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NEVER TOO YOUNG

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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!*



SOCIAL RESPONSIBILITY

We need to care for vulnerable people.

The Old Testament, in the Torah and Prophets, has many reminders to care for orphans, widows and people from different countries (were they refugees?). "The Levite . . . and the alien, the orphan and the widow who are in your town, shall come and eat and be satisfied, in order that the LORD your God may bless you in all the work of your hand which you do" (Deuteronomy 14:29; see also Exodus 22:22, Deuteronomy 24:17–22, Isaiah 1:17, Jeremiah 22:3, Zechariah 7:10).

The children of Israel are urged to show concern and care for these people as God already does. "He defends the cause of the fatherless and the widow, and loves the foreigner residing among you, giving them food and clothing" (Deuteronomy 10:18).

The poet has the same concern. "Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute" (Psalm 82:3).

Culturally, such people did not have a person who owned land or earned an income to support them. The community was to provide support for them.

The New Testament reinforces God's mandates, reminding the church to care for the same group of people. During His ministry, Jesus emphasised those in need, making sure that His followers understood the importance of such ministry. "But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed" (Luke 14:13,14).

The church leaders then took up the call, creating ministries and practical help for the disadvantaged. "Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world" (James 1:27).

The apostle Paul, when writing to Timothy, suggests that families have the primary role of caring for their related widows (1 Timothy 5:3–16). It seems some families were caring for their widows and some were not, while some widows were doing all they could to help themselves and others were not. Paul seems to suggest that those who can remarry should remarry and all should do what they can to help the church and the

households that they were in and not just be recipients of welfare (1 Timothy 5:14). Paul elsewhere encourages church people to be diligent in income-producing employment: "we worked night and day, labouring and toiling so that we would not be a burden to any of you" (2 Thessalonians 3:7–9).

When the church offers social support and community service, whether a soup kitchen, food pantry or shop, it is indeed fulfilling God's call to care for vulnerable people. We should be involved in those activities. God loves everybody and wants all to be cared for.

We must acknowledge that there is a danger such ministries might create a co-dependency and a welfare mentality that does not help people in the long run. In ministries that provide care, what else is offered to help people rise above the challenges they are currently facing? Are counselling, practical living or employment classes offered, or microfinance and independent living opportunities created? Should a ministry carried out in the name of Jesus lift people out of the situation that they currently face?

I don't have the answers to these complex questions. ADRA has a lot of ministries that deal with different needs that people have, from immediate disaster relief right through to development for communities, so that they can in turn begin supporting others.

I do know, however, that each person who needs support has real and challenging issues to work through.

Perhaps when Jesus said, "The poor you will always have with you, but you will not always have me" (Matthew 26:11; see also Mark 14:7), He realised that we will always need to support people and we should do it without showing favouritism or thinking about the long-term impact.

And who knows—one day you or I may be that person needing support.

GLENN TOWNEND
SPD PRESIDENT
/SPDpresident



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DELEGATES JOIN YEAR-END MEETINGS ONLINE

TRACEY BRIDCUTT

In a year like no other, the end-of-year Division Executive Committee (DEC) meetings looked very different.

Held November 11–12, the meetings were run out of the old South Pacific Division (SPD) warehouse where just a few of the delegates gathered. Due to COVID-19 travel restrictions and social distancing requirements, most of the delegates connected to the meetings via video conferencing technology.

Joining the delegates were General Conference (GC) special guests Pastor Geoffrey Mbwana (general vice president), Pastor Gary Krause (associate secretary) and Daisy Orion (associate treasurer). World Church president Pastor Ted Wilson also joined the meeting for a short time on the second day, sharing greetings from the GC and a word of encouragement.

The delegates—a mix of union, conference and mission representatives, and lay people—were presented with a number of reports from department and institutional leaders.

Among the important matters voted on was new leadership teams for the Papua New Guinea Union Mission and Trans Pacific Union Mission (TPUM) (see story, p 5).

Another significant item on the agenda was a change of status for American Samoa from an attached field to a mission. Baptisms have gone up eight per cent, tithes have increased 17 per cent and five new churches have been established in American Samoa over the past five years.

TPUM president Pastor Maveni Kaufononga said, “It’s the beginning of a new era for our work in American Samoa.”

The DEC was presented with a new five-year strategic plan for the Division. Leadership has now been added as a special strategic focus.



SANITARIUM CEO KEVIN JACKSON ADDRESSES THE MEETING.



A FEW DELEGATES GATHERED IN THE OLD DIVISION WAREHOUSE.

“The SPD has focused on discipleship, health, media and mission to the cities these last five years,” SPD president Pastor Glenn Townend said.

“As we have been working in all the countries and entities of the SPD we have also been listening to the needs of the people. ‘Leadership development’, ‘creating a leadership culture’, ‘we need to mentor a group of potential leaders’ were the kinds of comments we continually heard. So the SPD has a new SPD-wide leadership capability framework, a SPD-wide strategic plan and a plan for our office in Sydney for how we will help with growing more and better leaders in all the areas in which the Church works.”

THE VALUE OF YOUTH

I joined Adventist Media in 2018. This is a great part of the Church to work in, particularly as media and digital platforms have become so significant during COVID-19. What has impressed me most are the people I work with.

The first thing I saw was the incredible commitment to mission. Each person I work with wants to know that what they do is making a difference and contributing to the mission of the Church. I often meet with different team members and get surprised by the ideas they have as to how we can provide resources to support church members in easily sharing Jesus with others.

The second thing that stands out is their creativity.

The third is the significant number of young people that Adventist Media is staffed with. The average age of employees is in the 30s and I am impressed by them. The Church is incredibly blessed to have young talent contributing to its mission and helping it to stay relevant in a changing world.

The prophet Joel speaks directly to the role of young people in our church, “And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions” (Joel 2:28). Note here that the old dream but the young vision. The old bring history, stability and wisdom; the young bring passion, energy and future. And it is the combination of old and young that brings strength to our Church.

I’m encouraged when I see so many young people working around me—to know that my Church is investing in their and its future. I’m equally encouraged to see how committed to mission the youth are and how they are using their God-given abilities in service.

BRAD KEMP
ADVENTIST MEDIA CEO



CHURCH WEATHERS FINANCIAL STORM OF COVID-19

TRACEY BRIDCUTT

The Seventh-day Adventist Church in the South Pacific (SPD) has managed to weather the financial storm of COVID-19 due to the faithfulness of members, historical wisdom of financial policies and God's providence, according to Division CFO Rodney Brady.

In his year-end report to the Division Executive Committee (DEC) on November 11, Mr Brady said the financial impact on Church institutions, services and entities was not as bleak as had been initially feared.

"We may have been quite nervous at the beginning of the year but as we have seen the year gone on we have actually been OK during COVID," he said.

Despite an initial drop in tithe after churches went into lockdown earlier in the year, there has been a turnaround in recent months. At the end of August tithe across the SPD was 2.8 per cent ahead of the same period last year. In the Australian Union Conference, tithe is up 8.14 per cent for the year to September, with the largest increase being experienced by the Western Australian Conference (19.24%).

In the New Zealand Pacific Union Conference, tithe results are relatively steady, while in the Papua New Guinea Union Mission tithe is generally exceeding the Mission tithe budgets. The Trans Pacific Union Mission experienced the biggest initial drop in tithe, but as the year has progressed a more positive picture has emerged. Many Missions are now seeing positive year-to-date increases compared with the previous year. American Samoa has been a standout, up 66 per cent compared to last year.

The picture is not as positive, however, when it comes to offerings. According to Mr Brady, COVID-19 appears to have accelerated a trend where offerings are decreasing.

"It appears that members have adjusted to alternative ways to return tithe, but free-will offerings have not transitioned as well," he said. "It is the local church and General Conference that depend most on offerings. The General Conference is anticipating that

globally World Mission offerings could be down this year in the range of 20-30 per cent."



SPD stewardship director Christina Hawkins also drew attention to offerings in her report to the DEC. She suggested that there are a number of contributing factors driving the low participation in offerings, including the relatively low Sabbath school attendance and reduced mission story or spotlight sections of the Sabbath worship program.

"We need to continue to build trust, increase literacy and understanding of the Adventist governance model, we need more transparent reporting and more visibility to members," she said.

NEW LEADERSHIP FOR PNGUM AND TPUM

TRACEY BRIDCUTT

New leadership teams were elected for the Papua New Guinea Union Mission (PNGUM) and the Trans Pacific Union Mission (TPUM) at the South Pacific Division (SPD) Executive Committee (DEC) year-end meetings.

Pastor Malachi Yani was elected as the new PNGUM president. He will serve alongside Pastor Leonard Sumatau as secretary and the incumbent CFO Russell Strahan. Pastor Yani is currently serving as president of the Western Highlands Mission and Pastor Sumatau as president of Northern Milne Bay Mission.

Outgoing PNGUM president Pastor Kepsie Elodo and former secretary Pastor Henry Monape were thanked by

SPD president Pastor Glenn Townend for their service to the Church in Papua New Guinea.

Pastor Maveni Kaufononga was re-elected president of the TPUM. He will serve alongside a new secretary (a call has been made and is being considered) and new CFO Fraser Alekevu (currently the associate CFO). Former secretary Pastor Bob Larsen was recently appointed president of the North New Zealand Conference, while former CFO Kingsley Wood is the new



secretary/CFO for the New Zealand Pacific Union Conference.

Pastor Townend appealed for prayer for the new teams and their families as they come together to lead the two Unions over the next five years.

SOUTH QUEENSLAND HOSTS CREATIVE CONFERENCE

MARYELLEN FAIRFAX

Adventist artists, musicians, filmmakers, writers, social media influencers and other creatives attended a Creative Conference organised by visual communication ministries associate director Charmaine Patel from the South Queensland Conference (SQC) on November 13 and 14.

Hosted at Springwood Seventh-day Adventist Church (Brisbane) and live-streamed to YouTube and Facebook, hundreds of people either tuned in or attended the venue to watch keynotes and practical presentations by Adventists who use media and creativity in their professional or personal spheres.

Across four sessions, attendees enjoyed presentations from Wes Tolhurst (filmmaker and storyteller), Ray Moaga (social media influencer), Haynes Posala "Haynza" (songwriter), Michael Petrie (worship leader), Karen Collum (creative writer), Catalina Arevalo (host of *Connected Adventist*

podcast) and Laura Weslake (photographer).

Interspersed between workshops and presentations was an interview with interior designer Raquel Fletcher, as well as a presentation from *GiGi* magazine and podcast creators Steph, Esther and Maria Espinoza, a live painting by Patty Gillespie, and original music by songwriters KC and Sydney Wolverton.

"What an amazing weekend!" Ms Patel said. "It was an honour to organise it and see it come to life. We are so blessed to have amazing, talented, creative people in our local churches who can empower us

to be more creative in our churches and ministries. We were inspired to dream bigger, to lean into the Spirit's promptings more and to reflect the light God gives us to give to the world in creative ways."

To watch the conference, you can visit the South Queensland Adventist YouTube page.



L-R: CATALINA AREVALO, RAQUEL FLETCHER AND WES TOLHURST WITH HOST LEATHAN FITZPATRICK.

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NEW WEBSITE AIDS MUSICIANS IN WORSHIP

COLIN RICHARDSON

A new website providing transposed hymns has been launched to aid musicians who play instruments of different keys, particularly in small ensembles.

Hymns from the Seventh-day Adventist Hymnal that are in the public domain, or that have permission from specific composers, can be easily accessed and downloaded for free as PDF sheet music and printed as needed.

In cases where hymns are in the public domain but where the hymnal arrangement is under copyright, other older (public domain) arrangements have been sourced.

The project was brought to life by Merian Richardson from Orange Seventh-day Adventist Church (NSW), who put in years of time and effort to make it a reality. "I have been working on this project for eight years, since the 2012 South NSW Conference Big Camp at Jindabyne where myself and others in our music group found it tiresome having to transpose hymns for instruments such as trumpets, clarinets and saxophones when accompanying camp hymn singing," she said.



Scrupulous care has been taken throughout this project, in consultation with David Petrie (Greater Sydney Conference) and Valmai Hill (Institute of Worship) to ensure copyright has not been breached.

The transposed music is aimed at instruments which play in B-flat, C, E-flat and F. There is also music for instruments which play from the bass clef.

This is good news for wind, string and brass instrumentalists in church ensembles, who can take advantage of the three-part harmony arrangements when accompanying hymn singing.

The website can be accessed at <transposedhymns.com>.

SOUTH AUSTRALIA REGIONAL WORSHIP

RECORD STAFF

Adventist churches from across South Australia joined together online for a regional worship program on October 30 and 31. Beginning Friday night at 7:30pm, the live program carried over

to Sabbath for three services—at 9:30am, 11am and 4pm. Filmed and hosted at the Living Ministry Media studios in Adelaide, the program was made possible by a large group of volunteers. During the programs, guest speaker from the USA, Pastor Lee Venden, pre-

sented a series on what Jesus endured at Gethsemane, and church members from across South Australia shared special items and testimonies. Thousands of people tuned in to watch the services.



NEWS GRABS



MUSIC LEGEND DIES

Following a cancer battle, Adventist music legend Max Mace—who formed the Heritage Singers with his wife Lucy—died on November 4, one day before his 83rd birthday. During their 50-year history, the Heritage Singers employed more than 300 singers and performed in 80 countries. Their music has been enjoyed by millions. —*Adventist Review*



HEALTH GOES VIRAL

The Adventist Church in North Mexico, together with Montemorelos University, has launched "Healthy Kitchen"—a cooking program posted on social media that is drawing international attention. After its first three episodes, the YouTube channel had nearly 10,000 views. Recipes are based on the Adventist Church's health message. —*IAD News*



IDENTITY AND MISSION

More than 15,000 people attended the General Conference's International Theological Symposium online in early November, where renowned scholars gave lectures on Adventist theology, eschatology and prophetic gift, and creationism. The purpose of the program was to affirm Adventist identity and mission according to its prophetic role. —*ANN*

HOT TOPICS



CHRISTIAN STREAMING SERVICE

New Faith Network—a Christian entertainment streaming service—was launched in Australia on November 12, offering a broad collection of contemporary films and series centred on Christian values, free of swearing, nudity or excessive violence, and tailored to the Australian market. It is available via <newfaithnetwork.com>. —NFN



PREJUDICED

A two-year study of diversity by the Woolf Institute has revealed that religion is a bigger cause of prejudice than race. Seventy-five per cent of non-black or non-Asian respondents said they would accept a close family member marrying a black or Asian person, but only 43 per cent would accept them marrying a Muslim. —The Guardian



PROCESSED PROBLEMS

A new study about the Turkana people from northwest Kenya, published in the journal of *Science Advances*, has revealed that those still living a traditional pastoral lifestyle scored higher on all 10 biomarkers of health, creating a distinct split from those living in the city and eating processed foods. —Healthline

WOMEN'S REFUGE RELOCATES TO TRANSFORM LIVES

ROBERT DALE/MARYELLEN FAIRFAX

More than 30 people gathered on November 11 to celebrate the official relocation of women's refuge, Allira House, to Mount Hutton (NSW).

Ceremony attendees were welcomed by Allira House chairperson Margaret Watters, and enjoyed a devotional from Pastor Bethany Chapman, a dedicatory prayer by board member Pastor Kevin Amos, followed by the unveiling of a plaque. Former North New South Wales (NNSW) Conference secretary Robert Dale presented a history of the refuge.

Significantly, it was on the same day 26 years ago—November 11, 1994—that Betty Stellmaker signed an agreement with founding leaders Dr Rod and Nita Ellison to make her home in Harbord Street, Bonnells Bay, available for them to use as a refuge.

Then known as Ronita Cottage (named after the founders), the name was later changed to Southlakes Refuge, and more recently to Allira House.

At the reopening ceremony, Mrs Stellmaker expressed her delight knowing how her former home had served the community for the past 26 years. She approved the relocation of the facility to Mount Hutton, where it will be closer to a primary school, shops and bus routes, and also provide larger rooms for families.

The relocation was made possible thanks to op shop funds, as well as funds from the sale of Karinya Half-way House and the Cooranbong Community Services Centre.

"Their donation enabled us to pay our contribution to Lake Macquarie Council as well as the necessary fire protection enhancements and internal modifications," explained Mr Dale.

Each year, Allira House provides temporary accommodation to approximately 100 women and children, with trained staff helping families secure alternate housing and medical or legal assistance. New South Wales Fam-

ily and Community Services regularly seeks assistance from Allira House.

The refuge was initially run by Dr and Mrs Ellison, who provided counseling services and short term accommodation to women experiencing marital difficulties and domestic violence in the Cooranbong and Lakes area.

During the early days, female volunteers from Dora Creek, Lakeside, Hillview, Wyee, Wyong and Avondale Memorial churches, as well as Avondale College students, would provide 24/7 care to women and their families.



ALLIRA HOUSE DIRECTOR SALLYANN PRICE (LEFT) AND WOMEN'S MINISTRIES DIRECTOR FOR NNSW PASTOR BETHANY CHAPMAN.

After Dr and Mrs Ellison, leadership was transferred to Adele Rowden-Johnson, who expanded operations to Karinya House and opened op shops in Toukley and Cessnock. Following her retirement, Vivien Killick provided years of leadership, followed by current leader Sallyann Price.

Over time, renumerated staff replaced volunteers as industry norms and legal protection requirements increased. Today, Allira House operates independently thanks to the financial support of eight op shops located across Newcastle and the Lakes area, which are operated by more than 100 volunteers.

In 2010, the refuge became an incorporated association and registered as a charity with public benevolent institution (PBI) status.

"I've been associated with Allira House for 20 years now. I can personally say that Allira House is the most practical, hands-on ministry that the Adventist Church in this area can undertake," said Mr Dale.

FLASHPOINT



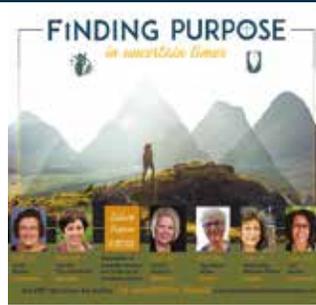
INTERNATIONAL SABBATH

Hurstville Adventist Church (NSW) enjoyed a special international Sabbath on October 31, when 26 children from Australia and the Philippines led the worship service. During the online program—made possible thanks to Zoom—eight kindergarten-aged children recited their memory verses. Church members were delighted to hear how children in the Philippines were waking at 6:30 am to join the Cornerstone Sabbath school lesson. After talking about Jesus together, the program ended with words of thanks by Pastor Jimmie Cha. Since COVID-19 began in April, more than 70 children have joined Hurstville church. —Rachel Teariki



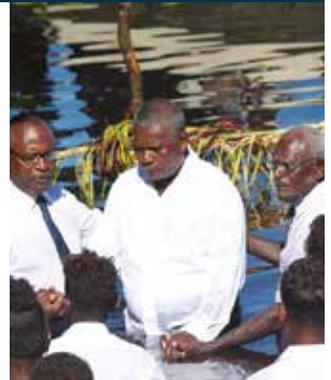
CLEANING UP CREATION

Year 9 students from Carmel Adventist College (WA) recently participated in the Tangaroa Blue Beach Clean-up at West Bear Beach, Esperance. The Tangaroa Blue Foundation is an Australian registered charity focused on improving the health of marine environments. Data from the debris that the students collected was added to the Australian Marine Debris Initiative database. The analysis revealed that the most prevalent waste on the beach was discarded cigarettes, broken glass from bottles and soft plastic food packaging. The shire's waste management team were grateful to the students for their efforts. —CAC Facebook



WOMEN UNITED

For six weeks (October 10 to November 14), the Association of Adventist Women (AAW) hosted a weekly online conference focusing on finding purpose in uncertain times. Centring on topics like leadership, self-care, ministry, health and community, each week featured a panel discussion with Adventist women in ministry from across the globe. Joy Marie Butler, founder of ADRA's "Keep Girls Safe", and Melody Tan, project coordinator for Mums At The Table, served as presenters from the South Pacific Division. To watch the videos from the conference, you can visit their website <associationofadventistwomen.com>. —Record staff



LAGOON OUTREACH

For two weeks (October 5 to 17), villagers from around Michi Island in Solomon Islands were transported back and forth via boat across Marovo Lagoon to Masapopolo for a "Revelation of Hope" series conducted by Pastor Vince David. The series resulted in 28 people giving their lives to Jesus—five of whom were non-Adventists—in a baptism officiated by Pastor David together with Pastor Billy Bekala. Pictured is Matai, the last candidate, who was formerly a member of the Uniting Church. —Vince David/Record staff



SUVA VISITS FULTON

Forty Year 12 and 13 students from Suva Adventist College were blessed by a spiritual retreat at Fulton Adventist University College (Fiji) recently. The initiative was aimed at creating awareness of the higher education offered at Fulton upon finishing high school. During the retreat a dedication was held for the students and their teachers as they prepared for national examinations. Fulton principal Dr Malcolm Coulson and his team were thanked for their generosity in providing accommodation at the retreat. —Record staff



GRADUATION CELEBRATION

Dozens of students from the Omaura School of Ministry in the Eastern Highlands Simbu Mission (PNG) celebrated their graduation on November 15 at the school's 24th annual graduation ceremony. PNGUM ministerial secretary Pastor Andrew Opis gave a congratulatory speech. While graduates received academic certificates, their spouses received life-skill certificates to recognise their contributions as well. —PNGUM Facebook



STRENGTH IN NUMBERS

Following evangelism by the Lautoka District Voice of Youth at Fulton Adventist University College (Fiji), a baptismal day was held at the college where 53 people gave their lives to Jesus. A large number of these were baptised as a result of evangelism by Pastor Josateki Tabaka. The candidates listened to a sermon from TPUM youth director Pastor Charlie Jimmy before being baptised on the Viseisei River foreshore. —Fiji Mission Facebook



STUDENTS SHINE

Year 6 students from Toronto Adventist School (NSW) filmed their annual Avondale University College edition of their weekly Toronto Campus News (TCN) program. Due to COVID-19 restrictions, the program was filmed in two different locations but edited to look like student hosts Riley and Jack and Avondale student Miss Saunders were chatting in the same studio. The teachers were impressed by their efforts. —TAS Facebook

My Ministry: Connecting with Middle Eastern Australians

Greater Sydney Conference (GSC) is reaching out to a people group that is often overlooked or misunderstood: Middle Eastern Australians.

The Conference has appointed Edison Akwari as director of Middle Eastern relationships, a volunteer role that sees him interacting with community leaders and migrants from Arabic-speaking communities. Connections are being made, relationships are being built, people are studying the Bible and baptisms are taking place.

"There are 322,000 Arabic-speaking people in Australia with the vast majority living in Sydney," GSC president Pastor Terry Johnson said.

"It's the third most spoken language in Australia with about 2.8 per cent of Aussies speaking it in their homes.

"Our missional movement centres on sharing the good news with every tongue and people, telling them that Jesus is coming home. Arabic people are seeing visions and dreams of Jesus and we've baptised two people in Sydney in the past 12 months who came to us because of those visions. Edison has been instrumental in connecting with them culturally and linguistically.

"We are really excited about the work he's been doing as a Conference director developing Middle Eastern relations. There have been seven baptisms of Arabic-speaking people already and we are looking forward to many more."

Mr Akwari was an Adventist pastor and church ministries director in Iraq before moving to Australia 28 years ago with his wife after the first Gulf War.

"When I came to Australia there was no opportunity to work for the Church at the time, so I got a job in IT," he said.

"About a year ago we had a restructure at my work, and I received a redundancy. I said, 'Lord, I leave it in Your hands. You know where my heart is', and about six months later I received a call from Terry who said, 'Edison, would you be interested in some work with the Middle Eastern communities?' and I told him 'Yes, that's where my passion is.'"

While building relationships in the wider community is a key priority, Mr Akwari has also been focusing on those already in the Church and who were at risk of becoming disengaged, especially during the coronavirus pandemic.



"It's important because in the past we have seen some of our people come to Australia and when they don't have a community they can talk to and socialise with, you see them unfortunately disconnecting from the Adventist Church," he said.

"By using Zoom we have been connecting Adventists from Sydney, Melbourne, Canberra, Brisbane, Toowoomba, and we have been studying the Sabbath school lesson in Arabic. Even people from Lebanon and Egypt, I have invited them to be part of the group or to present the lesson. The last couple of times we have had someone from Sweden joining us."

On top of these activities, Mr Akwari is also a member of the Australian branch of Adventist Muslim Relations, a group started by the General Conference. Their goal is to enhance relationships between the Adventist Church and the Muslim world.

"There are some Christians who speak against Muslims, but that's not what Jesus would have us doing. We want to build friendships with our Muslim neighbours and share Jesus' love with them," Mr Akwari said.

TRACEY BRIDCUTT
COMMUNICATION DIRECTOR, SOUTH PACIFIC DIVISION



THE TEN

INCREDIBLE CHILDREN IN THE BIBLE

DAVID (1 SAMUEL 17:48-51)

When the whole Israelite army was too afraid to attack the Philistines, this young tyke went into battle, armourless, and brought Goliath down with a single sling-shot. Some scholars believe he was aged between 10 and 15! Just another day in the life of a guy who killed bears and lions (verse 35) in his spare time I guess?

LITTLE MAID OF ISRAEL (2 KINGS 5)

Living in a foreign land, this young slave girl had amazing faith and love for others. Learning that her master Naaman—the king’s army commander—had leprosy, she bravely told her master’s wife that the prophet Elisha could cure him. And he did!

DANIEL (DANIEL 1:17)

Scholars believe Daniel and his friends may have only been eight years old when they stood up to the king and refused to eat the palace food. Most eight-year-olds refuse to eat broccoli, let alone stand up to a king!

BOY WITH LOAVES AND FISHES (JOHN 6)

Some commentators suggest that the little boy in this story intended to sell his food to the crowd—otherwise, why would he pack so much? And yet, despite Andrew’s emphasis about how “small” his offering was, he willingly gave all he had without shame or hesitation. And through his generosity, thousands of people were fed!

MARY (LUKE 1:26-36)

Mary was only a teenager, perhaps as young as 12, when the angel Gabriel told her she would have a baby. As a newly-engaged young woman, surrendering to God’s plan was a courageous decision. What would Joseph say? Would she have to raise the child alone? In that moment, she was willing to sacrifice everything.

MIRIAM (EXODUS 2:7)

Moses’ older sister Miriam approached Egypt’s royalty unapologetically and they listened to her. Thanks to her bravery, their mother was able to nurse Moses during his early years.

JOSIAH (2 KINGS 22:3)

Josiah was only eight years old when he became king of Judah. Eight! Succeeding his father Amon, who did evil in the sight of God, Josiah set to tear down the idols that had ensnared the people of Judah for more than 70 years. It makes us wonder, who raised him right?

JESUS (LUKE 2:41-47)

After being lost for a whole day, Jesus was found teaching the elders in the temple. At just 12 years old, the Bible says that everyone was amazed at His understanding and the way He answered their questions. It seems wisdom isn’t a factor of age after all!

TIMOTHY (1 TIMOTHY 4:12)

During Paul’s second missionary journey, Timothy became his companion and partner along with Silas. We know that he was young because Paul tells him not to “let anyone look down on you because you are young”. Even when imprisoned, Timothy remained true to his pastoral calling and spread the gospel throughout the world.

SAMUEL (1 SAMUEL 3)

Dedicated to the temple when he was just a baby, Samuel was destined to lead an extraordinary life. When he was a young boy, God spoke to him audibly for the first time. As he grew, his prophetic gift increased—God let “none of Samuel’s words fall to the ground” (verse 19). Significantly, it was Samuel who chose David to be king of Israel.



Surviving a break-in: How a robbery turned into a precious gift from God

During the early hours of the morning, 81-year-old Richard Lillywhite—a new convert to the Adventist faith—was robbed.

“There were three teens and one adult. One of the young guys came through my ensuite bedroom window, passed the bottom of my bed and let his mates in. While they were ransacking the house, I had to get up to use the loo. I went back to bed completely oblivious to the whole thing!” he says.

But rather than seeing this as a setback in his faith journey, Mr Lillywhite sees it as Divine intervention. Having suffered a heart attack two years ago, the fact that he didn’t wake up he considers a miracle.

“I normally wake up at the drop of a hat,” he explains. “Living on my own and in my 80s, I take note of everything at night. I can’t dispute that God was there in all His glory and love and tenderness because if I’d seen someone at the bottom of my bed I would have freaked out.”

The three boys—two 16-year-olds and another 14—broke in on the morning of May 12. While Mr Lillywhite slept through the incident, his neighbours were awoken by a car reversing out of his driveway, tyres screeching, engine racing and lights shining brightly.

“Next thing I knew they were hammering on the front door, which apparently I took ages to answer,” he says. “They said to me, ‘Do you know your car’s been stolen?’ and when I saw the roller door up, I was just relieved. I’m not materialistic.”

Twenty minutes later, the police arrived at Mr Lillywhite’s house, having found his car with the keys inside, and one of the perpetrators. Police dogs then identified the boys’ scent and tracked it to a house two kilometres away.

Having been unharmed and had his possessions—car, iPad, wallet contents and a razor—restored, this could have been the end of Mr Lillywhite’s story. But God continued to work through his situation, bringing greater blessings than he could ever have anticipated.

“It was so beautifully done by the Lord. Since then I’ve gone leaps and bounds in my Christian walk which was just a dawdle at that point.”

Mr Lillywhite attended three restorative justice conferences where the perpetrators apologised to him. He says it changed his perspective.

“As expected, I thought they’d probably come from difficult backgrounds. There wasn’t one parent present. They lived with their grandfather or aunts. When they apologised to me, there wasn’t one trace of arrogance. I said, ‘It’s your first offence, I don’t like what you did, but I don’t hold anything against you. I forgive you and I hope you will learn from this. I don’t want reparation.’”

But, reparation they gave.

“One made a cake for me and . . . removed all the black mould and moss from the south-side path of my house. He is a really nice guy! And prior to that, he dropped off a couple of hygiene boxes . . . and a rack of pork chops.

“At the third conference I made a beeline for the boy standing awkwardly in the corner,” he continues. “I said to him, ‘They tell me you do well at school and you’re a great basketball player. You’re so blessed to have those abilities! Use them.’ And he hugged me.”

A couple of days later, a policeman came to Mr Lillywhite’s house with an envelope.

“It had 10 fifty-dollar notes in it,” he explains. “I said I didn’t want reparation. But it was from the boy and his grandfather. It was a *Koha*—a gift. I wrote them a very long thank you letter. And I congratulated the grandfather on his good parenting.”

Mr Lillywhite says that following the restorative justice conferences, all three boys have been discharged and their crimes wiped from police records.

“I’ve never had any flashbacks or concerns at all from the whole matter. While it wasn’t a good experience, I’m glad I had it. It’s done all four of us good.”

Mr Lillywhite attends Tikipunga Adventist Fellowship in Whangarei, New Zealand, and said joining that church was the first step in his new walk with the Lord.

“A lady saw me at the door and waved me in. At lunch, everyone was amazing. I could have cried.”

Mr Lillywhite says despite the difficulties, the robbery has revitalised his journey of faith even more.

MARYELLEN FAIRFAX
ASSISTANT EDITOR, ADVENTIST RECORD.



COLLISION COURSE: UNEXPECTED OUTREACH AT TIKIPUNGA

When Leanne Brownie got ready for church on Sabbath, October 24, she could never have predicted the terrible scene that would befall her that day.

"We were just closing the service when I heard a loud bang outside our church. I knew exactly what it was. I ran outside to find that two cars had collided in the middle of the road and the people were still in the cars," she explains.

While one car was full of people noisy and yelling, the other was quiet.

"I went to the quiet one. I'm a trained first aider and we're told to do this. There was a father, a grandfather and three small children. The father wasn't wearing a seatbelt, so he was jammed behind the front seat on the floor. The vehicle was filling up with black smoke."

Mrs Brownie managed to get all five people out of the car and administer first aid on the kerbside, under a tree. At this point, no-one was helping her.

"What shocked me was that no vehicles stopped to help!" she says. "I was so surprised at that. It was Saturday at midday and there was quite a bit of traffic. It's just a non-responsive attitude that seems to be in our community," she explains.

When fellow church members Wendy Read and Kim Keen began to wonder where Mrs Brownie was, they also rushed to the scene and called

emergency services. Elderly church members prayed. "The father wouldn't speak, he was getting quite agitated," Mrs Brownie says. "He was going into shock. The grandfather wasn't with it. He was in a bit of a daze. One of the little girls had a sore stomach, so I just kept talking to her until the ambulance arrived."

Following the incident, Mrs Brownie says the local and church community were very supportive, bringing blankets and comforting the children. A local student nurse also arrived at the scene and applied bandages.

Mrs Brownie says apart from a possible head injury to the father, there were no other serious injuries from the incident and everyone should have been okay. She says she plans to send care packages to the family.

"The most useful thing during the whole ordeal was just being able to talk to the kids and encourage them, to keep them distracted. I was confident to be able to assist because I have done my first aid course. Do your first aid!" she encourages.

"As Christians we need to be ready and amiable in times like this, we need to overcome our fear of getting involved."

Mrs Brownie and her husband Dennis attend Tikipunga Adventist Fellowship in Whangarei, New Zealand.

MARYELLEN FAIRFAX
ASSISTANT EDITOR, ADVENTIST RECORD.

DIGGING IN HIS WORD

WITH GARY WEBSTER

THE GREAT END-TIME HERESY

According to Jesus, vain or worthless worship occurs when we follow man-made traditions and opinions while ignoring God's commandments. **READ** Mark 7:7,8.

Little wonder then that Earth's final conflict over worship or allegiance starts and finishes with a clarion call for those who worship Jesus to keep God's commandments. **READ** Revelation 12:17; 13:4,15; 14:6,7.

No surprise then that we are increasingly hearing the heretic mantra, especially from Christians and sadly even including some Adventists, "Oh, but no-one can keep God's commandments." However, God calls that a lie, and says that those who know and love Him keep His commandments. **READ** 1 John 2:3,4,24; 5:3; John 14:15.

So why do the end-time followers of Jesus worship God by keeping His commandments? Because by faith in the blood of the Lamb, His laws are written in their hearts and minds. It is the inevitable result of living life at the foot of the cross. How about you and me? **READ** Titus 2:11-14; Revelation 12:11,17; 14:12; Hebrews 8:10; 10:16; 13:20.



THE LAW CODE OF HAMMURABI—HAMMURABI, WITH HIS HAND RAISED IN REVERENCE, REVEALS HIS PERSONAL RELATIONSHIP WITH HIS GOD, BY RECEIVING THE LAWS DIRECTLY FROM HIS HAND. SO, BY OUR PERSONAL RELATIONSHIP WITH GOD, HE PLACES HIS LAWS IN OUR HEARTS AND MINDS.



How Harley lost his mojo: Dealing with a Parkinson's diagnosis

It was late in 2019 when, on a visit to my GP, he asked me if I could bring my son Ken to an appointment in the near future. I was a little uncertain of the reason, but then again doctors, and especially GPs, often have their reasons. Several weeks later, when Ken accompanied me, my GP asked him a rather penetrating question: "Have you noticed anything about your dad's facial expression?"

It was to be the start of an unexpected journey that has led me to face some hard truths.

Few find it easy to face the reality of ageing. For many years I've sought to maintain vigorous exercise, follow a nutritious vegetarian diet and keep my mind healthy and active. So, when my GP referred me to a neurologist for some "Parkinson" symptoms, it confronted me with the reality of degenerative processes in my own life. Though it was difficult, I felt at the time that it was critical and helpful to acknowledge the reality of changes with transparency.

At first, I was not keen to share widely the nature of my diagnosis—Parkinson's disease or "PD" as it is commonly referred to. Labels can be stigmatising. But, there were some signs that others had noticed.

At church, some had said "Harley seems to have lost his

mojo!" Never to my face, but via the grapevine the stories came back.

My neurologist recommended several books for me to read. After purchasing them and digesting their content,^{1,2,3} I began to understand a little more clearly the nature of symptoms I had been experiencing for some time.

The major features of Parkinson's are broken down into four plus two: the four—tremors particularly in the hand or face, muscle rigidity or stiffness, slowness or poverty of movement (particularly in short steps), and postural instability or balance difficulties—plus two others: small handwriting (micrographia) and facial masking (hypomimia).

These are or were evident to a greater or lesser extent in my situation. I was particularly aware of the fact that I seemed much more surly in my face and did not smile as much as I'd been accustomed to in my life.

In reading the materials I began to seek answers as to why this might have occurred to me. Could it have been my exposure to pesticides and chemicals on the farm when I was growing up? Was it something genetically determined in my DNA? To what extent can I change and influence the outcome?

The story of Parkinson's disease begins with an essay or small monograph by James Parkinson in East London in 1817 about a disease he called "the shaking palsy". A few other physicians at the time started to document similar cases. French physician Jean-Martin Charcot had obtained a copy of Parkinson's essay and proposed the name "Parkinson's disease". Charcot systematically studied the cases he saw and realised the similarity of symptoms. Some years later, in 1919, a Russian student by the name of Konstantin Tretiakoff showed convincingly that the dissected brains of Parkinson's patients had lost black stuff from the *substantia nigra* area of the brain. He discovered the hallmark of the patient with Parkinson's disease to be the existence of what he named "Lewy bodies".⁴

Over time it became clear that not only had the black stuff vanished, but a brain chemical known as dopamine had also disappeared. It was later shown to be the reason why the critical element of dopamine in orchestrating movement was deficient in Parkinson's patient's brains. Dopamine is a chemical produced by our brains that plays a key role in motivating behaviour. It is released when we eat delicious food, when we have intimacy, when we exercise, and, importantly, when we have successful social interactions.

Today most patients are placed on L-dopa medication that aims to replace the loss of dopamine.⁵ One researcher documented the change in patients in 1968, in a film showing one previously frozen patient taking a stick of chalk and walking to a blackboard and fluently writing out the words "This is a lovely day." Medication restored a frozen man to an almost normal state!

One outcome of medication is that some people experience an initial benefit, but after some time the L-dopa becomes less effective and they experience more negative symptoms including involuntary movement of the arms, legs or head. For some it is a Faustian bargain: You trade a better "now" for a worse "later".

A great deal of research is taking place because of the large number of people with PD. It is estimated that approximately four people per 1000 in Australia have Parkinson's disease, with the incidence increasing to one in 100 over the age of 60. In Australia, there are approximately 80,000 people living with Parkinson's disease, with 20 per cent, or one in five, of these people being diagnosed before the age of 50.⁶

Researchers at the Bionics Institute (Vic) are developing a Bionics Institute Rigidity Device (BiRD) designed to monitor the four main symptoms that define Parkinson's disease: hand tremor, slowness, muscle rigidity (stiffness) and poor balance. The Michael J Fox Foundation in the US is aggressively researching new treatments.

Over the months that followed I came to terms with my diagnosis and have sought to be transparent in the reality of my future. Jon Palfreyman in his book wrote, "I realised that while I was announcing myself to the group that I was conceding something profound: that the diagnosis marked

an irreversible change in my identity, the moment that one version of me ended and another version began."⁷

As part of the process I wrote to family members and made them aware of my recent diagnosis. They continue to be affirming and supportive. Most people are probably more observant of us than we know. It has been helpful to connect with several others who have been on this journey. When struggling with some of the exercises at the gym some months after my diagnosis, I indicated my situation to some of those present and they were most accepting.

As a result of my understanding of the symptoms I've deliberately sought to compensate for some of the reduced smiles, increased the length of my steps, implemented enhanced stretching and taken to the recommended "ta-daas" that are part of using your voice in a more explosive way. These steps aim to offset or compensate for the muscular contraction which accompanies PD.

I participated in a virtual PD Warriors Conference in April that was attended by 8000 participants from across Australia. The conference provided great insights into understanding the disease and what can be done to offset the encroachment of symptoms. It is now clear that exercise that stretches and challenges both brain and body movement is of great benefit in offsetting the progression of the disease in many patients. I attend a PD Warriors class weekly that aims to use exercise and brain coordination to retrain the loss of function. There is also some evidence that keto-based diets appear to give some benefit as well.

I don't expect that the future will be all smooth sailing. I give thanks to the Lord for the great joys I have experienced in my life and am thankful for each and every day.

A good friend who has been living with PD for more than a decade said to me, "It's not likely to kill you, but you will die with it!" Another has said, "Don't let your disease define you." I agree with both of these!

So, today "In everything, give thanks; for this is the will of God in Christ Jesus for you!" (1 Thessalonians 5:18).

1. Hal Newsom, *Hope—Four keys to a better quality of life for Parkinson's People*, Northwest Parkinson's Foundation, Seattle, Washington, 2002.
2. Norman Doidge, *The Brain that Changes Itself*, Penguin Books, 2007.
3. Jon Palfreyman, *Brain Storms—The Race to Unlock the Mysteries of Parkinson's Disease*, Scientific American, New York, 2015.
4. This was in honour of a German pathologist, Frederick Lewy, who, while working in the Munich laboratory of Dr Alois Alzheimer, had discovered this pathological hallmark of small spherical structures surrounded by a clear halo and named them "Lewy bodies".
5. The L-dopa medications used today combine an enzyme decarboxylase inhibitor to enable more of the medication to reach the brain and enhance effectiveness.
6. <www.betterhealth.vic.gov.au/health/conditionsandtreatments/parkinsons-disease?viewAsPdf=true>.
7. Palfreyman, op. cit. p34.

HARLEY STANTON

RETIRED ECLECTIC PASTOR AND DOCTOR WHO WORKED PASSIONATELY TO REDUCE TOBACCO SMOKING IN THE PACIFIC AND ASIA AND NOW LIVES IN LAUNCESTON, TASMANIA.



FUJ 45

Captured by terrorists;
trusting in God



It was six years ago, in early 2014, that I was praying earnestly for my son's safety—and for God's leading—in the role he was going to undertake as a Fijian peacekeeper in the Middle East.

He was 34 years old and married with three children (a fourth one was on its way), when he left with a group of Fijian soldiers in early July for a tour of duty in the Golan Heights.

Not long after the group had left, we received news that a group of 45 Fijian male peacekeepers had been taken captive by the Syrian Al-Nusra Front to an unidentified location in Syria. No names of the 45 men were released but the news brought me much anxiety and uncertainty. My strength was solely in the fact that I had been praying earnestly for my son before he left. At the same time, I was prompted, I believe by the Holy Spirit, to assume a realistic position on the matter, should the unthinkable happen. I found comfort from His Word in Jeremiah 29:11 which says, "For I know the thoughts that I think toward you," says the Lord, "thoughts of peace, and not of evil, to give you an expected end."

A day after the news broke of the capture, my son's wife rang me. Crying, she informed me that my son was one of the 45 men, and the leader of the group. My immediate words to her, for which I was thankful to God, were: "Don't worry. God has allowed this to happen, and He has done so for His own Divine purpose. You and I are to accept this and pray for God's help in the release of the 45 men."

I was thankful that God had placed me and my daughter-in-law on the same page right at the start. This gave us peace and courage as we went through—with other mothers and wives and families—the days that followed of praying, fasting, sharing and claiming God's promises.

At that time, the 45 men, at their assigned position or camp, had been surrounded by about 200 armed Syrian rebels. The Al-Nusra Front was linked



Fijian peacekeepers. (Screenshot: YouTube/Associated Press)

“Be still and know that I am God. I will be exalted among the heathens, I will be exalted in the earth.” —Psalm 46:10

to Al-Qaeda. The negotiation between their leader and his Al-Qaeda deputy and my son and his second ranking officer resulted in:

1. The 45 Fijian men losing all they had, as their arms and belongings were taken over by the Syrian rebels.
2. The 45 men were taken to a place they didn't know and that even UN or US technology could not identify.
3. The 45 were not assured of food at their new location. If they were lucky in a day, each would get a cup of rice for lunch.
4. Worship in any form was forbidden. The 45 decided on their third day of captivity to fast and pray. Prayers were offered in silence, and one by one when the men were lying down holding hands. When one finished praying, he would tightly squeeze the next person's hand and so on.
5. Four demands were given to the UN by the Al-Nusra Front for the release of the 45.

A few lessons I learned during this testing time I will draw out here.

Firstly, when there is uncertainty about the future, I believe that uncertainty can be reduced or totally removed when, firstly, there is peace of mind. Isaiah 26:3 speaks plainly of who God will keep in perfect peace—those whose mind stays on Him because they trust in Him. Verse 4 further says, “Trust in the Lord forever:

for in the Lord Jehovah is everlasting strength.”

Secondly, it's important to assume a realistic position that will provide stability of mind and strength should the worst thing occur. Philippians 4:6 says, “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God.”

Further, I believe, as many have professed, that a prophetic understanding of the time we are now living in should bring us hope and be a source of strength and stability. General Conference president Pastor Ted Wilson recently remarked that we are now at the tips of the toes of the statue in Daniel 2. So, Jesus' soon return is a reality that will place us, His people, in a realistic and not presumptuous position in this time of the end.

Third, there is a state of “nothingness” for many. While in captivity, my son and his men had absolutely no-one to turn to for help except the God they believed in. For others, restrictions of other types may prevail, like a denial of free expression of belief and faith. Now the question is, should we be denied what is dear to our hearts, including worship and the truths that we cherish, simply because a man's wish has to be met? What a challenge for our faith in the God who we serve.

Fortunately we can be comforted by John 4:23, where Jesus is speaking to

the Samaritan woman at Jacob's well. Jesus says, “But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth.” There will certainly be no nothingness—no lack of help—for God's faithful people in these times.

Finally—and this is what I most treasured and admired— is the fact that love penetrated the walls of captivity, as the captors befriended the captives, to the extent that the Syrian rebels shed tears as the Fijians departed, unharmed, to return to their camp. This was 14 days after their capture, when the issue was settled.

In her book *The Desire of Ages*, Ellen White states, “We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience” (p 347).

Of course, it is the love of our great God that is the basis of His creation and plan of redemption. He is certainly present where His love is demonstrated, and He will provide the means for sharing His love and message of redemption even under the most difficult circumstances.

SALOTE RABUKA

A RETIRED TEACHER FROM TAMAVUA ENGLISH CHURCH, SUVA, FIJI. THIS ARTICLE WAS FIRST DELIVERED AS A MORNING WORSHIP FOR THE PACIFIC ADVENTIST UNIVERSITY COUNCIL IN NOVEMBER.



Kabiufa Adventist Secondary School is located on the Highlands Highway, 10 kilometres north of Goroka, in the Eastern Highlands province of Papua New Guinea. The school is 1750m above sea level and has a pleasant climate. It offers all levels of secondary education. It is an institution of the Papua New Guinea Union Mission in the South Pacific Division.

When expatriate missionaries returned to the highlands of Papua New Guinea after World War II, a committee meeting was held at Kabiufa station near Goroka in August 1949, where the decision was made to develop the site as a major training centre. Omaura station had previously been considered, but its small size and poor-quality soil were distinct disadvantages. Kabiufa had excellent soil and a good water supply that could cater to a large number of students and render the institution largely self-supporting.

Lyndon Thrift was appointed to establish a school on the site. He arrived in September 1949 to organise a deep perimeter trench around the property to prevent pigs from spoiling the garden crops. He organised the local men to cut a road over which heavy equipment could be hauled to build a sawmill. Logs were felled nearby for construction of two European houses and the main school building.

Two teachers from Mussau Island, Moses and Masibau, did their best initially to hold classes with very little equipment. Frank Maberly arrived to spend most of his time on the school work, releasing Thrift for general oversight and

further development of the premises. This arrangement existed until Thrift was transferred in 1952. They called the institution the New Guinea Highlands Missionary School.

Alexander Campbell briefly replaced Thrift and Maberly, followed by Kenneth Gray in 1954. In the same year the institution's name was changed to Coral Sea Union Training School. Gray had a staff of eight teachers to assist him. Alfred Chapman served as principal in 1957, and John Lee replaced him in 1958.

In 1959 two West Australian builders, John Fitzclarence and Maurice Fairall, constructed a large block of seven new classrooms in addition to office space and a library. It was officially opened on April 20, 1960, with church and government officials in attendance for the occasion. These enlarged premises were urgently needed, because enrolment numbers had risen to 200 students.

In the late 1960s an American volunteer, Dr Jacob Mitkleider, greatly improved the 99 hectare (245 acre) farm.

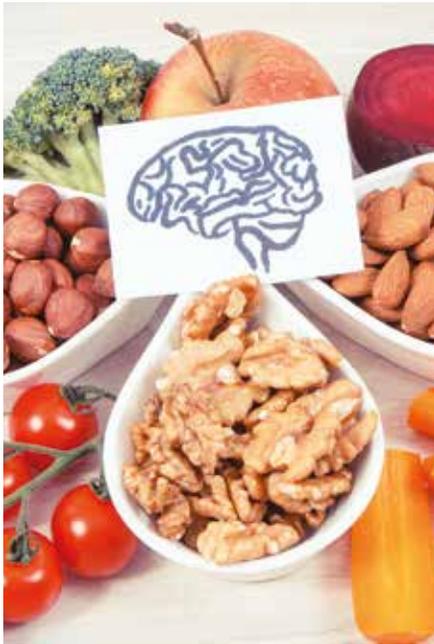
By 1962 the institution was officially functioning under the name Coral Sea Union Mission College, although the church press had referred to it as a college as early as 1960. The first graduation of young adults took place at the end of 1962, 25 men and one woman receiving diplomas in teaching and Bible instruction.

For seven years—1965 through 1971—the institution was named Kabiufa Adventist College, and then became known as the Kabiufa Adventist High School. During the 1970s the first four levels of high school were offered, but in the 1980s it was increased to six levels. In 1984 there were 277 students: 209 boys and 68 girls in grades 7 to 12. Most of the parents (56 per cent) were subsistence farmers. The students were cared for by 15 teachers and 40 other staff when they worked on the farm, in wood products and other places. Teaching staff continued to be composed of both expatriates and nationals, numbers fluctuating between 16 and 20. Garden produce was supplied in abundance to Port Moresby and Lae markets, verifying the wise choice made in the 1940s to develop the property. Chartered planes flew vegetables to Port Moresby and trucks took them to Lae weekly. The proceeds made a significant contribution to school finances.

The first national Papua New Guinean principal was Samson Kuku in 1991. A further name modification occurred in 1999 with the adoption of Kabiufa Adventist Secondary School. In 2007 there were 24 staff members to care for a total of 514 students. The following year enrolment numbers reached 649 without the addition of extra staff. This school continues to be coeducational and consists of all levels of secondary education. It provides quality tuition in English, mathematics, the sciences, history, geography, economics, business studies, religion and physical education. Successful graduates may apply to attend a university, including Pacific Adventist University.

DR MILTON HOOK

ENTRY TAKEN FROM THE SEVENTH-DAY ADVENTIST ENCYCLOPEDIA ONLINE.



THE LINK BETWEEN DIABETES AND DEMENTIA

Dementia. It's something most of us fear as we head towards our latter years, and for good reason. According to Dementia Australia, almost one in 10 people over the age of 65 are affected by dementia.

There's increasing evidence suggesting Alzheimer's disease and type 2 diabetes could be linked, with some suggesting Alzheimer's be classified as "type 3 diabetes". But what is the link and how can you reduce your risk? Advanced accredited practising dietitian and credentialled diabetes educator Kate Marsh looked at the link between the two conditions and how nutrition and lifestyle changes can help.



Caramelised onion and kale rice

This simple recipe is such an unexpected explosion of flavour! A good source of protein and low in sodium, it takes just five minutes to prep.

Find this recipe and hundreds more at:

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



WHAT'S THE DIABETES-DEMENTIA LINK?

In 2017, researchers from the Mayo Clinic found an established link between Alzheimer's and type 2 diabetes and a recent meta-analysis found that people with diabetes had a 56 per cent higher risk of developing Alzheimer's and a 127 per cent higher risk of vascular dementia. Diabetes also appears to increase the risk of cognitive decline, particularly the longer you have the condition.

The reasons for this association are not fully understood but are most likely related to a number of different mechanisms, including reduced blood flow to the brain, oxidative stress and inflammation.

Researchers from the Mayo Clinic also found that some people have a gene called APOE4, which significantly increases the risk of developing Alzheimer's by interfering with the brain's ability to use insulin. This is where the reference to "type 3 diabetes" or "diabetes of the brain" comes from.

HOW TO REDUCE YOUR RISK OF DIABETES AND DEMENTIA

There's good evidence that at least half of the risk of dementia is attributed to lifestyle factors including diet, exercise and smoking. Equally important, having the APOE4 gene doesn't mean that Alzheimer's is inevitable, and those with the genotype may benefit even more from making some simple lifestyle changes.

TIPS TO REDUCE YOUR DEMENTIA RISK



HEALTHY LIFESTYLE

Studies have shown that staying active, eliminating alcohol and smoking, reducing the amount of saturated fats you eat and eating more fruits, vegetables and whole grains can help reduce your risk.



VITAMIN B12

Eating more foods rich in B12 vitamins could also help reduce risk. Vegans and vegetarians are at greater risk of vitamin B12 deficiency, as it's a vitamin found almost exclusively in animal foods. Look for plant-based milks such as soy and almond that are fortified with vitamin B12.



BRAIN HEALTH

While usually diagnosed later in life, disease processes contributing to dementia occur over several decades. Besides adopting healthy lifestyle habits, keeping your brain mentally active and addressing loneliness and depression is also just as important.



HI KIDS!



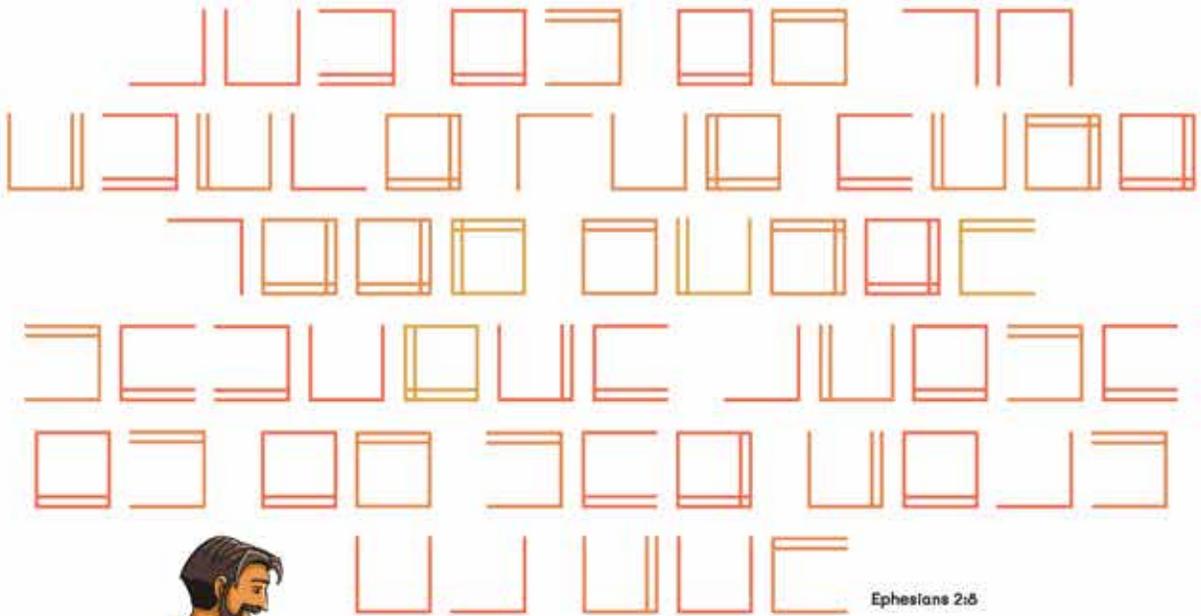
Jesus sees our needs and helps us.



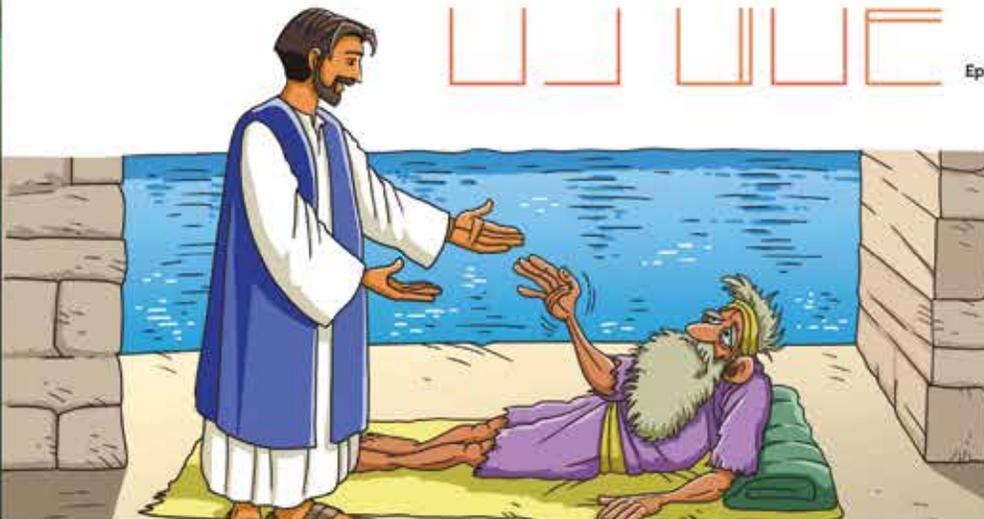
HEALING AT THE POOL OF BETHESDA

Jesus is in Jerusalem and is walking alone near a pool called Bethesda. A man, crippled for 38 years, lies on a mat near the pool. He believes he can be healed only if he is the first one into the water when it stirs. But because he is crippled, he is never the first. Jesus asks him if he wants to be healed. The discouraged man tells Jesus that he has no-one to help him into the pool. Jesus tells him to get up, pick up his mat and walk. The man's hope is kindled. In faith, he obeys and is healed.

SOLVE THE PROBLEM



Ephesians 2:8



CODE

F	O	G	A	C
R	I	E	U	H
T	S	V	N	D
B	Y	F	P	Y

ADVENTIST IDENTITY

Your editorial "Casting hell into the lake of fire" (October 31) mentions how Ellen Harmon wrestled with the thought of an ever-burning hell, and how her mother did not believe that doctrine. You do not mention how Mrs Harmon arranged for Ellen to have an interview with a godly minister, who pointed her to Jesus and His love for her and so allayed her fears.

Elder Stockman's method is worthy of emulation. If we accept Jesus' love and His plans for our eternal future, the doctrine of an ever-burning hell becomes irrelevant.

Don Halliday, SA

RECORD REFOCUS

Last evening my wife and I read from the book *Early Writings* by Ellen White, thus I could not but be inspired to write this epistle to you. We read several excerpts from the early *Review* articles and letters, [and] this has raised a question that I now put to you:

Why does not our *Adventist Record* and *Adventist World* publish these counsels that are given so definitively and at this very troubling time for our people?

Such messages are of distinct comfort and would encourage those whose faith may be fading or faulting, to gather much strength for what lies ahead of us all.

Yes, sometimes her counsels are cutting and difficult to accept, but absolutely necessary.

I cannot tell you how many times they have given me courage to go forth in new strength and faith. After all, they are God's messages for His people.

Let us refocus our papers to the original intents for which they are meant: Instruction in faith and

righteousness, guidance for daily living, encouragement for trials.

Mervyn D Jackson, Qld

HEART ATTITUDE

Re: "The lesser controversy" (September 19). Organs were once seen as instruments from the devil because they were used in the theatre, so it's not [so] much about musical instruments but about praising and worshipping God.

Colossians 3:16: "Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns and songs from the Spirit, singing to God with gratitude in your hearts."

At 71, I love some of the old hymns but, hey, words of the new songs from the heart of the composers are amazing and uplifting, full of encouragement, inspired by the Holy Spirit.

Sure, they can be loud and repetitive, but isn't it through repetition that we learn?

Isn't it all about our heart attitude, the words we sing to worship our God?

By introducing new spiritual songs into our church services, could we reach the hearts of our younger generation?

Some of my favourite artists and their songs are: Chris Tomlin "Lord I Need You", Keith and Kristyn Getty "Holy Spirit Living Breath of God", Lauren Daigle "Who You Say I Am" and Hillsong "Oceans (Where Feet May Fail)". This song [Oceans] was made in reference to Matthew 14:22-32 where Jesus calls Peter to take a step of faith onto the water.

Dineke Deput, WA

TESTIMONY

I enjoyed reading this lovely testimony "Finding Hope" (October 31). Though I grew up in an Adventist home in Los Angeles, our academies were too far away for me to attend, so I spent four years at an inter-denominational evangelical academy closer to home.

During that time, Mrs Cowman became a patient of my doctor father. Knowing he had a teenage daughter, she gave him a

copy of *Streams in the Desert* for me.

It was part of my spiritual growth, too, and I still have it on a shelf behind me.

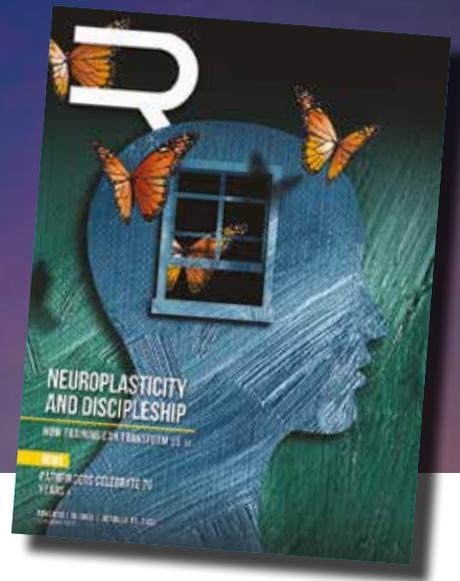
Madeline Steele Johnston,
via website

TREASURE HUNT

Regarding "The Ten: Birds of the Bible". We had to cover a list like this in Pathfinders—completing the "Birds" honour. The most fun part of the honour was being given a list of 30-40 birds common in our area and then going on a bush-walk looking out for as many of the birds as we could find. It was like a nature-based treasure hunt.

David Riley, Qld

NOTE: Views in "Have your say" do not necessarily represent those of the editors or the denomination. Comments should be less than 250 words, and writers must include their name, address and phone number. All comments are edited to meet space and literary requirements, but the author's original meaning will not be changed. Not all comments received are published.



Weddings



FENWICK-DAVIES.

Timothy Fenwick, son of Peter and Cheryl Fenwick (Christchurch, NZ), and Ashlea Davies, daughter of Stephen and Leanne Davies (Auckland), were married on 7.11.20 at St Luke's church, Remuera, Auckland. Tim and Ashlea met at a Christian conference and share a love of creating spaces where people feel valued and heard. They will establish their home in Auckland.

Leanne Davies

ROHDE-NOYES.

Trevor Leslie Rohde and Kerrie Elizabeth Noyes were married on 6.9.20 at the Beachmere Uniting Church (Qld). Trevor and Kerrie plan to reside at Ningi near Bribie Island where Trevor will continue his long-term work as a saddler and Kerrie will continue her employment with the electoral office.

*Heinrich Rusterholz,
Brian H Abrahams*

Obituaries

ANDERSON,

Stephen Andrew, born 7.10.1940 in Sydney, NSW; died 6.11.20 at home in Terranora. On 26.1.1965 he married Denise Roby. He was predeceased by his son, David in 1992. He is survived by his children, Melissa (Terranora) and Nathan (Bilambil Heights); and 10 grandchildren. Steve's father was the first violinist in the Sydney Symphony Orchestra until his untimely death, resulting in Steve spending five years in an orphanage. He served as a teacher in Australia, New Zealand and New Guinea. Always an unassuming, thoughtful, kind, gentle man who left an amazing legacy of love and kindness wherever he went. Steve loved and adored his children and grandchildren and was a much-loved husband, father and grandfather, and loved by his students and members of Tumbulgum church.

*Raymond Dabson, Errol Wright,
Matt Aitcheson*



BULLAS,

Gordon Herbert Arthur, born 27.3.1933 in Longford, Tas; died 25.10.20 in Victor Harbor, SA. On 5.9.1955 he married Audrey Chaplin. He is survived by his wife (Encounter Bay); sons, Jeff (Lilyfield, NSW), Rodney and Mitsy (Aberfoyle

Park, SA) and Darryl and Bev (Newcastle, NSW); and daughter, Jo-anne and Leigh Sheldrick (Wakerley, Qld); 12 grandchildren; 10 great-grandchildren; and brother, Leonard (Loma Linda, USA). Gordon held the position of head elder at Melrose Park church (Adelaide, SA), as well as director and district director of Pathfinders in South Australia. He also was one of the longest serving members of the Advent Silver Band. Gordon lived a full and active life, strove to serve others and was well known through many church and Pathfinder circles. His faith in God and hope in the resurrection was strong to the end.

Garry Hodgkin



BUTTSWORTH,

Carol Anne (nee Pampling), born 17.2.1946 in Hornsby, NSW; died 21.10.20 in Taree. In 1964 she married Warren in Taree. She was predeceased by her son, Denva in 1980. She is survived by her husband; daughter, Kylie Westen; sons, Tony, Robert, Ruben, Manuel, Marcos and Corey. Carol enjoyed a successful nursing career and was a loving wife, mother and grandmother. She was most hospitable, and her door was always open to welcome any person for a meal, a bed or a conversation. During her last five years, her health declined and she spent several months in hospital. Despite this she was ever optimistic, uncomplaining and courageous. Carol found comfort in prayer and assurance in the promises of Scripture.

Roger Nixon, Graham Stewart



FENNER,

Charles, born 8.1.1934; died 12.10.20 in Port Macquarie, NSW. He is survived by his wife Irene (Port Macquarie); and Gaylene Crabtree (NSW) and Kerry Fenner (Qld).

Obed Soire



MARSHALL,

Agnes Josephine (nee Cripps), born 28.6.1917 in Ashburton, NZ; died three days before her 103rd birthday on 25.6.20 in Tweed Hospital, Tweed Heads, NSW. On 23.1.1943 she married Cyril, who predeceased her in 2009. She is survived by her sons, Roger and Linda (Auckland, NZ) and Colin and Gill (Currumbin Valley, Qld); grandchildren, Jon, Dave, Melinda, Toni, Nathan, Jacqui and Joel; and 16 great-grandchildren. Agnes and Cyril joined the Adventist Church through

the CT Potter Mission in 1952 and moved to the Currumbin Valley in 1978. Agnes served in many areas of the Church both in Wanganui and Kingscliff. She had a strong faith and was looking forward to the soon return of Jesus when she can be reunited with her family that she loved.

Roger Marshall



MILLS,

Dorothy (nee Graham), born 16.9.1930 in Perth, WA; died 2.11.20 in Adventist Care, Rossmoyne. On 2.1.1952 she married Noel, who predeceased her in 2015. Dot is survived by her children, Dianne and Richard Bozyk (Perth), Graham and Olga (Perth), Lesley and Ken Dempsey (Pinjarra); 10 grandchildren; and 14 great-grandchildren. Dot was a gentle, gracious and talented Christian lady. A talented seamstress, cake decorator, gardener, homemaker and artist, she took pride in doing everything well. With her husband, she served the Church in Suva, Fiji and on their return to Perth worked for Sanitarium for many years. In retirement Dot travelled widely, continued to keep an immaculate home and garden, and served her church and others in the communities where she lived.

Roger Millist



PITT,

Eric James, born 6.3.1937; died 29.10.20 in Iona Nursing Home, Nhill, Vic. On 28.3.1964 he married Maureen (nee Crowhurst). Eric is survived by his wife (Dimboola); sons, Greg (Smythesdale) and Rodney and Karen; grandchildren, Benjamin and Kayla (Copeville, SA). Eric was Sabbath school superintendent and lay preacher for 40 years in the Nhill church. He will be remembered as a kind Christian gentleman, always ready to give a helping hand to anyone in need.

Peter Rollo

WALKER,

Norma Isabel (nee Neville), born 11.6.1926 in Sister Moore's Hospital, Prahran, Vic; died 19.7.20 in the Adventist Retirement Village, Nunawading.

On 3.4.1948 she married Keith Walker, who predeceased her in 2014. She was also predeceased by her son, Ian in 1996. Norma is survived by sons, Neville and Maree (Yarra Glen), Alan and Noelle (East Ringwood), and Colin and Lorraine (Beecroft, NSW); daughter, Heather and Dave (Forest Hill, Vic); son, Stewart and Marryane (Blackburn); 13 grandchildren; 20 great-grandchildren; and two great-great-grandchildren. Norma's faith in God was strong and His love and forgiveness gave her encouragement and a life of love. A lot of her social life centred around East Prahran church. Norma had many friends at Wantirna Friendship Group and Adventcare at Nunawading. A true Christian lady.

Morrie Krieg

ADVERTISING

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improve your argument."*

-Desmond Tutu

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