¹ The Scriptures, from the Old Testament to the New, also exhort us to "give thanks" and to "be thankful!" We make it a practice to identify 10 things we are thankful for each morning. Most days it's easy; some days it's hard. I had a difficult day last week when I had to come to terms with the fact that we'd sold our house at just the wrong time, and would have to move during a lockdown without having a new home to go to. I went to bed at 8pm and cried. When I woke up and my husband asked, "What are you thankful for today?", I didn't feel very thankful for anything. But he started to tell God about the things he was thankful for, and by the time he was at number three, I was ready to join him in giving thanks. We then went for a long walk and when we came back my self-pity had lifted.

Exercising outdoors each day.

Green space has been shown to have positive effects on mental health,²

as has exercise.³ Put them together and you have a powerful antidote to anxiety and depression. We've discovered several new walking tracks near our home, which we are enjoying. Our daughters take rollerblades and longboards and tear around the tracks while we try to clock up 5km. We always come home feeling better.

Finding ways to be creative each day.

Creative behaviours have been shown to improve mental health, boost your immune system and increase happiness.⁴ Between the four of us, we've been cooking new foods, writing poetry, painting, playing musical instruments and singing. Yesterday, when everyone was just a little morose, our daughters pulled out their violins, my husband tuned his guitar and they jammed while I listened. These jam sessions never fail to put a smile on our faces. We also dream about a garden to dig in once we move, as there are many ways in which gardening benefits mental health.⁵

Staying connected with friends and family.

The World Health Organization is now advocating against the term "social distancing" and is recommending the term "physical distancing" instead, as the importance of maintaining our social connections has never been more important.

"Ironically, the technologies we often blame for tearing apart our social fabric might be our best chance, now, of keeping it together."⁶ If you're used to walking down the hall for a chat mid-morning/afternoon, you

can replace this with a FaceTime or Zoom chat with a friend or colleague. If you're missing your small group or book club, you can still connect with these friends via Zoom. Even my 76-year-old mother and 81-year-old father have learned to use Zoom, and now have a regular 8pm prayer time with their friends from church. We're enjoying reconnecting with friends in the USA, who are also practising physical distancing at home and so have more time than they would usually.

Maintaining a regular daily routine, as well as a dedicated work space and time. While this takes a level of self-discipline that is difficult when working from home, we've found we really do feel better when we keep a somewhat regular time for rising/going to bed, when we get out of our PJs in the morning and maintain our grooming, and when we keep a somewhat regular schedule for eating meals. And, by the way, children who regularly eat meals with their families have fewer at-risk behaviours as they move into the teen years, so consider this period of working from home a unique opportunity to make up for lost time.

If you are home schooling for the first time, I sympathise with you!

Our family home-schooled for many years and know from experience that those early days and weeks of home schooling can be overwhelming. My advice is that you try to relax and remember that your children will learn many new things through this experience that they could never



have learned at school. If you're working with a school that you're accountable to, I encourage you to connect with your children's teachers to ask them to prioritise what is not negotiable and what might be optional. In times of transition, our home schooling consisted of only reading and maths every day. While at the time we wondered if our children might fall behind, they never did. Take the time to enjoy this opportunity to discover how your children learn, what their strengths and weaknesses are, and what their unique talents are. One day, you may look back on these days as formational in your relationship with your children.

In addition to these practical suggestions for learning to navigate family life 24/7, **remember to daily ask God**, "who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us" (Ephesians 3:20), to give you all you need to face each day with "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control" (Galatians 5:22,23).

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EDYTA JANKIEWICZ

FAMILY MINISTRIES SPECIALIST, SOUTH PACIFIC DIVISION.

LIVING HIS WORD

WITH WAYNE BOEHM

KEEPING WATCH

How are you coping in isolation? In a matter of weeks, the world implemented a wide raft of measures to deal with the threat of COVID-19. Social distancing, lockdowns, curfews, limited family at weddings and funerals, and no gatherings at church. On the flip side, people are searching for answers, church services are being broadcast at primetime and there has been an explosion of online worship options. COVID-19 has changed our world.

So what do you make of it all? Have a look at these important passages.

CONSIDER Matthew 24:4. Jesus calls us to "take heed" or "watch" and not be deceived. On four occasions Jesus revisits this theme through Matthew 24 and 25. In fact, the same Greek word "watch" (*gregoreuo*) used in 24:13 is also chosen in 1 Peter 5:8 where we are warned to be alert and vigilant because the devil prowls around like a roaring lion.

CONSIDER the concluding phrase of Matthew 24:6,8. In the first place, Jesus gives a warning to the disciples, but then concludes with a strong admonition:

... but the end is not yet.

... all these things are the beginning of sorrows.

"A storm is gathering, ready to burst upon the earth; and when God shall bid His angels to loose the winds, there will be such a scene of strife no pen can picture" (*Education* p 180).

While some people have rushed to the supermarkets for food and other essentials, a better course of action leads us to ask, what more important spiritual preparations are required?

CONSIDER Revelation 12:10,11. In the final crisis, the saints' faith was secure in the victory the Lamb obtained on Calvary. **CONSIDER** then the words of Jesus in John 14:1-3 and live your faith boldly.

faithfulness in hard times



The phrase “lest we forget” is used today so that society does not forget the sacrifices of war. Most people are not aware that the phrase was used in the Bible 3000 years ago (Deuteronomy 4:7–9, NKJV) so that God’s people did not forget the way God had cared for them.

Adventists regularly quote, “We have nothing to fear for the future except as we shall forget the way the Lord has led us” (3SM 162.3).

Do we fear the future? This Division has had to operate through depressions, recessions, world wars, cold wars, natural disasters and pandemics—tough times are not new.

The Great Depression of the 1930s is regarded as one of the greatest financial crises of modern times. JT Hammond was the Division treasurer from 1921 to 1936. In his 1930 report he said, “Whether the present financial depression will be of short or of long duration is difficult to forecast. But there is no question that it is serious, and already greatly affecting many of the people of this land.” Tithe declined about 20 per cent during the depression years. Members and the public responded with offerings and gifts.

In 1936 Hammond’s report said that, “as far as Australasia is concerned, we are informed that it is now largely a thing of the past. It certainly brought great perplexities and difficulties, but we can look back over the past six years and see that not only did it fail to hinder God’s work in this Division, but that actually greater progress was made during this period of adversity than during more normal times.”

We now face a pandemic and financial uncertainties that some say could be the biggest economic downturn since the Great Depression. I can learn from others who have gone before me and my own experiences as the Division chief financial officer. I have seen first-hand how God has provided during difficult times.

After the SARS pandemic (2003), global financial crisis (2008) and swine flu pandemic (2009/10), the following

year tithe increased each time by six per cent across the Division.

In February 2011 the Christchurch earthquake left many without jobs and homes. A lot of members relocated out of the South NZ Conference. That same year, in 2011, Conference tithe increased by 17 per cent—a greater increase than the five previous years combined. In 2015 Cyclone Pam devastated Vanuatu, destroying crops, churches, homes and affecting members’ jobs and income. Tithe increased more than 30 per cent.

This pandemic is creating opportunities for mission that we have been praying for and now is a time to move forward with confidence. What else can we learn from the past?

“During the past few years many have lost the savings of a lifetime overnight. There is only one safe place today: ‘Lay up for yourselves treasure in heaven’ (Matthew 6:20). Those who have invested in the great cause of God can already enter into the joy of their Lord, in knowing that, under God’s blessing, their gifts have helped to lead many to Christ. But a greater and more wonderful time is coming when, in that great company that none can number and which will gather around God’s throne, the Lord will reveal in full the interest on those investments” (JT Hammond, 1936 Treasurer’s report).

I am encouraged as I look back and see the faithfulness of members during both good and bad times. Since our churches have closed we have already seen a very large increase in eGiving transactions in Australia and New Zealand. During this pandemic my prayer is that our generation will remember the lessons of the past and again remain faithful by putting God first with their finances.

RODNEY BRADY

CHIEF FINANCIAL OFFICER FOR THE SOUTH PACIFIC DIVISION.

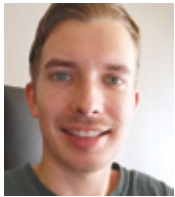
MY MINISTRY: AROUND THE BIBLE IN 90 DAYS

Three Avondale theology alumni found distance was no barrier to reading the whole Bible together in 90 days.



Jacob Ugljesa: I was sitting together with some friends one Sabbath afternoon. The conversation of our phone usage and screen time came up. I knew I spent a lot of time on my phone; I was spending 10 hours a week just using social media apps. I was challenged that something in my priorities had to change.

I contacted my Avondale University College friends and fellow Theology graduates, Jono and Maciej, about a Bible study plan called the 90-day reading plan on the You-Ver-sion Bible app. The goal was a big one: read the Bible in 90 days, cover-to-cover, discovering the big picture for ourselves. Instead of studying “individual tree leaves”, we would take a step back and look at the whole tree—the story of Scripture from Eden lost to Eden restored.



Maciej Kuberek: Jacob mentioned to me the idea of reading the Bible in 90 days. At first I felt it would be a challenge reading so much in such a short amount of time. However, I wanted to give it a go in order to challenge myself while doing the journey with some friends. After

leaving Avondale, a group of us became close and kept in contact online. When Jacob challenged me to get involved, I invited Jono to join the challenge with us.



Jonathon Gillard: At first I thought it was a joke. Is that even possible? I'd have to spend the whole day reading. I have often wanted to read the Bible through cover to cover, but each time I've struggled with the 365-day reading plan. Perhaps it's the length of the

reading plan, or maybe the dedication and commitment required to read it through in its entirety. As I look back, I don't know why I said yes, but I'm glad I did!

HOW READING THE BIBLE CHANGED US

We found it hard to always be consistently reading large passages of the Bible. Along the way we wrote notes in the app and that would notify the others. This constant reminder of our friends' progress encouraged us to open the app and read for ourselves. Our unified goal, combined with the notes we would write, kept us focused on what is important. We all watched our screen time shift from using social media to reading the Bible.



We thought that by reading the Bible faster we would miss a lot of its message, but it actually made a lot of sense. We could see the story in it from beginning to end; one that points forward to Jesus and what God has done for all human beings. Reading the Old Testament would sometimes frustrate us, as we read about human failure. At the same time, we were encouraged as we saw the plan of salvation that God has for all humans.

We also noticed the way this challenge drew us all closer together. We were reading the same passages, highlighting the Bible, writing notes and commenting on each other's thoughts. At the end of our time, we would reflect on the passage and share our thoughts with each other. Every time we saw the others comment on a Bible verse, it would inspire us to read more and think deeper about Scripture. By checking in on each other every day, this challenge became our own online small group.

IT'S YOUR TURN

We finished reading the Bible in 90 days at the end of January. We discovered it wasn't about how I read the Bible in 90 days, it was about how we read the Bible in 90 days. Now, more than ever, we realise the importance of staying connected in an isolated world. Many of us are wondering what “church” looks like in a world where church doors are forced closed by COVID-19. This experience has reminded us how church was meant to be done: in community.

Perhaps you and your friends would benefit from doing an online Bible reading plan together. You don't have to be face to face to experience church community. Grab a few friends, download the YouVersion Bible App and search for a Bible reading plan that interests you. Start reading together and you never know what gold you might discover!

| JACOB UGLJESA/MACIEJ KUBEREK/JONATHON GILLARD

FAITH

Sephthah's daughter and a kilogram of flour



I don't know about you, but I'm not that fond of the Book of Judges—all those nasty stories. It's not something I turn to when looking for a comforting promise from God. Nor Leviticus, with all those grisly sacrifices.

Give me Genesis, the Gospels of Luke and John, Ephesians: you know, something encouraging, inspiring. Isn't it good that there are 66 books in the Bible, with plenty to pick and choose from? Some of us can even ignore the fact that all Scripture is given by God, and happily choose what suits our need, or personality, or theological bent.

But there I was, right in the middle of that wonderful, uplifting, encouraging Hebrews Hall of Faith Fame, and confronting me was the name of Jephthah (Hebrews 11:32). Jephthah, a man of faith? Surely not! I mean, wasn't he the guy in Judges who sacrificed his daughter? How could anyone include him in a list of inspiring, faith-filled people?

Now, to be fair, Jephthah didn't have a good start to life. Son of a prostitute, his nice, legally legitimate brothers threw him out of the home, and he went off to the land of Tob, probably the near-desert to the west of Gilead, where various wild social misfits attached themselves to him, indicating he had leadership ability. This ability became known further afield, and when Ammonites came raiding Gilead—who should the Gileadite leaders call on but the unloved, unwanted, outlawed Jephthah. “You fight for us,” they said, and after a bit of bargaining, Jephthah agreed.

The story has a surprising twist here. Unexpectedly, not only did Jephthah the outcast have a good knowledge of the history of his people (although not his Bible, as we shall see), but he proved to be the only person in all the gory Judges narratives who tried to avert war by using good diplomacy on the enemy. The fact that it didn't work didn't mean he didn't try. He pointed out that Gilead had never belonged to the Ammonites, and had been settled by Israel for no less than 300 years. Unable to avert outright war, Jephthah turned to God and, significantly, “the Spirit of the Lord came upon Jephthah” (Judges 11:29). He was truly God's man. As he headed for the battle he knew he could only succeed with God's help, so he promised that, if God gave him victory, he would offer as a sacrifice whatever came to meet him when he returned home. Presumably he had a pet lamb or some such, and was willing to give his best for God. God heard his cry for help, and gave him a great victory.

Joyfully, triumphantly, Jephthah returned home, only to be met by his happy, dancing, timbrel-playing only child—his daughter! No wonder he tore his clothes and wailed that his daughter troubled him! It must have been the saddest homecoming in history.

But Jephthah was a man of his word. God had kept His side of the bargain, so he would keep his, even to sacrificing his beloved daughter.

Clearly a very special bond of love and trust bound Jephthah and his daughter, and she shows amazing faith in her father, and he in her. He granted her sad request that she go away to have two months to bewail her fate, and then,

incredibly, she returned to her father, knowing what would befall her, and he sacrificed her. I don't know about you, but I think this nameless girl needs to be in the Hall of Faith, along with her agonised father who, to honour his (mis) understanding of his commitment to God, went through with what Abraham, provided with a ram in the thicket, was not asked to do.

But, oh *but!* If only this anguished father and daughter (and no doubt mother) had known, had they consulted their sacred scrolls (the Torah of Moses), the awful outcome need never have occurred. No doubt in the desert Jephthah didn't have a copy of Leviticus, nor too many opportunities to attend worship services led by a knowledgeable priest or Levite. He did not know that God had already made provision for just such a terrible plight as was his and his daughter's. He was totally committed to his God, and knew his faith had been honoured by a signal victory. But if only he had known Leviticus 5:4–11, which says, “if anyone utters with his lips . . . a rash oath to do evil or to do good, any sort of rash oath that people swear, and it is hidden from him, when he comes to know it, and he realises his guilt . . . he shall bring to the Lord . . . for the sin which he has committed . . . a lamb or a goat for a sin offering . . . and if he cannot afford a lamb, then he shall bring two turtle doves or two pigeons . . . but if he cannot afford two turtle doves or two pigeons, then he shall bring . . . a tenth of an ephah of flour.” A tenth of an ephah of flour in modern weight is about one kilogram. In my supermarket that costs about \$NZ2.

Just think, if only Jephthah had known his Bible, he could have been forgiven his rash oath and his daughter become a free woman for the price of a kilogram of flour, worth a mere couple of dollars!

God understood Jephthah's heart, knew he acted out of faith and love for God, and honoured him, but the terrible sacrifice of his only daughter was totally unnecessary. God had already made provision. A lamb, a pair of turtle doves or even a kilogram of flour, could have saved her. If only he had known his Bible. And, as he sacrificed his flour—flour that could have been made into a good, crusty loaf of bread—he would have known that it should have been a lamb, and maybe, just maybe, he might have understood the enormous sacrifice that God would make to ultimately save him (and me) from all his rash vows, and every other sin.

How much heartache and petty arguing could we avoid if only we studied our Bibles diligently, all of those 66 books, not just our favourite parts, our proof texts. How often we are ignorant of God's righteousness, and strive to establish our own (Romans 10:3) instead of accepting what God has already provided in the great sacrifice of our Lord and Saviour, Christ Jesus.

Even the books of Judges and Leviticus show us that God is a God of not only justice, but of great mercy.

DR ELIZABETH OSTRING

RETIRED PHYSICIAN WITH A DOCTORATE IN THEOLOGY.

THE WORLD IN LOCKDOWN

The world is in lockdown. What does the Bible say? In the Old Testament, classical prophets repeatedly warned Israel of a national lockdown if they persisted in sin. In apocalyptic literature, we also find the prediction of an imminent worldwide lockdown before probation closes. We will briefly talk about this soon. But first, let us start with the prophetic role.



BIBLICAL PROPHETS

The term “prophet” actually means “to boil up like a fountain”. By the influence of the Holy Spirit, the heart of a prophet would “boil up like a fountain”, feel “inspired” or have an “irresistible urge” to speak for God (2 Peter 1:21).

Prophets generally fall into three categories:

First, the classical prophets. They warned Israel of an approaching national lockdown in captivity if they failed to repent from their sins (see 2 Kings 17:13–18; Jeremiah 25:1–14).

Second, the apocalyptic prophets. Daniel and the Revelator reassured the people that God was still in absolute control—He determines the rise and fall of nations. But they also pointed to a worldwide lockdown before the close of human probation (Daniel 8:10–12, 23–26; Revelation 13:15–17).

Third, the prophets who had no recorded message. Prophets like Nathan, Gad (1 Chronicles 29:29) and Paul (Colossians 4:16), with some written messages that are missing from the Bible. While other prophets like Deborah (Judges 4:4), Agabus (Acts 11:27,28) and the four daughters of Philip (Acts 21:8,9), among others, had only a verbal message.

But in response to the call of God, the prophet(s) became a “seer” or “spokesperson” for Him (1 Samuel 9:9; 2 Timothy 3:16,17).

AN EXAMPLE FROM A CLASSICAL PROPHET

The prophet Amos lived in a humble village called Tekoa, about 20 kilometres from Jerusalem. His name means “burden-bearer”. He took care of sheep and was a pruner of sycamore trees (Amos 1:1; 7:14). Amos had a peculiar message for Israel. They were at the summit of prosperity and enjoyed great luxury. But they were morally, religiously and politically corrupt.

In Amos 3–6, the prophet delivered three divine messages to Israel about judgements they were about to encounter because of sin. All three sermons began with, “Hear this word” (3:1; 4:1, 5:1), a common expression used among classical prophets.

Amos warned Israel about the destruction they would face due to disobedience and sin (3:1–15). Their only safety was to walk with God (v 3–5). He had sent them prophets to warn them of the impending crisis (v 7,8).

Israel was rapidly slipping into wickedness to the point of no return (4:1–13). They preyed on the poor (4:1,2), turned to the gods of the heathen and lived a life of spiritual pretension (4:4,5). Worse still, they heard God’s megaphone blasting out for their attention, but they ignored the message. God was repeatedly speaking to Israel through famines (4:6), drought (4:7,8), pestilences (4:9), and through plague and war (4:10), urging them to repent. But they were not listening.

Yet it was still not too late (5:1–6:14). Although Israel was to go into national lockdown in captivity (5:1; 6:1–14), God still had a faithful remnant among His people, and He would save them (5:2). There was hope, “For thus says the Lord to the house of Israel: Seek Me and live” (5:4,6); “the Lord is my Name” (5:8).

AN EXAMPLE FROM APOCALYPTIC LITERATURE

John the Revelator warned that as we draw closer to the end of time, we will become the prime target of Satan (Revelation 12:17). In Revelation 13:1–10, John speaks about a powerful beast (or religious-political power) with the same spirit and characteristics as the beasts of Daniel 7–8. This end-time beast was empowered by Satan to target the saints of the Living God.

Revelation 13:11–17 also predicts the rise of a second world power, behaving innocently like a lamb but speaking like Satan. Bible students have identified this power as the United States of America. John tells us that one day, soon, the United States will enforce a worldwide lockdown. It will coerce the nations of the world to worship the image (first day of the week) of the first beast. When that time comes, the first day of the week will be enforced by law as the worldwide sabbath day of rest.

WHAT PROPHETIC MESSAGE IS THERE TO LEARN?

The captivity or lockdown depicted in the writings of the classical prophets was primarily the direct result of sin and disobedience to the laws of God. Today, like Israel of old, the nations of the world are also guilty of treason against God and His commandments.

In classical literature, God uses natural disasters, wars, famines and pestilences to wake people up from their slumber. In the Old Testament, “pestilences” or “plagues” were associated with contagious diseases. It was a direct consequence of breaking the covenant relationship with God. Disobedience to God’s laws resulted in severe consequences.

While the present worldwide lockdown is not primarily the fulfilment of Revelation 13, it does highlight the exponential speed with which apocalyptic prophecies may one day be fulfilled in the world. Matthew 24:8 reminds us that the final events will increase in intensity and frequency. We’ve seen this year how easily it can happen; it took only three months for the most powerful nations of the world to fall on their knees.

According to apocalyptic literature (Revelation 13), one day soon there will be a worldwide lockdown of apocalyptic proportions. COVID-19 reminds us of that prophecy, but also that the financial markets are volatile and the economies of the world are fragile. They can quickly spiral out of control and trigger the necessity to put in place laws restricting buying and selling altogether, except for those who worship the beast and his image (Revelation 13:15–17).

Perhaps the most critical question is, are we ready for the end of the world and Jesus to return? Jesus reminds us, “Now when these things begin to happen, look up and lift up your heads, because your redemption draws near” (Luke 21:28).

DR LIMONI MANU O’UIHA

LEAD PASTOR OF ILAM SEVENTH-DAY ADVENTIST CHURCH IN CHRISTCHURCH, NEW ZEALAND.



FOOD SWAPS—FOR BETTER HEALTH

For those of us spending more time at home than ever before, it's especially important to maintain healthy eating habits. Here are some simple and clever food swaps you can adopt at home to help you stay healthy and improve your nutrition.

GUT HEALTH

Research continues to discover the benefits of a well-balanced gut microbiome, linking happy gut bugs to everything from mood to weight loss. Looking after your gut does not require expensive probiotics or prebiotics. A quick and easy, budget-friendly food fix is to simply swap from refined grains to wholegrains.

The fibres in wholegrains provide both probiotics and prebiotics to create a diverse gut microbiota, which is what you need for good gut health. Legumes are also important for our healthy gut bugs.

JOINT HEALTH

Your diet can make a big difference to your joints and help keep niggly aches and pains at bay. Your best bet to help reduce inflammation in your body is to eat more plants, especially those that contain omega-3, which has been shown to reduce signs of chronic inflammation. Plant-based sources include walnuts, chia, hemp and flax seeds.

BRAIN HEALTH

Keen to nourish your noggin? Avoid junk food which research indicates essentially shrinks your brain. Eating more plant foods helps us grow new brain cells, which enhances learning and memory. Brain foods to add to the shopping trolley include plenty of colourful fruits (especially berries) and dark green vegetables, nuts (especially walnuts) and seeds (chia, flax, hemp).

CHOLESTEROL

When it comes to cholesterol lowering, the most effective dietary strategies are to replace saturated and trans fats (bad fats) with unsaturated fats (healthy fats), and increase your intake of plant sterols. Plant sterols can stop cholesterol from being absorbed by our bodies. They can be found in unsalted raw nuts, fruit, hummus, tahini, peanut butter and reduced-fat Greek yoghurt.

FOOD SWAP TIPS



GUT HEALTH

Instead of white pasta and rice go for wholemeal, wholegrain or legume varieties. Try swapping meat for legumes several times a week or more. Choose high-fibre alternatives in some food. For example, try making your own wholegrain pizza base, or substitute with wholegrain pita bread.



JOINT HEALTH

Swap creamy salad dressings for dressings based on extra virgin olive oil and lemon juice or apple cider vinegar. Add a tablespoon or two of high-fibre chia seeds, hemp seeds or ground flax seeds instead of bran. Pack unsalted nuts, seeds and dried fruits for a healthy snack on the go.



BRAIN HEALTH

Go for a side of salad instead of fries for your next meal. Top your breakfast cereal with sweet blueberries or raspberries instead of honey or brown sugar. If you are on the run, look for healthier take-away options like brown rice sushi or wholegrain pitas/wraps.



Cajun Carrot Mash

Move over mashed potato, this cajun carrot mash is the new kid in town. Full of vibrant colour, flavour and nutrients, it's an excellent side everyone will love. For more of a rustic texture, carrots can be smashed using a potato masher.

Find this recipe and hundreds more at:

Australia: sanitarium.com.au/recipes
New Zealand: sanitarium.co.nz/recipes





Adventist friends serve up meals support for frontline workers

A group of Adventist friends have started a meals delivery initiative supporting frontline workers in major hospitals and healthcare facilities in Melbourne, Victoria.

The group launched Life.Box in early April as an opportunity to reach out to healthcare colleagues and contribute to the COVID-19 response effort in a meaningful way.

The group includes a dentist, doctor, nurse, two accountants, a financial services product manager and three chefs. All are members of The Mission Collective—young Adventists from across Australia focused on finding innovative and effective ways of reaching out to their peers and colleagues.

In the first week of operations, the Life.Box team supplied more than 150 meals to staff at Epworth Hospital Richmond, St Vincent's Hospital, Cabrini Hospital, pharmacies and disability care clinics across Melbourne.

Chefs Dores Fame, Henry Pun and Feny Belinda are contributing their highly regarded culinary skills to the cause. Ms Fame runs a small catering business supplying the canteen services for Nunawading Christian College. She had to close her commercial catering kitchen after coronavirus lockdown measures meant nearly all catering contracts were cancelled for at least three months, and some until the end of 2020. Mr Pun and Ms Belinda were both recently stood down from their jobs at the Esplanade and Ink Hotel kitchens. Amidst their own financial stress, they were delighted their skills could be used to support those who are also doing it tough.

Delivery, communications and administration are covered by the rest of the volunteer team. Their donations of time and resources means all funds raised via the Life.Box GoFundMe page are used solely for meals.

Dentist Berenice Cheng, who also helped pioneer The Mission Collective, said the group have chosen to make Life.Box's meals plant-based. "As Adventists, we are passionate about healthy living and see this as a unique opportunity we have to share the health message with a demographic we have not been able to reach before," said Ms Cheng, who was also recently stood down.

"Whilst many restaurants and catering businesses have jumped on the bandwagon of feeding health workers to see



STAFF MEMBERS FROM ST VINCENT'S HOSPITAL, MELBOURNE, RECEIVING LIFE.BOX MEALS.



CHEFS FENY BELINDA & HENRY PUN.

themselves through the downturn, we recognise that many in healthcare have dietary requirements that may preclude them from enjoying the full selection of free meals presently being offered to healthcare workers. We want to supply them attractive, plant-based meals that are nutritious and so tasty that they don't even realise they're plant-based!

"Several of the team come from small business backgrounds and so we have a heart to reach those in smaller clinics, pharmacies and healthcare facilities who may not be experiencing the same outpouring of love, support and food donations that larger hospitals enjoy—those who, like them, remain nameless and continue to work tirelessly."

To find out more, go to <<https://is.gd/lifebox>>.

TRACEY BRIDCUTT

COMMUNICATION DIRECTOR, SOUTH PACIFIC DIVISION.

Waddamooli Kids!

(Palm Island for Hello)



We serve God
when we take care
of others.



DO YOU LOVE ME?

Jesus appears again to some of His disciples. They have fished all night but caught nothing. Jesus performs a miracle by supplying fish that overflow their nets. He then prepares breakfast for them. Jesus asks Peter three times if he loves Him. Peter answers each time that he does, thinking that Jesus doesn't believe him because he denied knowing Jesus. After each answer Peter gives, Jesus tells him to feed His sheep and lambs. Peter has repented and been humbled. He has a changed heart. He is a man that Jesus can now use.



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COLOUR IN

What did Jesus
mean when He told
Peter to feed His
sheep?



MEMORY VERSE

"Again Jesus said, ...
"Do you love me? ... Take
care of my sheep"
(John 21:16, NIV).



CLIMATE CATASTROPHE

I fear the writer of "What to make of the climate controversy" (March 21) on global warming, misunderstands the nature of climate deniers' scepticism regarding climate science. Every climate catastrophe denier I have encountered largely accepts the science on carbon's ability to warm the atmosphere.

What they resolutely deny is science having even the most rudimentary tools to prise apart natural climate variation from carbon-induced warming, thus making every climate catastrophe prediction no more than a wild guess, as has been witnessed by the predictive failure of the IPCC models. Of course, when the Little Ice Age finished in 1850, where else could the temperature go but up, carbon or no carbon?

Gary Christian, *via email*

OBEDIENCE POSSIBLE

Re "Lift up Jesus" (March 7): Matthew 5:16 says it all. We lift up Jesus by glorifying His name by our "good works" of obedience. But here we have a problem—we can't (by ourselves, that is) [obey Him]. We are sinners by nature and sinners by choice. [But] both the Bible and Spirit of Prophecy are concerned only for the choices we make in our daily lives. Because we are sinners and naturally born that way (Psalm 51:5) does not excuse our choice to sin (1 John 1:8) . . . It is not possible to obey God. It is the dependency we have on Him to supply [us] strength that makes obedience possible. If we love, honour, obey and therefore glorify God today, He will honour and glorify us at His coming and give us back the right to the tree of life that was lost through sin in Eden.

Eric Hort, WA

SABBATH

It is getting out all over the internet and Facebook, in particular, that we always use the word Saturday.

I am a Seventh-day Adventist and the 20th Fundamental Belief is the Sabbath.

Is there anywhere we, as Seventh-day Adventists, can call Sabbath by its rightful name, just as Jesus did?

I worked in the world a lot of years before coming to Avondale University College in 2006 to work. Where I used to work, I only ever spoke of Sabbath and everyone knew exactly what I was talking about. If one didn't, I had the opportunity to give a basic Bible study on the Sabbath. We tend to think the "worldlings" are very naïve, but they definitely are not.

As a Seventh-day Adventist we should be witnessing to the world about the Sabbath, but my home town (a hub of SDAs)

is horribly rife with the word Saturday. Our churches use Saturday everywhere in bulletins, the *Record*, our posters, our advertising and speech. Really it is totally denigrating of our Church belief and the fact that Jesus spoke only of the Sabbath (forgetting translation people and what they thought).

Can our own Church Facebook pages please only ever use the word Sabbath (Saturday night is excluded, of course).

We all need total re-education again, and again, and again on this very sacred and special word, Sabbath.

With the horrors in the world right now, this basic belief of our Church needs to stand out and shine for everyone to see we are different to everyone else who does not know Jesus.

Please is there anything we can do to have this change made?

Corinne Knopper, NSW

TIME AS WE KNOW IT

Regarding "Time delay" (April 4), it is only we inhabitants of planet Earth that are conscious of time as we know it. See Genesis 1:14. It does not affect God. See Isaiah 57:15. Further we do not have to worry about some "quasi-judicial" body deliberating our future as the apostle Paul made it plain to Timothy that "The Lord knows those who are his . . ." (2 Timothy 2:19 RSV).

Graham Mitchell, NSW

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.

Obituaries

CORNISH, Valerie Vera May, born 3.5.1924 in Holmsville, NSW; died 28.2.20 in Uniting Garden Suburb Nursing Home, Newcastle. She was predeceased by her husband Harold in 1969. Valerie is survived by her son, Noel and Meg (Elizabeth Bay); daughter, Angela (Newcastle); and grandchildren, Timothy and India. Val was a successful athlete and was the Australian Junior Sprint Champion on the occasion of the 150th Anniversary of Australia. She enjoyed the outdoors and was a devout and committed Christian who loved to share her faith. Her favourite hymn, which she often sang to residents in the nursing home, was "Jesus loves me this I know, for the Bible tells me so".

Roger Nixon

JOHANSON, Peter Brendon, born 8.6.1949 in Preston, Vic; died 9.12.19 in Croydon. On 21.7.1974 he married Margaret. Peter is survived by his wife (Croydon); daughters, Janelle and Aaron Gullen (Research), and Lynelle (Chirnside Park); grandchildren, Malachi and Zipporah; and sisters, Dale and Barry Rudge (Yarra Junction) and Nerida (Brisbane, Qld). Peter was a man of deep conviction, quiet dignity, and depth of character. He loved the land, had a passion for the outdoors, and believed in offering a smile and an encouraging word to all who came his way. He gave more than he took, lived his life with transparency and honesty, and served his Lord without hesitation. Peter's family brought him the greatest joy. He now rests in the sure and certain hope of the resurrection.

Tony Knight, Darryl Croft

WEBER, Arthur Bevan, born 14.3.1940 in Kaeo, New Zealand; died 23.3.20 in Whangarei. On 22.10.1962 he married Marilyn (nee Burlace). He is survived by his wife; sons, Bruce (Dora Creek, NSW) and Craig (Newcastle); daughter, Leanne Rouse (Whangarei, NZ) and foster son, Paul Bunyan. Bevan died in the early hours of March 23 after several months of ill health. His faithful contribution to his family, his church and the community over his 80 years was a blessing to many people. His legacy of loving-kindness, hospitality and encouragement lives on, especially in the lives of his extended family who continue to lovingly serve people. Bevan's life was

marked by a strong commitment to Christ. His strong faith was often expressed through the singing of his favourite song "I'm Free" which summarises his understanding of the Gospel.

Dennis Brownie

WRIGHT, Lorna Livingston (nee Potter), born 6.10.1923 in Tamworth, NSW; died 18.3.20 at Kings Langley Aged Care, Kings Langley. In 1945 she married Doug, who predeceased her in 2017. She is survived by her two children, Allan and Lynn (Kings Langley, NSW) and Glenn (Berowra Waters, NSW); four grandchildren, Meagan, Belinda, Lincoln and Ashley; and three great-grandchildren. As a child, her family became Adventists after attending a mission in Tamworth conducted by Ben Cormack and JB Keith. She was later baptised by OK Anderson. A mother and grandmother, she will be greatly missed by all. She loved her Lord, her church and her family and now rests in the full assurance of a soon coming Saviour.

Malcolm Allen, Alwyn Hilton

ADVERTISING

NORFOLK ISLAND SEVENTH-DAY ADVENTIST CHURCH 125TH ANNIVERSARY POSTPONED

Due to the impact of the current COVID-19 pandemic we wish to advise that the 125th anniversary celebrations for the church, May, 22-24, 2020 have been postponed until further notice.

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Finally . . .

"Always remember you are braver than you believe, stronger than you seem, smarter than you think and twice as beautiful as you've ever imagined."

- Dr Seuss

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A pair of hands is cupped together, palms facing up, with a warm, golden glow emanating from the center. Numerous small, sparkling particles are rising from the hands, creating a dreamlike atmosphere against a dark background.

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