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DO WE DISNEY-FY THE BIBLE?

THE IMPORTANCE OF
NOT SKIPPING THE
HARD BITS 14

NEWS

NEW LEADERS APPOINTED
TO NNZC 4

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WE NEED YOUR HELP

Many members are continuing faithfulness to God by returning tithes during COVID-19 restrictions. However, two central parts of the church only operate on offerings and this is seriously impacting:

1. Your Local Church, and
2. World Mission Budget

We invite you to schedule regular offerings on the eGiving website or app to your Local Church (Local Mission) and to Sabbath School Offerings (World Mission).

THANK YOU

Your participation changes *everything!*



'WE NEED TO STAY TRUE TO THE MISSION OF THE CHURCH'

There is one criticism that annoys me above all others. It is a rhetorical device used by Adventists quite commonly to shut down points of view that do not represent their own and is reminiscent of the "cancel culture" sweeping Western societies at the moment.

It comes in various forms but they all have the same purpose and intention. They are all designed to win arguments and present/advance a specific form of belief and faith practice. They can be phrased positively or negatively.

"We need to stay true to the mission of the Church."

While this statement in itself is true, the context it is used in is a manipulative one. It implies that whatever was talked about before is not in keeping with the true mission.

We all agree that the Church has an important mission. But what is that mission? All Christians would agree to being called to go and make disciples (Matthew 28:18–20). But Adventists have always seen themselves as called to implement that mission in the context of the three angels' messages of Revelation 14.

What is that special end-time message?

Many focus on Sunday laws, fleeing from the cities, new world order and public evangelism—using these messages as bait. While these things are possibilities that cannot be discounted, we should examine again what the messages actually contain. Some of these things are not found explicitly in this passage.

Instead, the passage does provide rich soil for advocating ideas that those who use the text often deride.

Euangelion (Revelation 14:6): The glad tidings, the good news that is everlasting. What is that good news the angel proclaims? Jesus at His birth had angels proclaiming that He would bring peace to all men (Luke 2:10–14). Jesus preached about His mission in the synagogue—that He was anointed to proclaim good news to the poor; liberty to the captives; sight to the blind; liberty to those who are oppressed. Sounds like good news.

Racism: The passage goes on to suggest that the message is pronounced to all people groups, languages, tribes, types and places. This excludes racism. If we allow ourselves not to be empathetic to the struggles

different people groups are having, we'll never be able to come alongside them and proclaim anything that they'll listen to.

Creation care (Revelation 14:7): We don't have to be climate warriors but at the same time, God is given His rightful title as Creator of heaven and earth. I wonder if we can worship God while exploiting or destroying His creation. Dismissing those who care and seek to protect the earth is spitting in the face of the One who created it.

Rejecting Babylon (Revelation 14:8): Any system that oppresses people is Babylon. In John's day it was Rome. Today it can be many things: capitalism, communism, consumerism, Christendom, politics. Remember our early church fathers didn't want to start a church because if they formalised as a denomination they would be going back to Babylon. Those who are called to proclaim the fall of Babylon will find themselves alongside those who demonstrate against worker exploitation, human trafficking, oppression of religion and human rights.

We can stand with those who care about these things, even advocate with them, while still using the opportunity to proclaim the message of Revelation 14.

Instead we focus on the beast and its mark. We obsess over, theorise about and withdraw ourselves from the concerns of society so as not to be tainted. But we miss out on opportunities to proclaim and disciple because we have no common ground.

We also close ourselves off from compassion and empathy. We "win" arguments but lose hearts. We do not use "Christ's method alone" when we reject His mission and His message in favour of our pet topics and the doctrines we arrogantly think that no further light will be revealed on. This is our danger. I'm talking to myself as well.

So next time you try to dismiss someone by saying "stick to the mission", please just recognise that their God-given mission may not be the same as yours.

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THE ELDER AS 'DISCIPLER'

Part 2

From the time I was a teen, I've been blessed to have different people in my life coach, mentor and support me. They believed in me, listened, encouraged, challenged and even allowed me to fail. But their intent was to help me—just like Jesus. Most of these people were elders. I always wanted to be a pastor and elder who supported people like that.

Jesus was the best discipler.

Jesus trusted the disciples with challenging activities. When they came back from their own ministries Jesus provided feedback (Luke 9:10,11, 10:17-23)—encouragement and challenge.

Jesus trusted people despite their weaknesses. He knew James and John had a bad temper (Mark 3:17, Luke 9:52-56). He knew Peter rarely thought before He spoke and was even used by Satan (Mark 8:33, Luke 8:45, 9:33). But Jesus called and trusted all of them with the task of creating the church and sharing the everlasting gospel. Jesus' call is the same today. He wants every elder to disciple others for His kingdom.

As a division president I disciple younger pastors and local church leaders. I challenge you to do the same. If you are good at running church meetings and setting out agendas and chairing well—take some new disciples of Jesus and show them how you do it. If you are gifted in hospitality—invite others to do it with you and tell them the tips you have learned to make it an effective ministry. Prayer, evangelism, visitation—whatever it is, disciple someone else in the ministry.

As you do, they'll learn to be a better disciple of Jesus. You'll also learn. Every elder can be a disciple maker with Jesus.



GLENN TOWNEND
SPD PRESIDENT
@SPDpresident

NEW LEADERS APPOINTED TO NNZC

KIRSTEN OSTER LUNDQVIST/RECORD STAFF

Over the weekend of October 17-18, 219 delegates from the North New Zealand Conference (NNZC) met in Auckland for their 92nd constituency session to elect a new leadership team for the next four year term.

Pastor Bob Larsen was elected as the new NNZC president. He will serve alongside newly-elected general secretary Rosalie McFarlane and chief financial officer Kheir Boutros.

Pastor Larsen is currently serving as the executive secretary for the Trans Pacific Union Mission (TPUM) and was unable to attend the session due to travel restrictions. Having served 14 years in the Pacific, Pastor Larsen says he is looking forward to returning to New Zealand, where he served previously for 11 years.

"When the call came to serve and lead NNZC, I was truly humbled," he said. "During [my years at NNZC] I learned a lot under the leadership of Pastor Eddie Tupa'i, Pastor Ben Timothy and other leaders."

Ms McFarlane is the first woman to be elected as general secretary for NNZC and is currently serving as NZPUC education director. Mr Boutros has worked as CFO in the New Caledonia Mission and as an accountant for NNZC.



PASTOR BOB LARSEN.

MILLIONS DONATED TO ADVENTIST SCHOOL

RECORD STAFF

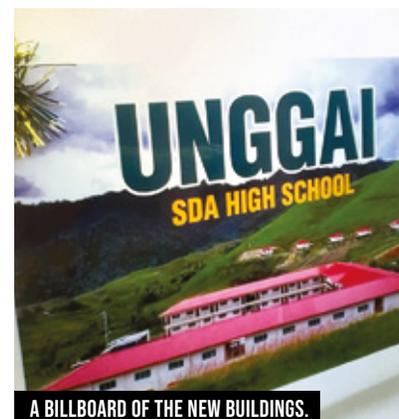
More than 13 million kina for new classrooms has been donated by the government of Papua New Guinea (PNG) to Unggai Adventist High School in the Eastern Highlands Province.

The classroom funding was announced at a recent rally at the local government district headquarters. Unggai school has also been granted K300,000 for two new trucks.

"The school facilities [are the] first of [their] kind in Papua New Guinea," retired Adventist pastor John Hamura explained.

At the rally, Pastor Hamura met with the Member for the Unggai Bena District in PNG's national parliament, Benny Allan, who he

has known for many years. Mr Allan—who has been in politics for more than 20 years—first met Pastor Hamura at Bugandi High School as a teacher, and is a former Adventist.



A BILLBOARD OF THE NEW BUILDINGS.

EVANGELISTIC SERIES IN OODNADATTA RESULTS IN BAPTISMS

DAVID FLETCHER/MARYELLEN FAIRFAX

A two-week evangelistic series conducted in the remote outback town of Oodnadatta (South Australia) has resulted in nine people being baptised or rebaptised.

Five people recommitted their lives to Jesus and three people were added to the Oodnadatta Seventh-day Adventist Church group. An additional member was baptised into Finke Seventh-day Adventist Church in the Northern Australian Conference.

Among those baptised were Donald Ferguson and his wife Carmen (Oodnadatta), and 14-year-old Ivan Marks (Finke). A number of people were also rebaptised, including Ivan's aunty Sylvana and cousin Zahara (Finke), Evelyn and Justine Churchill (Finke), Sandra Minungka and Kaye Finn (Oodnadatta).

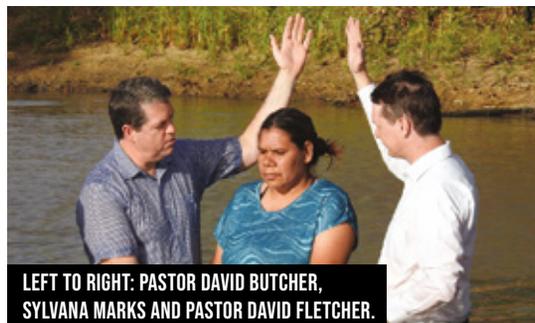
Held from September 19 to October 3, the event was conducted by Aboriginal and Torres Strait Islander Ministries (ATSIM) director for the SA

Conference, Pastor David Fletcher, alongside missionaries from Finke Adventist Church (Northern Territory). The presentations—16 in total—were adaptations of the “PNG for Christ” evangelistic program.

“The folk who came to the meetings were very sincere and faithful in attendance and represented the most respected elders. The meetings grew throughout the fortnight and included crucially the support of Finke church members,” Pastor Fletcher explained. “Garry and Coralie Young from the Coober Pedy ministry team and I travelled to Finke to share plans and seek prayers and support before the meetings commenced.”

The members who attended from Finke shared the gospel message through Indigenous word and song, which proved vital to the success of the meetings.

“The community of Oodnadatta has been receptive to the Adventist message for a long period of time,” Pastor Fletcher explained. “Pastor Don Fehlberg and Pastor John Beck have been involved alongside other ministers, church groups and StormCo groups. The ATSIM baptism poster includes a scene from the dam at Oodnadatta, which was utilised for the baptism of Millie Myson by Pastor Eric Davey. There has been a faithful core group of Indigenous Adventist members at Oodnadatta since then.”



LEFT TO RIGHT: PASTOR DAVID BUTCHER, SYLVANA MARKS AND PASTOR DAVID FLETCHER.

YOU'RE INVITED TO A SPECIAL WORSHIP TIME WITH #WERTHECHURCH FAMILY

TRACEY BRIDCUTT

#weRtheCHURCH is back on November 20 with more inspiring stories of how Adventists are sharing the love of Jesus in their communities around the South Pacific.

The theme for the program is “Sowing the seed”, based on the second stage of the harvest cycle process to become a disciple-making movement. It will feature stories on how church members are sharing the gospel in creative ways. Similar to

the August program, the November event will be broadcast live from the Adventist Media studios in Wahroonga. But it's going to look a little different this time with a new set and new features, including live music and interviews.

And in an effort to cater for the different South Pacific time zones, two live programs will be presented, one starting at 4.30pm (AEDT) and the second starting at 7pm (AEDT).*

Before each session the children's program *King's Kids* will be screened (at 4pm and 6.30pm). The first #weRtheCHURCH program will be translated for French viewers.

South Pacific Division (SPD) president Pastor Glenn Townend, one of the hosts of the program, encouraged everyone to join in and be part of this special

initiative, which is all about bringing together the SPD family for a time of prayer, inspiration and worship.

“I really enjoyed the opportunity to connect and chat with many people through the live format last time, and I look forward to seeing you all again on November 20,” he said.

This will be the third #weRthe-CHURCH event in 2020, with the other two programs attracting many thousands of viewers.

The November 20 program will be available for viewing on the Seventh-day Adventist Church website (adventistchurch.com/werthechurch), the Adventist Media Facebook page and YouTube channel, and on Hope Channel. For more information email werthechurch@adventist.org.au.

**For those unable to tune in to the live program, it will be recorded and available to view at a later time.*



AUGUST'S HOSTS PASTOR GLENN TOWNEND AND RENÉE VAOVASA ON THE SET AT ADVENTIST MEDIA.

NEW BOOK PRESCRIBES SPIRIT TO THIRSTY DISCIPLES

NATHAN BROWN

Author Dr Peter Roennfeldt says he has been working on his new book for more than 50 years. "After 20 years of ministry, my relationship with God seemed somewhat mundane and routine, so I gave greater attention to the Spirit. I gained a new awareness of His presence, the critical significance of His baptism and daily filling."

Dr Roennfeldt sees the focus of his new book *If You Are Thirsty, You Can Be Spirit-filled* as an extension of his previous books that explore New Testament stories, disciple-making and church models, including *Following Jesus*, *Following the Spirit* and *Following the Apostles' Vision*.

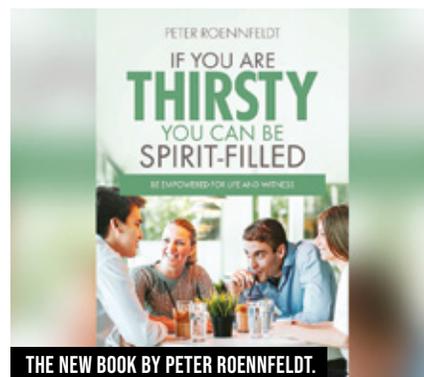
According to Dr Roennfeldt, the Holy Spirit has become a contested and misunderstood topic in many Adventist circles. Some unhealthy emphases on sanctification caused deep divisions among Church leaders and members in the late 19th century.

"Sadly, it was such a painful time that Adventists largely avoided this theme for almost 100 years—even now, some are wary, even fearful.

"The Spirit awakens us to our spiritual need, draws us to Jesus, converts and baptises or anoints us with His presence for our participation in the multiplying ministry of disciple-making," he adds.

This new book has included input, feedback and encouragement from a number of church leaders and pastors. "This book not only answers the key questions about the role of the Holy Spirit, but how to personally experience His presence," said Pastor Darren Slade, Northern Australian Conference president. "This is a much-needed practical guide."

If You Are Thirsty includes questions for group discussion or personal reflection, as well as an appendix that specifically discusses questions about



speaking in tongues and last-generation holiness.

A virtual book launch for *If You Are Thirsty* is planned for 12 noon (AEDT) on Tuesday, November 17. Register at events.adventist.org.au/Registration/Event/6920.

If You Are Thirsty and other books by Peter Roennfeldt are available from Adventist bookshops in Australia and New Zealand, or online.



#weRtheCHURCH
November 20

Theme: *Sowing the seed*

Growing stronger . . . together.
Join your SPD church family for
a time of prayer, inspiration
and worship.

Website: adventistchurch.com/werthechurch | Email: werthechurch@adventist.org.au

ONLINE LITERATURE MINISTRY SUMMIT INSPIRES SOUTH PACIFIC

MARYELLEN FAIRFAX

Hundreds of literature evangelists (LEs), pastors and church-goers from across the South Pacific Division (SPD) tuned in to the Literature Ministry Summit over the weekend of October 9 to 11, themed “Live His Calling”.

Organised by Adventist Media literature ministry coordinator Brenton Lowe, assistant coordinator Marilene Stevenson and community engagement assistant Vania Chew, the program was created to encourage attendees to distribute Christian literature among their communities.

“The purpose was to inspire church members to share hope through literature,” Mr Lowe explained. “As part of that, our leaders, literature champions and members involved in literature distribution shared stories about how God is using books and their personal ministry to change lives.”

The live programs were hosted by Miss Chew and Tony Wall, literature ministry coordinator for Australia and New Zealand. More than 110 individuals and groups tuned into the live event on Friday night and additional viewers watched the weekend programs.

“All of the presentations gelled together beautifully. From the context of sharing literature right through to the critical reason that we share literature, it highlighted the central piece: the gospel,” Mr Lowe said.

Key leaders from across the Division—SPD president Pastor Glenn Townend, Australian Union Conference president Pastor Jorge Munoz, New Zealand Pacific Union Conference president Eddie Tupa’i and Trans Pacific Union Mission president Pastor Mavani Kaufononga—presented at the event.

“That really encouraged our people around the field to know that the leadership are actually interested in literature ministry,” explained Adventist Media CEO Pastor Brad Kemp.

“We planned to run a summit this



year at Avondale. Because of COVID it wasn’t able to happen, so we found another more creative way of connecting our LE team from around the Division, to provide some spiritual uplift and a chance for them to connect,” he added.

As a result of the summit, the literature ministry team at Adventist Media are receiving requests for more information.

“People are interested in becoming LEs and are also requesting info packs on how to share literature in church or in a personal setting,” Mr Lowe explained.

As a follow-up initiative, literature ministry representatives are planning a training program in November to equip summit attendees and anyone wanting practical tips on sharing literature.

“[The summit] was an inspirational piece. Now we want to equip those who have been inspired to share literature,” said Mr Lowe.

“Literature ministry was shut down during COVID for a while, but now it’s been opening up and the work has begun again. To hold the summit at this time was particularly important to lift the spirits of the people, boost morale and make them feel valued for the work that they do,” Dr Kemp said.

General Conference associate publishing director Stephen Apola was impressed by the event and said it was a model that other divisions could be using to promote literature ministry.

To watch presentations from the summit, you can visit the Literature Ministry YouTube channel and to register for the training program, please visit <literature.adventistchurch.com/training>.

NEWS GRABS



BACKPACK OUTREACH

More than 5000 school children received new backpacks during August and September thanks to a partnership between La Sierra University and ADRA, as part of ADRA’s “Every Child. Everywhere. In School.” campaign. The bags were filled with school supplies and mostly distributed to 41 public schools around California. —AR



SERVICE RECOGNISED

During Annual Council 2020 on October 11, Church leaders surprised former Ellen G White Estate director James Nix by presenting him with a lifetime achievement award and personalised letter etched in glass, honouring his lengthy service to the Adventist Church. Mr Nix retired in mid-September. —ANN



VIOLENT WARFARE

Tens of thousands of people have become displaced, without food and hygiene and medical supplies, after conflict between Armenia and Azerbaijan saw heavy artillery fire destroy their homes on September 27. ADRA International quickly moved to assist victims the day after violence erupted, providing food to 1200 families. —AR

HOT TOPICS



INTERFAITH DIALOGUE

The seventh annual G20 Interfaith Forum—one of the largest gatherings of religious leaders in the world—was held from October 13 to 17. More than 500 religious and global policy representatives addressed COVID-19, female empowerment, youth and vulnerable people, the environment and disaster risk and reduction.

—g20interfaith.org



UNHEALTHY LONGEVITY

A 30-year study recently published in international medical journal *The Lancet* found that Australians are living longer than ever before, but in poorer health. While the average healthy life expectancy increased steadily to 70 years, overall life expectancy rose more quickly—to 82.9 years, increasing time lived in poor health.—*The Guardian*



LARGEST-EVER EVENT

Hundreds of thousands joined Christine Caine and her husband Nick on Saturday, October 17, for the first global online summit of their anti-slavery organisation A21—their largest-ever event. During the one-hour broadcast, participants heard inspiring and confronting testimonies from those fighting on the frontlines around the globe.—*EternityNews*

NEW PREMIUM SHARING BOOK CELEBRATES CHRISTMAS

MARYELLEN FAIRFAX/NATHAN BROWN

A premium sharing book has been produced by Adventist Media to share the gospel message in a fresh and compelling way.

Written by Signs Publishing book editor Nathan Brown, *Advent* is imagined as 31 daily readings throughout the month of December, with a sequence that builds towards the 25th and then moves to the larger story, teachings and promises of Jesus.

“It is not so much about Christmas, but about the stories of Jesus’ birth found in the Gospels and what it means for us,” Mr Brown explained. “As well as the invitation to use it ourselves, the book was written, designed and produced to be a premium sharing book—a gift [for] family and friends, neighbours and others in our communities who might be interested in learning more and reflecting deeper on the story we re-tell each Christmas.”

Adventist Media marketing manager Tim McTernan added, “Social researcher Mark McCrindle revealed earlier this year that 41 per cent of Australians were thinking about God more and 47 per cent had thought more about the meaning of life. The COVID-19 pandemic has created a situation where people are more receptive than ever to hear the good news about Jesus, [and] Christmas provides a unique opportunity to share literature when people are more open to receiving a gift.”

Mr Brown says his inspiration to write the book stemmed from involvement with the Road to Bethlehem Christmas program in Melbourne over the past seven years. He is now excited to see Road to Bethlehem offering copies of *Advent* to people who register to be part of their special virtual event in December.

“Being immersed in the story in

a unique way, working with a team of people who are passionate about re-telling this story, and seeing the potential for this story to catch people’s imagination and remind them about Jesus . . . inspired [me],” he explained. “I had been thinking on it for a few years and I wrote a proposal to Adventist Media’s Literature Ministries Committee early this year, which approved some funding to support

the writing, design and development of the book.”

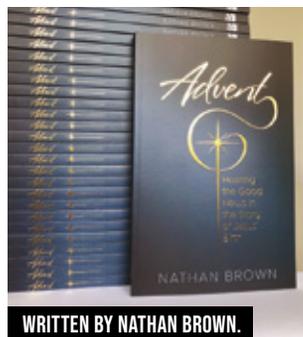
So far 14,000 copies of *Advent* have been pre-ordered to be shared by church members, churches and institutions across Australia and New Zealand. And it is also available for purchase

from Adventist bookshops, with discounts available for larger quantities.

“The cover is stunning and Nathan has done a great job with the book. The themes he has identified are very relevant to many in the community and I hope that it will give people a new appreciation of the Christmas story,” said Adventist Media CEO Dr Brad Kemp.

Advent is also being translated for publication in Spanish by the Adventist publishing house in Argentina.

In addition, thousands of Christmas tracts have been produced and pre-ordered by churches—one an excerpt from *Advent* and the other a reflection on how the hope of Christmas shines amidst the challenges of 2020. These are also available for purchase from Adventist bookshops and online.



WRITTEN BY NATHAN BROWN.



THE CHRISTMAS TRACTS, HOT OFF THE PRESS.

FLASHPOINT



QANTAS HONOURS ADVENTIST

Michaelangelo Wegner, a chiropractor who attends Woollahra Adventist Church in Sydney (NSW), has been featured as one of Qantas' "100 Most Inspiring Australians" in its October issue of *Travel Insider*—its in-flight magazine. Mr Wegner, owner of Elite Chiropractic in Randwick, was selected because of the help he provided to essential workers and people in financial hardship during the COVID-19 pandemic. As of early September, he had provided more than 1100 free or reduced-cost treatments for people in these categories. Mr Wegner says he is "humbled and grateful" to have been selected. —Vania Chew



PATHFINDERS BAPTISED

Eighteen young people from Blacktown Pathfinders (NSW) were baptised during a special church service on Sabbath, October 10. Masked and using appropriate social distancing procedures, Blacktown pastor Martin Luke baptised each of the candidates at a ceremony officiated by Greater Sydney Conference youth directors Pastors Simon Gigliotti and Phil Yates. Parents and church members have thanked Pathfinder leaders Joy and Kirk Murillo for their dedicated leadership and for the strength of the Blacktown Pathfinder Club, which regularly participates in outreach, Bible studies and community service. —Record staff



CHALLENGE ACCEPTED

During remote learning for students at Edinburgh College (Vic), challenges were set for staff and students to keep them motivated. The first was a four-week Strava fitness challenge, which attracted 131 participants who, by running, cycling or walking, covered a distance of 9408 kilometres. Another was a "Speak Life" challenge, which encouraged students to send four postcards with special messages to individuals in their community. Students received a number of messages of gratitude in return. In addition, one-off challenges that involved mud, singing and bananas were all enthusiastically adopted by the students and made their lockdown experience much more enjoyable. —IntraVic



BIBLES GALORE!

Members of a Papua New Guinea fellowship group gratefully received 53 World Changers Bibles recently. The Bibles were distributed by Madang Manus Mission president Pastor Garry Laukei who led the group in Discovery Bible Reading (DBR). The first visit was arranged in July, with Pastor Laukei leading out. "We received a good reception from the fellowship team and we gave out Discover Jesus Bibles to 48 adults and Discovery Bible Reading began. The interest to study the Bible grew," he said. When Pastor Laukei returned on September 13 to hand out the World Changers Bibles, he said "they were so happy". —Record staff



VISITING THE SICK

The Kainantu District Adventist Community Service group held their annual visitation at Kainantu Hospital (PNG) in September. Fresh fruit and vegetables from the garden as well as toiletries were gifted to hospital staff and patients. District director Pastor Paul Lipu said that, although the visit was not the first of its kind, the recipients appreciated their gifts. Hospital chief medical administrator Dr Tara Susuke thanked the Adventist church for its support and requested prayer for the hospital. —Misek Komiloko



BIBLE STUDIES AND BAPTISM

Pastor Max Zenebe baptised 34 people at Ernas Seventh-day Adventist Church on the island of Efate (Vanuatu) on Sabbath, September 19. Leading up to the baptism, Pastor Zenebe also conducted two weeks of in-depth Bible studies on Hope Channel Vanuatu, covering topics including heaven, sin, true and false worship, and baptism. The Bible studies were watched by thousands of people. —Vanuatu Mission Facebook



GOOD SPORT

Schools around Rarotonga (Cook Islands) hosted a Sport Day to mark the end of term on October 2. The event involved athletics competitions, including short distance sprints and relays, with students allocated into different coloured teams with face paint and bandanas. Students from Papaaroa Adventist School participated in the event and enjoyed watching regional middle-distance star athlete Alex Beddos run. —Cook Islands News



SPIRITUAL FOOD

Wearing "I Will Go" T-Shirts as part of their outreach initiative, Adventist church members from the Serua District in Fiji recently donated groceries, home-grown cassava, coconut and freshly-caught fish from Yanuca Island to staff and students in need at Navesau Adventist High School. The school has expressed thanks to Pastor Ramakula Vuanikoro and his team for supporting Adventist education. —TPUM Facebook



RIPE FOR THE HARVEST

On a farm tucked away in Upper Rollands Plains, about 40 minutes inland from Port Macquarie (NSW), live the Bailey family, who are passionate about reaching their community with home-grown produce.

Diving full-time into farming after their two eldest children left home, Rod and Desley Bailey, along with their four younger children, opened “Masters of Fresh”, a family owned and operated business that is well-loved by the community.

“My husband Rod is full time in the garden—from 7am till 5pm,” explains Desley. “I do more the marketing and value-adding side of things. I go to the markets on Tuesday and Wednesday; on Thursday I make deliveries to cafes and restaurants. And Mondays I spend in the kitchen, so anything we have a lot of in the garden or anything that comes home from market I’ll turn into something else and sell it the following week.”

While Rod and a couple of hired farmhands complete most of the gardening work, their youngest Jack

spends up to four hours in the garden per day, in between home-schooling classes, while the older girls still at home, Hannah and Ella, are busy completing their studies.

“We grow a wide range—pretty well all the common vegies that are in season,” Rod adds. “From autumn through to early spring we grow carrots, beetroots, cabbages, broccoli, silverbeet, chard, a range of herbs, Chinese vegetables, Kohlrabi. At any one time we’ve usually got 30 crops or so that we’re harvesting. At the moment we’re waiting for our zucchini and eggplant and tomatoes and things. That adds another 10 to 12 summer crops as well as maintaining the others.”

With a mission to help families thrive, the Baileys are not only passionate about cultivating high-quality produce, but also about making genuine, close connections with customers.

“My philosophy is that we’re called to live as Christ lived on this earth,” says Desley. “Christ’s method alone. If you are open and show that you care

about people when they come . . . they are attracted to Christ in us. I get opportunities to make suggestions to help families struggling with a baby that’s not sleeping, or to befriend an elderly person who is so lonely that they come to the market for a hug.”

Rod says that God’s blessings aren’t only found at the markets and through community interactions, but also through the process of gardening itself.

“I’ve done a lot of things in my life—opened a health retreat in WA, been involved in youth training for mission and medical missionary work and all sorts of different things—and they’ve all had their blessings and opportunities. But I think for me, after spending many years with people all day and sometimes all night as well, having time with God in nature and being actively involved with Him in His work in the garden has been a great personal blessing. I believe my mental health is better than it’s ever been. I love being out in the elements. Cold, frosty mornings are fantastic; sharing it with the birds.”

“Another thing that is spiritually



strengthening,” Desley adds, “is that—to a great degree—we’re at God’s mercy as to whether we make an income at all. Droughts, floods, hail—they’ve wiped us out. In February this year, when we got the break of the drought, we lost 90 per cent of our crops with that rain. It gives the community the opportunity to be part of us. They want to help us. When we hurt, they sympathise.”

To nurture connections with the community, the Baileys send out a weekly email to more than 400 subscribers. “It’s always something about the garden. They love it. They love reading about our family, our life,” says Desley.

The Baileys also open their farm to local women who bring their children to the garden each week for anywhere between 2 and 6 hours.

“The mums come and help, and all the kids are involved in different aspects of harvesting and gardening. They take home a box of veggies. We love that experience, seeing the youngsters learn. Some are Adventists and some aren’t. But I really enjoy the relationship I have with the youngsters,” says Rod.

While passionate about providing high-quality produce, the Baileys also want to equip and inspire people to grow their own fruit and veggies at home—as a way to improve food security in uncertain times and as a means of making community connections.

“A key aspect of food security is that more people need to start growing food in their backyards, to regain and enhance that knowledge. Today, society has given that respon-



sibility to a small group of overworked farmers, which is destructive to them and to our cultural longevity,” Rod explains.

“The year before last I did a series of emails on the basics of gardening. Some customers said we were crazy because then they wouldn’t need to buy vegetables off us. But as part of our mission of wanting families to flourish, we actively encourage our customers to grow veggies in their own gardens.”

Desley adds that learning to grow vegetables is both a rewarding educational process, and a method of outreach.

“You could stay at home and look [how to grow vegetables] up on the internet, but I could find someone in my street—a grandma or grandpa who loves gardening—and that’s even better because that’s what we’re called to do. Now you have an opportunity to share with them.”

Rod adds, “In the *Desire of Ages*, Ellen White talks about ‘trust awakening trust’—how Jesus asked a favour of the woman at the well, made Himself vulnerable to win her trust. And when we go to someone to ask for advice that’s the start of a trust relationship. Who knows where that might lead.”

To read more about the Baileys’ fresh-food ministry or to check out their produce, you can visit their website <mastersoffresh.com.au/> or follow them on Facebook <[facebook.com/mastersoffresh.com.au](https://www.facebook.com/mastersoffresh.com.au)>.

MARVELLEN FAIRFAX
ASSISTANT EDITOR, ADVENTIST RECORD.



THE TEN

Birds of The Bible



PARTRIDGES

1 Samuel 26:20 talks about the king of Israel hunting a partridge in the mountains. This is probably the sand partridge, the most common partridge in the Middle East.

PEACOCKS

The peacock was, and still is, praised for its fine plumage. It was undoubtedly an ornamental bird 3000 years ago when it is mentioned in Scripture (1 Kings 10:22; 2 Chronicles 9:21) like it is today.

EAGLES

Eagles are one of the most mentioned birds in Scripture, often used to symbolise strength and the character of God. In Psalm 103:5 God says He will renew our youth “like the eagles” and Isaiah 40:31 famously echoes this statement, saying He will renew our strength.

OSTRICHES

Ostriches were likely more common in Bible times than they are today. As mentioned in Job 39:13-18, the ostrich was famous for laying its eggs and going off without incubating them, letting the sun incubate them instead.

BITTERNS

Isaiah 14:23 mentions bitterns—an aquatic bird similar to storks, ibises and cormorants—that will inhabit the desolate marshy areas. Zephaniah 2:14 also mentions them, saying that they will roost on the ruins of Babylon.

TURTLEDOVES AND PIGEONS

These birds are referred to 66 times in the Old Testament and 11 times in the New Testament. In Matthew 3:16, the Holy Spirit descends “like a dove” onto Jesus.

SPARROWS

Jesus talks about sparrows in Matthew 10:29-31 to illustrate how valuable and loved God’s children are, and how no detail goes unnoticed by our Creator.

CHICKENS

In the Gospels, a rooster crowing three times signified Peter’s betrayal of Jesus (Matthew 26:47). Jesus also likens Himself to a mother hen who gathers chicks under her wings in Matthew 22:37.

RAVENS

Some translations use the word “ravens” in Jesus’ sermon on the mount (Luke 12:24; Matthew 6:26,27), describing how they “neither sow nor reap”. In Genesis, Noah sends out a raven to check for any vegetation on the earth (Genesis 8:7), and it is ravens who bring food to Elijah during the great drought (1 Kings 17:6).

OWLS, VULTURES, BATS (THE LIST GOES ON)

Leviticus 11 features the most comprehensive list of birds in the Bible, differentiated as clean or unclean foods. Verse 13 mentions vultures, kites, ravens, six kinds of owl, gulls, hawks, cormorants, storks, herons and even bats! The strange inclusion of the bat is likely because the Israelites didn’t use our modern zoological classifications and identified it as a bird. After all, it flies, does it not?



DIGGING IN HIS WORD

WITH GARY WEBSTER

TEMPLE TANTRUM?

In fulfillment of prophecy, firstly, John the Baptist prepared the way for God's Lamb—Jesus the LORD (Jehovah), and secondly, one of Christ's first acts of ministry was to come, scourge in hand, to Jerusalem's temple to cleanse it. Was this some sort of temple tantrum?

READ Isaiah 40:3; Malachi 3:1; John 1:23; 2:13-17.

By connecting Jerusalem's temple with His own body, Jesus revealed that His body temple, and that of every other person, was greater than any building. As Jerusalem's temple was desecrated by unholy business and traffic, so we too have defiled our body temples through pride, sensual passion, unholy thoughts, evil habits and selfish pleasures.

READ John 2:18-22.

But thank God, by accepting the fact that Jesus' body temple was destroyed and raised to life by His own divine power, we are cleansed from sin's guilt. Let's daily invite Christ into our lives so that He can expel sin from our souls and we can perform our priestly ministry of revealing His grace to others.

READ John 2:19; Malachi 3:1-3; 1 Peter 2:9-12.

Anna Beaden

Singer/songwriter

For Anna Marie Lindbeck—or Anna Beaden, as she is known in the music industry—creating music has been a “lifeline” during this season of lockdown. “This year I took the plunge into working as a teacher part-time so I could spend Fridays working on music . . . reading, writing, praying, thinking and creating . . . working on concepts and musicianship,” she says.

With a laid-back, stripped-back music style combining elements of soul and folk Christian genres, Anna seeks to make lyrics the focal point of her songs.

“What I love most about music is that a song can communicate an idea and belief so strongly and in a way that can stick with people. I remember recording with a non-Christian and they were laughing as they shared with me that they found themselves singing *I love you God and I know you created me* from my *Simple Joys* EP while they were at the shops,” she laughs. “I want these life-changing truths to not only get stuck in their heads . . . [but] in their hearts.”

Although well-known in the Sunshine Coast (Qld) community, the singer/songwriter moved to Melbourne this year to work at Gilson College. And despite lockdown, Anna says the isolation has allowed her to be more intentional about songwriting and to connect with God.

“This year, more than ever, I feel the

closest to God through my music journey . . . It's been so good for my soul, especially through the hard lockdown days,” she says. “I spend my [music days] wrestling with God, seeking Him, leaning into Him and I feel like He is so close that I can almost hug Him. It's hard to put into words.”

So far this year, Anna has written five songs, and has about 40 “half-songs” that need some more time to pull together.

“I think my next project will be to find a producer (or mentor to work with in my own home studio) to help me get these songs to where I want them. They have very powerful and personal messages throughout them—so I feel like I need to do them justice.”

Music has always been a part of Anna's life and she attributes her passion and ability to the people who supported her.

“I was raised in a strong community (shout-out to my homeland of Beadenville!) . . . [where] I was involved in special items, received piano lessons, had singalongs, recorded for free in a home studio near my house. People loved me and believed in me no matter what . . . [and] it gave me the confidence to give things a go. It just feels like it was always meant to be, who I was made to be,” she says.

MARVELLEN FAIRFAX
ASSISTANT EDITOR, ADVENTIST RECORD.



RUINS OF ANCIENT CHAPELS IN JORDAN ON THE JORDAN RIVER AT THE SITE BELIEVED TO BE BETHABARA WHERE JESUS WAS BAPTISED.

Do Do We Disney-Fy The Bible?

The importance of not skipping the hard bits.

Disney vs Grimm and others

I think most of us are young enough to know and be influenced by Walt Disney's myriad of stories. What some of us may not be aware of is the fact that Disney did not invent most of these tales. In most cases, Disney simply copied and adapted much older legends.

The best known examples of this are the various Disney adaptations of Grimm's fairy tales, originally known as the *Children's and Household Tales*. This is a collection of fairy tales from German academics Jakob and Wilhelm Grimm, two brothers who published some 86 stories in 1812.

Readers may be interested to know how Disney altered these original Grimm stories. For example, in Disney's *Sleeping Beauty*, the evil Maleficent curses the King and Queen's child, Aurora, because Maleficent is, well, evil. However, in the original Grimm version, there is more nuance to Maleficent's actions—she is bitter on account of the King and Queen claiming not to have the money to extend her an invitation.

It doesn't justify what Maleficent does, but it helps us better understand her motives.

In Disney's *Snow White*, the wicked Queen quietly dies by falling off a cliff.

In the Grimms' version, the wicked Queen is made to attend Snow White's wedding to the handsome prince and forced to wear red-hot iron shoes. She is literally tortured with fire until she dances to death!

In Disney's *Cinderella*, Ella is essentially an orphan bullied by her stepmother and step-sisters, but saved by a handsome prince when Ella squeezes into a magic, glass slipper. In the original Grimm tale, Ella's father

never dies but rather lets his new wife and stepdaughters brutalise Ella. Moreover, the two wicked stepisters try to squeeze into the glass slipper by cutting off their own toes and heels. Finally, in the Grimm version, the two sisters eventually have their eyes pecked out by doves.

Disney has made changes to a range of other stories too. I think it fair to say that Disney's general approach seems to tone down the violence and torture, to make the stories less morally ambiguous, and make the characters less nuanced or complicated. We might call this the "Disney-fying" approach.

The problem with Disney's interpretation is that it takes away from these stories. Perhaps it doesn't prepare children for the real struggles of life, as the Grimm brothers' version did. Perhaps Disney's approach suggests people are a simplistic dichotomy of being either good or bad; whereas we know all supposedly good people are terrible sinners, and all terrible sinners can be redeemed. And if recent ratings are anything to go by, the Disney approach just seems more boring than a full warts-and-all tale.

Are we likewise Disney-fying the Bible?

Walt Disney was perhaps not the only person Disney-fying old stories. There is a strong case to be made that we Christians have, for too long, done the same to the Bible. Especially with the biblical tales we tell our children.

For example, we often tell our kids the story of David, who struck down Goliath with a sling and stone. But how often do we then go on to explain how David took Goliath's sword and cut off Goliath's head? Is this appropriate to tell children or not? I suspect Walt Disney might say no, but the Grimm brothers might say yes. What might God say, given He is the one ultimately responsible for this being written in His book?

It isn't just children who engage in this Disney-fying. We adults do it all the time. We treat the Bible as some PG-13 puff piece, when many of its parts are rated R. And at God's own insistence.

How often have you spent time in a Bible study, Sabbath school class, listening to sermon or in private study, discussing the sexual sin of Onan (Genesis 38:8-10)? Or Elisha's curse on children who made fun of his baldness, resulting in God sending forth two bears that mauled 42 children (2 Kings 2:23,24)? Or Noah's drunkenness after God saved him from the flood (Genesis 9:21)? Or the sacrifice of Jephthah's daughter, not to some pagan deity, but to the God of Abraham (Judges 11:39)?

Seeing the Bible in its complexity and nuance

I think it is important not to skip the hard bits of Scripture. When we get into the habit of doing this, we

lose the ability to see the Bible in all the complexity God intended. Far from helping to somehow protect our faith, I suspect it makes our faith brittle and easy to challenge by others. Sometimes reading the Bible—warts and all—makes us see the nuances behind God's plan for humanity.

To take a perhaps extreme example, the prophet Samuel gave the following message to King Saul:

I am the one the LORD sent to anoint you king over his people Israel; so listen now to the message from the LORD. This is what the LORD Almighty says: "I will punish the Amalekites for what they did to Israel when they waylaid them as they came up from Egypt. Now go, attack the Amalekites and totally destroy all that belongs to them. Do not spare them; put to death men and women, children and infants, cattle and sheep, camels and donkeys" (1 Samuel 15:1-3).

Not only was Saul called to kill the women and children, but even the cattle and sheep!

This passage has confounded scholars and ordinary readers alike for generations. Is God justifying genocide? Did He want murder?

I admit no answer is totally satisfying. Yet there is nuance if we read the Bible in totality. For example, God had earlier told Moses:

I will send my terror ahead of you and throw into confusion every nation you encounter. I will make all your enemies turn their backs and run. I will send the hornet ahead of you to drive the Hivites, Canaanites and Hittites out of your way (Exodus 23:27,28).

When we read the Bible as a whole, we see God's original plan was not mass murder. God had probably planned to send hornets to drive out the Canaanites in terror by more natural means.

Nonetheless, it never happened. Again, if we read the whole story—including the hard parts—we know the children of Israel did not remain wholly faithful. At the entrance to the Promised Land they had to stop, turn around and go back into the wilderness for another 40 years.

The Israelites wanted a king, they wanted a physical temple and they wanted war that went with those things. And God gave it to them.

The Bible is a very big book, if not a collection of books. This might entice us to be lazy. This might make us self-censor. But we should remember God had these words—these horrible events—preserved for a reason. It is up to us to discover why.

STEPHEN FERGUSON

LAWYER WHO ATTENDS LIVINGSTONE SEVENTH-DAY ADVENTIST CHURCH,
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THE THREE GREAT TEMPTATIONS OF THE END TIMES

The Bible is the living Word of God. Its messages are timeless and universal. It speaks to our lives and to the challenges and hardships that confront us each day. The temptations that Jesus faced in Matthew 4:1-10, point to three big temptations we too must conquer before the close of probation and the return of Jesus Christ.

WE ALL FACE TEMPTATIONS

The NKJV translation of verse 1 says, "Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil."

James 1:13 declares, "Let no one say when he is tempted, 'I am tempted by God'; for God cannot be tempted by evil, nor does He Himself tempt anyone." Given God's self-testimony, the dynamic New Life Version is meaningful: "Jesus was led by the Holy Spirit to a desert. There He was tempted by the devil." And, for Jesus, the temptations were real. After fasting for 40 days (v2), He was starving and Satan thought he had the upper hand. And—like for Jesus—Satan also knows our lowest moments and attacks us with all the artillery and weapons in his armory to destroy us (Ephesians 6:11,12).



THE THREE BIG TEMPTATIONS

1. SELF-PRESERVATION (MATTHEW 4:3,4)

Satan tempted Jesus using Scripture (see Deuteronomy 8:1-3). This temptation parallels the first betrayal in Eden (Genesis 3:1-7). Appetite has always been a weak point for the human race. And it was genuine for Jesus too, especially after praying and fasting for 40 days. Satan tempted Jesus to preserve His own life. It's as if he was saying, "Save Yourself—You need only to change those stones into bread and live." But Jesus overcame by exhibiting unyielding faith and trust in God's care and providence. He would master His cravings and desire for physical food with unconditional submission and dependence on God.

We too are in danger of self-preservation, depending on ourselves or thinking we can do this on our own. We enjoy abundant life by controlling appetite and living healthfully. Yes, we may exult in our victory over besetting sins and temptations, but that is when our salvation is most at risk. Eternal life is not based on our efforts nor living a perfect life. Salvation is entirely ours through faith in the gift of Jesus Christ, lest we boast and think too highly of ourselves (Ephesians 2:8,9). We constantly need to remember that eternal life is dependent purely on our constant reliance on "every word that God speaks" (Matthew 4:4).

2. SELF-ELEVATION (MATTHEW 4:5-7)

In the second temptation, Satan was nudging Jesus' ego: "Cast Yourself down the pinnacle of the temple and prove Your absolute confidence in God." He quoted Psalm 91:11 and the promise that God would send His angels to His rescue. The temptation was to entice Jesus to exalt Himself, show presumptuous faith and trust in God's gracious protection, while willfully being reckless and endangering Himself.

COVID-19 has tempted some Adventists to assume that it is wrong to close churches to contain the out-

break of coronavirus. They presume that even when they endanger themselves or others that God will still keep watch over them. Jesus reminds us too that we are in danger of spiritual pride and arrogance. Being part of the remnant Church does not mean we are resistant to the ills of life, sickness or death, if we are reckless with our faith. COVID-19 is not the fulfilment of Revelation 13 (forcing the world to worship the beast and his image) but an invitation to obey the instructions of Leviticus 13 (regarding isolation to contain contagious diseases). Those who genuinely love God would not be presumptuous, but will depend entirely on the Word of God (see Deuteronomy 6:16).

3. SELF-SUFFICIENCY (MATTHEW 4:8-10)

The third temptation is a display of the devil beyond arrogance. The creature, Satan, though powerful and once highly exalted, suggests he is worthy of worship. He gained dominion of this earth when Adam and Eve fell into sin, and he was offering Jesus a short route to fulfil the plan of salvation. "You need not die," he says. "You need only to worship me" (Matthew 4:9).

Perhaps, one of the most trying temptations of the end times is that of being self-sufficient or trusting and doing things our way. At that time, according to Revelation 14:6-12, the focus is on worship, making ourselves an idol in opposition to honouring the one and only true God.

The big question is, who are we devoted to, or where do we place our allegiance? We often claim to be the remnant people of God (Revelation 12:12,17). Yet many among us lift their voices in opposition, call the remnant people "Babylon" or actively urge people to come out of her. Others are critical of the leadership in the remnant Church and start up rival ministries convincing people to channel their tithes and offerings toward their ministries. All these pain the heart of God. The cry for self-sufficiency and independence is rebellion and treason against the Almighty. It displays

misplaced loyalty and allegiance and shows unfaithfulness to God, who is at the helm of the remnant Church.

God has not changed. Rival organisations that betray the remnant people will meet their just recompense. Ultimately, God will have the last say. He assures us, the remnant people, those who remain steadfast to Him, that we will be victorious and ultimately delivered from the troubles of the end times (Daniel 12:1-3).

WHAT IS IN THIS STORY FOR ME?

All of us, as part of the human family, are not immune to temptations. While temptations are not a sin in themselves, yielding to them is a betrayal of God's trust.

God desires that we become healthy in all spheres of our Christian life. Yet, our obedience to His commandments does not earn us salvation. We must have absolute trust in God's Word as the Way, Truth, Life—and the salvation He offers us through Jesus Christ. We must resist the temptation of self-preservation.

Self-elevation is a big temptation for Adventists today. Spiritual pride and arrogance—knowing we are the remnant people—does not give us a licence to be reckless with our faith. We must avoid the danger of "being too heavenly minded that we are of no earthly use". God needs our faith to be rooted in the teachings of His Word.

Self-sufficiency is an end-time deception. The call for independence from the remnant Church—the siphoning off of tithes and offerings for personal use in opposition to God's clear instructions for the remnant people—is open rebellion and treason against God.

God is inviting us to remain loyal to Him in recognition of who He is: the Alpha and Omega, the beginning and the end (Revelation 1:8). He has raised a remnant people, and He will see them through to glory. Fortify your minds with "It is written", and overcome the wiles of the evil one.

DR LIMONI MANU O'HUIA
PASTOR, ILAM CHURCH, NEW ZEALAND.

A MINISTRY OF POSSIBILITIES

John Bunyan (1628–1688) once said, “You have not lived today until you have done something for someone who can never repay you.” The world around us has changed drastically from the time of Bunyan, with the inhabitants of many countries living healthier, better-fed and better-educated lives. But, according to the UN, there are some 150 million orphans globally, the result of conflict, famine and more recently, pandemic.

COVID-19 has locked borders and restricted travel, limiting the delivery of help they so desperately need. The UN’s millennial goal of halving the number of people in poverty is far from being reached and such events make achieving it even more difficult.

Outside of Scripture, the first people recorded as officially caring for orphaned children were the Romans, who opened the first orphanage in history in around 400AD. Long before then, however, both Jewish and Athenian law required that orphans be supported until age 18. The philosopher Plato said of adopted orphans, “A man should love the unfortunate orphan of whom he is guardian as if he were his own child. He should be as careful and as diligent in the management of the orphan’s property as of his own or even more careful still.”

Generations later, Seventh-day Adventists were reminded of their responsibility to care for orphaned children. The way they cared for these children along with others who have “special needs” is presented as a test of their character and salvation by works. Note the following:

“I saw that it is in the providence of God that widows and orphans, the blind, the deaf, the lame, and persons afflicted in a variety of ways, have been placed in close Christian relationship to His church; it is to prove His people and develop their true character. Angels of God are watching to see how we treat these persons who need our sympathy, love and disinterested benevolence. This is God’s test of our character” (Ellen G White, *Testimonies for the Church* 3:511, 517).

“Let those who have the love of God open their hearts and homes to take in these children. It is not the best plan to care for the orphans in large institutions. If they have no relatives able to provide for them, the members of our churches should either adopt these little ones into their families or find suitable homes for them in other households” (Ellen G White, *Counsels for the Church*, p 286).

But there is hope. And it resides in you and me, who have both the obligation—and blessing—of responding. The Christian’s imperatives are clear:

- We are to lead children to Jesus (Matthew 19:14).
- We are to defend their rights and advocate on their behalf (Psalm 82:3; Proverbs 31:8).
- We are to feed and clothe them (Matthew 25).
- We are to protect them from those who would mistreat them (Isaiah 1:17).
- We are to ensure justice for them (Deuteronomy 24:17).
- We are to share our resources

with them (Luke 3:11, Romans 12:13).

Sabbath, November 21 has been designated by the General Conference (GC) as a day to highlight the orphans of the world, those innocents who live out of sight and in extreme need of our protection, care and means. This is an initiative supported by the South Pacific Division’s Christian Services for the Blind and Hearing Impaired (CSFBHI) ministry by its affiliation with the GC’s Possibilities Ministries.

Travelling around the world, I’m amazed at the generosity of the poor, sharing what little they have with those around them. They have so little, yet they are generous. Here are some suggestions to improve your own generosity:

- Identify members in your midst who have a burden to help orphans and encourage and support their efforts.
- Select a mission project that is focused on orphans, or start your own.
- Work with an Adventist supporting ministry that focuses on children and orphans (go to <possibilityministries.org/> for more information and related resources).
- Personally volunteer or provide direct financial support to a church aid group such as ADRA, or sponsor a child through Asian Aid.
- Encourage and lead your church’s young people to be involved; for example, by having a Sabbath school or study class sponsor a child.

Christ, our example, identified with the poor, the widows and orphans. He said, "I was hungry, and you fed me . . . In as much as you have done it unto one of the least of these my brethren you have done it unto me" (Matthew 25:40).

In alleviating the suffering and hunger of just one of the 850 million people who go to bed hungry, homeless and loveless, we minister to Christ.

This is particularly apt in our Western world where we have an excess of everything, and to whom Jesus directed His remark, "To whom much is given much is required" (Luke 12:48). Remember, we cannot touch divinity until we touch humanity. And it has its ultimate reward (Isaiah 58:8).

I volunteer for REACH International—an organisation that's been around for almost 50 years. Its goal is to alleviate hunger and suffering among children by providing them food (immediate) and an education (long term). REACH's philosophical underpinning is that "Education is salvation for the poor."

Take Alex, an Indian child not yet 10. He and his sister were making matchsticks to survive until a sponsorship sent him to an Adventist school. Now, decades later, he works as a vice-president of finance for a major bank. Or Haile, an orphan in Ethiopia who, again, was sponsored through school. He is now a respected pharmacist in Texas. Or Sebi, a troubled street kid in Romania who, despite getting himself into trouble, stayed in school and eventually went to medical school

and is now a doctor in the UK.

Alex, Sebi and Haile realised their possibilities, but let's give others an opportunity to realise theirs! Make a difference in the world of the orphan, beginning November 21. After all, regardless of your family, economic or social status, spiritually we were all orphans until God adopted us, "[adopting us] . . . to sonship through Jesus Christ, in accordance with His pleasure and will" (Ephesians 1:5).

GERSON ROESKE

VICE-PRESIDENT OF REACH INTERNATIONAL, USA.





WAYS TO EASE BLOATING

Most of us have experienced the discomfort of a bloated belly. While foods like beans or onions may get the blame for excessive gas buildup, there is rarely one trigger or single food that causes bloating. However, most bloating can be managed through lifestyle and diet.

Sanitarium dietitians share their dos and don'ts to help ease bloating or even avoid it altogether.

WHAT CAUSES BLOATING?

Bloating is when the organs in your digestive system are stretched, which can be caused by a buildup of gas or solids in your gut. Other causes include a slow digestive system, weak abdominal wall muscles, or when the diaphragm contracts instead of relaxes.

WHAT ARE THE SYMPTOMS?

As well as the uncomfortable feeling of a tight, stretched tummy, other symptoms include cramping, diarrhoea, constipation and gas.

THINGS TO DO TO EASE BLOATING

Get moving—Gentle exercise like walking and stretching, as well as breathing exercises, can help get your bowels moving and get rid of gas.

Enjoy a soak—As well as providing relief from stomach pains, a relaxing, warm bath may help to get your digestive tract working and ease stress that can make bloating worse.

Check it out—Recurring bloating can be a sign of food intolerances or irritable bowel syndrome (IBS). If you have a persistent problem, it's always best to see your doctor or a dietitian.

THINGS TO AVOID TO EASE BLOATING

Swallowing air bubbles—Swallowing too much air can cause bloating, so take time to chew your food well, avoid carbonated drinks and skip the chewing gum.

Limit salt—A diet that's high in salt can cause your body to retain water, making you feel bloated, so skip the salt where possible.

If these strategies don't work for you, or if your bloating doesn't ease within a day or two, see your doctor.

EATING TIPS TO EASE BLOATING



LOVE YOUR GUT

Eating extra fibre can help get your bowels moving and ease bloating if constipation is the cause. Just be careful to increase your fibre intake gradually, as starting to eat more high-fibre meals may cause some bloating at first. This is natural and a good sign your gut bacteria are well-fed and working.



EAT SMALL AND OFTEN

If eating a larger-than-usual meal causes you problems, try to eat smaller meals more often to keep your digestive system moving and comfortable.



DRINKING SMOOTHIES

Try keeping your fruit intake to the recommended 2-3 serves a day. Avoid fruit juices or smoothies as these are concentrated sources of fruit sugar and some fruits may trigger bloating in a sensitive gut.



Recipe of the Week

Orange and mango green smoothie

A delicious blend of fruits and leafy greens, this smoothie is a great source of calcium and vitamins, and has orange, banana and spinach to help relieve bloating.

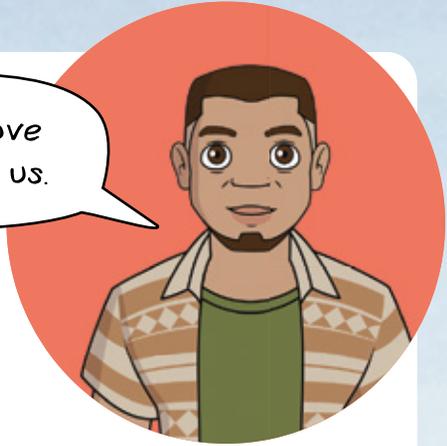
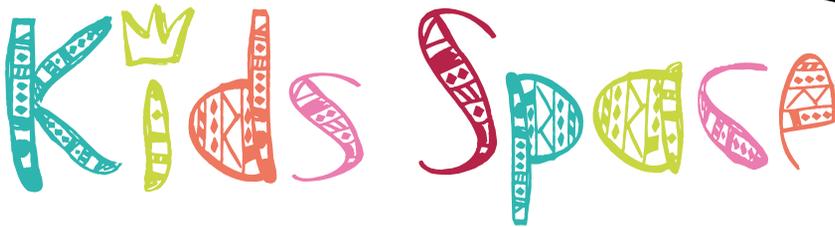
Find this recipe and hundreds more at:

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



HI KIDS!

God's love changes us.



THE NIGHTTIME VISITOR

Nicodemus, a member of the Jewish ruling council, has seen Jesus cleanse the temple and heal people. He comes to Jesus late one night and acknowledges Jesus as one who has come from God. Jesus tells him plainly that no one can enter the kingdom of God unless he is born again. This puzzles Nicodemus. Jesus explains that spiritual things are born of the Spirit, then points out what makes us want to listen to the Spirit—that God loves us all so much that He sent His only Son to die for us and to assure our eternal life.

FIND-A-WORD

- BORN OF THE SPIRIT
- ETERNAL LIFE
- JESUS
- JEWISH
- KINGDOM
- LAW
- LISTENING
- NICODEMUS
- SPIRITUAL
- TEACHING
- TEMPLE
- UNDERSTANDING
- VISITING

E F I L L A N R E T E L O V E L
 T H E F A L A U T I R I P S A E
 U N D E R S T A N D I N G W T L
 L I S T E N I N G J E W I S H P
 T I R I P S E H T F O N R O B M
 G N I H C A E T K I N G D O M E
 G N I T I S I V H J E S U S E T
 N I C O D E M U S R G O D

Use the rest of the letters in the find-a-word to finish the memory verse

MEMORY VERSE
 "See what great

 has lavished on us, that we
 should be called children of
 And that is what we
 ----- !! are!" 1 John 3:1

Read John 3 to see what Jesus says.



Obituaries

ENGLERT, Eileen Nora (nee Cottier), born 20.2.1928; died 13.7.20 in Lingard Hospital, NSW. Eileen is survived by her sister, Dorothy Cottier (Cooranbong); brother, Ray Cottier (Metford); children, Leanne and Mervyn Dennis (Morisset), Delleen and Alan Reynolds (Brunkerville), Lloyd and Rozyta (New Lambton); eight grandchildren, Donna, Angela, Rozalyn, Nicole, Vanessa, Victoria, Harry and Max; and nine great-grandchildren, Lucas, Ella, Grace, Alannah, Jamin, Oliver, Ruth, Te Rima and Charlotte. Eileen loved her family, her beautiful garden and cooking. She was known for her hospitality, kindness, service to the community and churches including Lightning Ridge church. Eileen went to sleep believing that God is always awake and that she will dwell in the house of the Lord forever.

Beulah James



GRAVE, Phyllis Annie (nee Crawford), born 17.6.1918 in Knocknagoney, Northern Ireland; died 22.9.20 in Avondale House, Cooranbong, NSW. On 11.11.1939 she married Alec, who predeceased her in 2004. She was also predeceased by her son-in-law, Arthur Ferch in 1991. Phyllis is survived by her only child, Carole Ferch-Johnson (Gosford); grandsons, Richard and Mary Ferch (Newcastle) and Andrew and Noela Ferch (Sydney); three great-grandchildren, Alex, Lara and Markus; and son-in-law, Bill Johnson (Gosford). Phyllis expressed her love for her Lord in practical ways: cooking, cleaning, caring for children, collecting for missionary work, raising funds for evangelism, student support, humanitarian projects, support for the blind and Bible distribution.

Russel Stanley, Carole Ferch-Johnson



JESNEOWSKI, Eric William, born 21.1.1929 in Collie, WA; died 31.8.19 in St John of God, Midland, aged

90. On 28.10.1952 he married Heather (nee Hagen). Eric is survived by his wife; children, Denise, Gary (Helena Valley), Leanne and Stephen Franke (Manjimup); six grandchildren and 15 great-grandchildren, Anthony, Amanda, Ben and Brianna (Qld), Duane, Tash and Ellie (Qld), Jasmine, Josh, Calais, Jessie, Logan, Sam, Nicki and Kensie Harrison, Jayden, Jess, Lilah and Bastian Franke (Perth, WA), Lance, Tabbie Paisley and Amanda Franke (Hopetoun), Crystal, Michael, Julius and Lincoln McCutcheon (Bunbury). Eric was a man of many talents and will be sadly missed by all his family, friends and church family at the Swan Valley Church.

Loren Pratt, Gordon Smith, David Hagen

ADVERTISING

MISSIONARIES LUNCHEON

Due to the COVID-19 virus, we have had to cancel this year's annual missionary luncheon. Contact Warren Martin on 0428 727 384.

SIGNS OF THE TIMES AND RECORD ON CD

The SPD's Christian Services for the Blind (CSFBHI) produces a monthly audio compendium of articles from recent *Record*, *Adventist World* and *Signs of the Times*, along with the Sabbath school lessons, for the vision impaired. If you or someone you know could benefit from this service, mail or email CSFBHI including postal address. Email <CSFBHI@adventistmedia.org.au> or write to Christian Services for the Blind, Locked Bag 1115, Wahroonga NSW 2076. For the legally blind in Australia and New Zealand, CSFBHI also has a large audio library of Christian and denominational books available.

NEXT ISSUE:
ADVENTIST RECORD,
NOVEMBER 21

POSITIONS VACANT

ASSISTANT EDITOR—DIGITAL
ADVENTIST MEDIA, WAHROONGA, NSW

Adventist Media is looking for an enthusiastic assistant editor with skills in web and social media to join our Communications, News and Editorial team with the ability to start in January 2021. In this role you will be writing and publishing website content, coordinating and scheduling social media posts, creating and distributing weekly and monthly newsletters, and coming up with creative ways to maximise online engagement. The successful applicant will have worked across multiple platforms, have a strong understanding of web and social media, excellent communication, attention to detail, writing ability and be able to work to deadlines. Knowledge and experience with InDesign, WordPress, Photoshop and MailChimp would be an advantage. The position is based at the Adventist Media offices in Wahroonga, NSW. For more information on the position visit <employment.adventistchurch.com>. To apply, please send a cover letter and your CV to Tracey Bridcutt <traceybridcutt@adventistmedia.org.au>. The appointing body reserves the right to fill this position at its discretion and close applications early. **Applications close November 15, 2020.**

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EDITOR—SIGNS OF THE TIMES
ADVENTIST MEDIA, WAHROONGA, NSW

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Orphans/Vulnerable Children's Sabbath

November 21, 2020

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Signs of the Times is a great way to share your faith with friends who don't yet know Jesus. Read for yourself and then ask, *Who do I know who would enjoy this article?*

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