# Christ's sacrifice Reflections on the

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# CAMP MISSION

# OFFERING 2022

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EDITOR'S NOTE:

### Spirit of discernment

Glenn Townend South Pacific Division president and consulting editor

# "

Those who strive for a better understanding of truth pursue a noble task but this too must be balanced with ministry action. The isolation of lockdowns, limited travel and working from home is hopefully behind most of us. I enjoyed more time to study and read the Bible, to spend more time with Pam, and the slower pace of not having to travel and meet train and plane departures. Extra time just to reflect and be me. However, I missed the interaction of fellow human beings, the banter and jokes, the proximity and especially the challenge of having to see things from a different perspective because of the reality others face.

Now that I'm travelling and connecting with people who are not in my usual circle again, I've noticed a number of trends. I'm pleasantly surprised to hear of young people reading the *Great Controversy*, retirees and youth continuing with small group fellowship, study and worship, and the growing influence of those who use social media wisely in disciple making. The community support offered by Adventists all along the east coast of Australia with flood relief has been outstanding. These are positive trends.

However, I've also heard of people believing that Jesus is *a* son of God and not *the* Son of God; that the Holy Spirit is not a person; that Ellen White's writings are more valuable and inspired than the Bible; and that Jesus is waiting for the last generation of believers to get things right so He can return. There are also those who have an unhealthy interest in spiritualism. These ideas and trends are not new, but it seems that in the isolation people have had more time to explore ideas without really "testing" them with others in the broader community of the church. Another trend is that some are resistant to returning to in-person worship for a variety of reasons.

Because of the pandemic I accepted the ideas that were generated by those around me in the SPD office as the only reality. While I value their perspective and expertise and want to keep hearing from them, the fact we have not travelled and only conducted business via Zoom has meant we missed a lot of the reality in other's worlds. We can all fall captive to believing our own stories without reference to others.

With volcanos, tsunamis, floods, cyclones, extreme drought, war, genocide, the pandemic—the fury of the enemy to destroy people is evident. People like us want to make sense of all of this. How do we live in such times?

To study and explore biblical and spiritual ideas is important but sharing them widely with various people of different ages, backgrounds and experience will help bring balance to the message. The rigour of a good committee can create a better action if all participants really listen and contribute.

Those who strive for a better understanding of truth pursue a noble task but this too must be balanced with ministry action. Are we listening to our neighbour and their addictive patterns, helping a friend who is struggling financially and seeing a need in others and meeting it?

Discernment is a characteristic that I, and perhaps we, all need as we live in this troublesome world.

"The wisdom of the prudent is to discern his way, but the folly of fools is deceiving" (Proverbs 14:8).

In Isaiah's time the people believed their own propaganda-things were going well and they believed it would remain that way. They worshipped God but also trusted in other gods and their own work, business and finances, but Isaiah reminded the leaders and the people a number of times, "They know not, nor do they discern, for he has shut their eyes, so that they cannot see, and their hearts, so that they cannot understand" (Isaiah 44:18; also 44:19, 27:11). Self-absorption in our own small worlds has a consequence.

Discernment of God's will is possible (Romans 12:2, Ephesians 5:10, Philippians 1:9, Hebrews 5:14) but it comes through prayer, constant practice in the real world, doing good to others and exposing our thinking to others.

A contemporary of Isaiah, the prophet Hosea, wrote, "Whoever is wise, let him understand these things; whoever is discerning, let him know them; for the ways of the LORD are right, and the upright walk in them, but transgressors stumble in them" (14:9). Truly following Jesus ensures discernment.



INSIGHT:

# I will go to my family

Maveni Kaufononga Trans Pacific Union Mission president Just before His ascension, Jesus gave His disciples a pattern for the spread of the gospel:

"You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the end of the earth" (Acts 1:8).

It is interesting to note that Jesus wants us to start our witnessing where we are. It starts from our home, our family. Family is where it starts. Family is where it all begins.

It is also interesting that home/family can be the hardest place to be a witness. Even Jesus found this to be the case. He preached at Nazareth, where He had grown up: "And they took offence at him. But Jesus said to them, 'A prophet is not without honour except in his own town and in his own home'."

To witness is to share your experience with the Lord. Our own home knows about our experience really well and you can't fool them by telling them something that you are not. How can you go back to your family and witness about Christ? After all, they know you really well.

The reality of our life in this world is that we are all sinners and we have our past failures. But Christ came to renew us. He is here to give us a new life.

As Paul said in 2 Corinthians 5:17, "If anyone is in Christ, he is a new creation; the old has gone, the new has come!"

That's what we are going to share with our families-the new life that Jesus has given us. All our family members need this new life in Christ.

In responding to our world Church theme: "I will go", the Trans Pacific Union Mission have made this year to be a year that "I will go to my family". We are encouraging our members to look at their family tree.

Who is there that needs to hear about the life that Jesus can give and be a witness to that family member?

Who is in your family that you can be a witness to? Witnessing starts with my family.

# HEALTH Week 2022

MAY 14-21 | SAVE THE DATE!

#### DID YOU KNOW THAT GLOBALLY, OVER 70% OF DEATHS FROM DISEASE ARE RELATED TO LIFESTYLE AND MOST OF THEM ARE PREVENTABLE?

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We aim to partner with you to create **400 Wellness Hubs** across the South Pacific. This will provide access to life-saving education, resources and health services.

Your offering on 21 May will help us to achieve this goal. Make a difference today at: <u>health.adventistchurch.com</u>



An initiative of:





Morobe Provincial Health Authority chief executive officer Dr Kipas Binga (left) launching the Save 10,000 Toes campaign with PNGUM secretary Pastor Leonard Sumatau (middle) and Adventist Health Ministries director Pastor Zachery Lipen (right).

Wei Island Adventist Church decorated for the special service.

# Church partners with governments in fight against lifestyle diseases in PNG

**Q Lae, PNG** | Jacqueline Wari

The Seventh-day Adventist Church in Papua New Guinea (PNGUM) has launched the Save 10,000 Toes campaign in a bid to reduce Type 2 diabetes cases and other lifestyle diseases in the country by 2030.

The campaign is an initiative of the health department and will involve church members fighting against non-communicable diseases (NCDs) in partnership with health workers within the government and other stakeholders.

The campaign was launched at the PNGUM office in Lae on March 23 by Morobe Provincial Health Authority chief executive officer Dr Kipas Binga. The event was attended by New Zealand honorary consul Zoe Harrison and Australian Consulate consul general Mark Foxe, among other guests.

Dr Binga said the 10,000 Toes campaign was timely as lifestyle diseases were on the rise and the initiative would help the Morobe Provincial Health Authority with its corporate plan to address the increase in lifestyle diseases and other health issues.

"We have the challenge of communicable and non-communicable diseases. HIV and TB have not truly disappeared. How do we find a balance on that and the lifestyle diseases that are coming up? We must learn to spend to keep people healthy," said Dr Binga, adding that diabetes and cancer are on the rise everywhere, including in Morobe.

"We look forward to partnering with

the Church for the cause of our people. We must have clear pathways for patient referrals, and I think we can do this together," he said.

Through their representatives, the New Zealand and Australian governments pledged their support.

Ms Harrison said the campaign was a great initiative and that the New Zealand government was looking forward to working with the Church to achieve its goals.

Mr Foxe also commended the Church for its foresight in combating noncommunicable diseases. "We want to work together with you. We will look at how we can partner with you," Mr Foxe said.

PNGUM health director Pastor Zachery Lipen said the campaign will be successful by creating a wellness movement and a pathway for churches, regardless of denomination, to become wellness centres focusing on lifestyle medicine, training, equipping, engaging and empowering members of all denominations in towns and villages with NCD intervention skills.

Some of the activities in this initiative include training ambassadors to lead the campaign, doing health assessments in villages and towns for blood pressure and blood sugar levels, conducting training on the health improvement programs, running stop smoking and health education programs, and a media campaign.

### Sepik Mission organises its 75th local church

**Wei Island, PNG** | Serina Yaninen

The Sepik Mission in Papua New Guinea officially organised the Wei Island Adventist Church as its 75th organised church on Sunday, March 6.

The program, officiated by Sepik Mission secretary Pastor Jeffery Saigome and regional supervisor Pastor Michael Lus, was held at Wei church after a week-long family life seminar that ended on Sabbath with 14 baptisms.

Church members from neighbouring

islands and the mainland area also attended the special service.

Before being organised, the church had been operating under the Ruprup Island church for the past 63 years.

With 75 members, Wei church is located on Wei Island, which is located around 100 kilometres northeast of Wewak and is part of a group of islands known as the Schouten Islands.



Samoa Adventist College. Credit: Barry Oliver/ ESDA



ADRA Fiji emergency coordinator Samisoni Loga is interviewed by the local media.

### Record enrolment at Adventist schools

**Fongafale, Tuvalu** | Record staff

Seventh-day Adventist schools are in high demand in the Trans Pacific Union Mission.

Funafuti Adventist Primary School in Tuvalu had to put a halt on registrations because of limited space and resources. The school roll has reached 300 enrolments for the second time. As a result, the school ran out of chairs. A request for assistance was sent to the Ministry of Education.

However, a parent learned about the school's need and acted without hesitation by organising more chairs. "We praised God for acting in miraculous ways that we could not have imagined," said principal Kima Pedro. "The need was met, and no student had to sit on the floor. The school is truly thankful to have such willing and supportive parents. Praise the Lord!"

Enrolment at Samoa Adventist College has hit a record 793 students and parents are still trying to enrol their children despite "no vacancy" signs posted on the office doors.

"We have to turn away students because of the availability of spaces in the different classes and it is hard when you see the disappointment on the parents' faces," said principal Tepora Fuimaono. "This is our record enrolment for many years and we praise God for His blessings. Most parents have testified about the difference our school is making in the lives of their children and they spread the word. The majority of students are not Adventists and we have more opportunities to witness to them about our faith."

Maranatha Adventist Junior Secondary School, a boarding school in Vanuatu, has enrolled more than 100 students. The school's handyman had to cut wood to make extra beds to cater for the growth in student numbers.

### ADRA equips Fijian churches to better respond to disasters

🗣 Suva, Fiji | Juliana Muniz

The Adventist Development and Relief Agency (ADRA) Fiji held a debrief meeting in Suva on March 28 to assess the effectiveness and what could have been done better during the implementation of its Disaster Ready Project pilot.

Funded by the South Pacific Division, the one-year pilot project was created to build resilient communities and churches, prepare them to respond to disasters, make church buildings accessible for people with special needs and equip church members to be active in their approach to climate change.

"The church is a refuge for salvation and spiritual healing. As a refuge the church needs to be accessible to everyone: the elderly, people with disabilities, women and children; in normal times and during disasters," said ADRA Fiji emergency coordinator Samisoni Loga.

The initiative was highlighted by local media and featured on Fiji One News and FBC News.

According to Mr Loga, the project

was piloted in five churches in the central division of Fiji where volunteers were trained to respond to disasters.

"With the end of the training that was conducted in the churches, we've been able to formulate a Church Emergency Management Plan (CHEMP), which will be taken back to the community as a guideline to help them during times of disasters," said Mr Loga in an interview with FBC News.

Around 80 people, including Fiji Mission representatives and members of the five participant churches, attended the workshop. During the meeting, beneficiaries and stakeholders provided collaborative feedback about the successes of the project and recommendations for the future.

"As the project comes to an end, there is a great need for more churches to be disaster ready, therefore the ADRA Fiji team is proposing for more funds to accomplish that," said Mr Loga.



Alfred Lauder graduated from Mamarapha with a Certificate II of Indigenous Studies in 2019.

### Mamarapha College accredited by GC

Sarragullen, WA | Lorraine Atchia

Mamarapha College has become the first institution of its size to receive a worldwide Seventh-day Adventist accreditation as a mid-tier institution in the South Pacific Division (SPD).

The visiting panel reviewing the application were unanimous in their decision, praising the presentation from Mamarapha College and their passion for mission in an education setting.

"This is a significant milestone for the Aboriginal and Torres Strait Islander Ministry (ATSIM)," said Mamarapha College principal Pastor David Garrard. "Being officially recognised as an Adventist institution by the world Church acknowledges the quality and standard of the education and culture we provide."

After deciding to pursue the accreditation in 2020, Pastor Garrard commenced working on various aspects of the application, collaborating closely with Adventist Schools Australia (ASA) and David McClintock, SPD education director, over the past nine months to complete the report.

Using the ASA Quality Adventist Schools framework as a basis, Mamarapha College has developed their own unique framework for continuous improvement and are committed to reviewing 15 areas of operation every five years.

These reviews will feed into a plan for continuous improvement in Adventist identity, culture and student outcomes and will help Mamarapha College as they strive to elevate how the college functions.

"Mamarapha College struggled through the COVID-19 pandemic, but like many churches and organisations within our Church, they have come through even stronger," said Pastor Terry Johnson, Australian Union Conference president. "They have pushed themselves into improving the college and taking their services to the next level.

"We are extremely proud of the team at Mamarapha College, and we are delighted that the world Church has recognised their accomplishments," added Pastor Johnson.

As the college continues to make headway with the accreditation and expansion of their facilities, Pastor Garrard is focused on their priorities.

"Although we are looking forward to increasing enrolments and diversifying the courses we provide, we will continue to focus on our culture of mission and sharing God's love, not only to our students but to their families and communities."

# making headlines

#### **Restoring sight in India**

For the first time since the pandemic began, It is Written's Eyes for India initiative restored sight to 2628 patients in a recent eye-surgery camp. "We are motivated to complete these camps by the high success rate of a seemingly simple cataract surgery, which can drastically transform lives," said head of the medical team, Dr Jacob Prabhaka.-*Adventist Review* 



#### **Bible survives fire**

When Valentina Melentjeva's house burnt to the ground in Norway her main concern was that her Bible would be spared. Once able to search through the rubble of her destroyed home, her Bible was found unharmed sitting on a shelf beside other burnt books. "It's amazing what the love of God can do, to preserve the most important thing," she said, happy to still have her precious Bible.-tedNEWS

#### Healthy living ride

More than 200 cyclists rode 40km through Colombia's capital city to launch the start of dozens of initiatives and activities to commemorate 100 years since the Seventh-day Adventist Church was established there. Children, young people and adults pedalled across the streets of Bogota on February 27 to promote healthy living.-interamerica.org

#### App to reduce drinking

A recent trial involving a brain training style app reduced participants' alcohol consumption by 8.4 drinks per week. The SWiPE app, based on a new form of neurocognitive training, has been found to reduce the number of drinking days and the alcohol dependence severity score.-**Monash University** 

# flashpoint



## Science success

lakina Adventist Academy (IAA) in American Samoa participated in an island-wide science fair recently. Ten high school and five elementary school students took part, with a total of six awards received including two first places. "The credit goes to God for all He has done . . . IAA remains committed to testifying for Him wherever possible," said principal Fu'a lese.-Conch Shell



## Worship with PM

Papua New Guinea Prime Minister James Marape presented morning worship for the team at the South Pacific Division (SPD) office on Monday, April 4. Speaking via Zoom from Port Moresby, Mr Marape, a Seventh-day Adventist, gave thanks for the opportunity to join the worship session. His message, based on Romans 12:3-5, drew attention to the diversity of people and talents within the Adventist Church.**–Tracey Bridcutt** 



## Food support

Longburn Adventist College and the Adventist community at Palmerston North in New Zealand have put together relief donations of healthy food supplies for Beulah Adventist College in Tonga. The initiative was led by Longburn teacher Juliana Paul, the school prefects and local church member Derrylea Hardy. More than \$NZ5000 worth of healthy food was donated. The relief effort was in response to the January disaster in Tonga, caused by an undersea volcano, which triggered a major tsunami and generated volcanic ash across the country. Basic needs such as water and food were significantly affected, including main agricultural sectors such as crops, livestock and fisheries. Since the volcanic eruption, the availability of healthy food has been limited. —Elisapesi Manson



# Following God's call

Nunawading Adventist Church in Victoria was filled on February 26 to celebrate the commissioning of Victorian Conference assistant youth director Rosemary Andrykanus. With a degree in Environmental Science from Monash University, Pastor Andrykanus worked in the field for three years. She then spent a year volunteering with ADRA in Laos before returning to Australia and following God's call to study theology at Avondale University.**–Record staff** 



## Fulfilling a vow

Bendigo and Swan Hill (Vic) churches senior pastor Daniel Maher was ordained to ministry on March 5. The special service was led by South NSW Conference president Pastor Cristian Copaceanu, Australian Union Conference ministerial secretary Pastor Brendan Pratt and Victorian Conference president Pastor Graeme Christian. "I take this, my ordination, very seriously. It is the fulfilment of a vow but only the beginning of so much more," said Pastor Maher in his response speech.-Juliana Muniz



### Thankful smiles

Kivori Learning Centre in Papua New Guinea, established and run by independent ministry Operation Food For Life (OFFL), recently received a donation of uniforms from Hope Adventist School in Bundaberg (Qld).

Previously named Coral Coast Christian School, the Bundaberg school changed its name in 2020, creating the need for new uniforms that harmonised with the new name.

"We were so blessed to be given new and as new preloved Coral Coast Christian School uniforms," said OFFL president Dennis Perry.

"Families who live in the school village could not afford a school uniform, so imagine how excited the children were when they put the new uniforms on," he added.

Located three hours west of Port Moresby and accessible only by helicopter or four-wheel drive, the learning centre was established by OFFL in Kivori in 2017 with 120 students.

Today, the school provides free education for more than 300 students, all from impoverished communities.

"We wish to thank Hope Adventist School principal, chaplain, teachers, students, parents and all involved in this amazing donation," said Mr Perry.–Juliana Muniz

# have news to share?

Email info and photos to <news@record.net.au>



## **Recognition for long-time educator**

Retired education director and teacher Peniasi Dakua received a medallion of merit last month from Trans Pacific Union Mission education director Mele Vaihola on behalf of the South Pacific Division (SPD). Mr Dakua, from Vatubalavu in Navosa, fittingly received the award surrounded by his relatives and close friends. Also present at the special occasion was Fiji Mission president Nasoni Lutunaliwa. "Peniasi has made a significant contribution to both Adventist education and Adventist lifestyle in Fiji. The Education Department of the South Pacific Division salutes Peniasi Dakua for his life-long ministry to Adventist education," said SPD education director David McClintock.**–Record Staff** 



### Friendship leads to baptism

The regular support and good testimony of Landsborough church members at the local community centre in Queensland made a good impression on the centre's volunteer coordinator. After developing a friendship with several church members, Ann Husband became interested in getting to know Jesus and the beliefs of the Adventist Church. Starting to attend church services and other programs more frequently, her interest grew as she received Bible studies each Sabbath afternoon. Deciding to commit her life to Jesus, Ms Husband was recently baptised by Pastor David Kelsey and welcomed into church fellowship.**–Charles Russell** 

# a glimpse of Easter

Provery tour of the Holy Land includes a visit to the Garden of Gethsemane. Ours was no exception. We were driven outside the gates of the Old City, with its tangle of narrow streets, noisy shopkeepers and crowded shrines, to a hillside covered with whitened tombstones, many of them hundreds of years old. There, half-way up the hill, hidden in the shadow of an old church building, was a small grove of drab olive trees, identified by tradition as the place where Jesus of Nazareth was betrayed.

As our bus pulled up, it became obvious the crowds were more interested in the church than the olive grove. As a spectacle, there was no contest. Inside the church, the air was heavy with a smell of incense, aglow with the colours of the stained glass windows and bathed in an atmosphere of holy awe. Outside, nothing but a clump of tired olive trees whose only attraction was their obvious antiquity.

It was difficult, standing there in the warm afternoon sun, to take in exactly what I was seeing. It was hard to imagine that on this spot, nearly two millennia ago, "the fate of humanity trembled in the balance". No blood stains in the sand. No holy crucifix to mark the spot. Just the stillness of the afternoon air, and the occasional clicking of a camera-happy tourist.

And yet, so it was. The Person who, in that garden, wrestled alone with the powers of darkness, was more than a private figure. He was us.

The story of Gethsemane (Matthew 26:36-46) is known by everybody, yet hardly known at all. It is full of contradictions. It tells of a revered spiritual Teacher who, when faced with death, is overwhelmed by fear.

Jesus goes to Gethsemane to pray; to gather strength for the storm He knows lies just ahead. As He wrestles alone beneath the olives, the spectre of what He is facing envelopes Him like a black cloud, and He draws back in horror. "Let this cup pass from me," he cries in the dark.

His fear of death shocks us. The Greek philosopher Socrates, sentenced to death for corrupting the morals of the young, is given a poisoned chalice of hemlock. He drinks it as if it were a cup of wine. In the centuries that have followed, many another martyr has faced the executioner's sword with similar equanimity. Yet Jesus, the Exemplar of Christian courage, shrinks back in fear!

The answer lies in the kind of death He faced. The death He faced in Gethsemane was not His own death, a peaceful sleep before a blissful reward for a life well-lived. No. The death He faced was ours.

Our death is the result of our rebellion. We have chosen to cut loose from the Lifegiver, to live by our rules instead of His. And the inevitable consequence of that choice is permanent separation from the Source of Life.

It was the spectre of that death, that eternal separation, that so horrified Jesus. As one writer put it, "The gulf was so broad, so black, so deep that his spirit shuddered before it." (White, *Desire of Ages*, p686). Little wonder, then, that He cries in the dark, "Oh My Father, if it be possible, let this cup pass from me." But it was not possible. This cup, the cup of consequences, cannot pass. Either we must face it . . . or He, on our behalf.

It was then "the fate of humanity trembled in the balance" (*DA*, p690). "Terrible was the temptation to let the human race bear the consequences of its own guilt" (*DA*, p688). But Love dictates His response. "He sees the helplessness of man . . . The woes and lamentations of a doomed world rise before Him. He beholds its impending fate, and His decision is made. He will save man at any cost to Himself" (*DA*, p690). He determines that He will suffer as we deserve to suffer, so that we can be treated as He deserves to be treated.

The drab olive trees knew nothing of these things that warm winter's afternoon; nor, it seemed, did the camera-clicking tourists. But it is verified in the hearts of those who believe it. His death is our hope. Because of His death, "the God of hope fills you with joy . . . and peace, so that your believing lives . . . brim over with hope" (Romans 15:13, MSG).

The story of Gethsemane invites us to think beyond the empty imagery of the Easter Bunny to those eternal realities played out in the garden. It is a fresh invitation to embrace the peace, joy and hope that come through believing in Jesus.

# Making a *digital* mark

Victorian Adventist has taken the digital world by storm, with his videos attracting more than 256,000 likes and over 8 million views. Joreal Qian, former editor in chief of *Australia China Business Circle* has more than 29,000 followers on video sharing platforms TikTok and Douyin (the Chinese version of TikTok). Joreal, 32, started his channels after his publication ceased operations during pandemic, as advertising and distribution channels closed.

ministry

After much research, Joreal pursued a new business opportunity, opening a Douyin/TikTok account. Due to its increasing popularity with young people and its growing audience, the platforms provided the perfect launching pad for his ideas.

Joreal's first first video was a self-introduction. "That video got 43 views. My journey was not smooth at first, but God has been blessing me both in business and ministry. Now, my top three video clips have got one million-plus views each. I have kept my first video as a reminder to my audience that you can grow your channel."

Joreal posts videos regularly, focusing on a wide range of topics from COVID-19 to living in Australia and even advice about relationships. While Joreal did not intend to use his TikTok for the purpose of ministry, after gaining the trust of his followers, he felt comfortable enough to share information about Adventist Students on Campus (ASOC) at Monash and Melbourne universities.

"I thought I should use my influence to attract gospel seekers to the Adventist club." After a number of attempts, Joreal found that some of his audience were joining his care group and church as a result of his videos. He never mentions the gospel on TikTok; he never shares Bible verses or calls people to attend Bible studies due to the algorithm of the platform, which limits the reach of account holders who directly post religious topics. "I establish trust with potential Gospel seekers, they like what I say and then they are curious about where they can meet me, so it's all personal, and then I invite them to Bible study groups and get them to meet me. This happens offline not online." Joreal emphasised that not everyone in his audience has a religious background and they join the club for different reasons, whether that be for professional services or networking. Joreal reflects on his own journey: 11 years ago he joined a Bible study group because of the free vegetarian food. He stayed for the sermon and sharing and bit by bit he was converted.

As a result of Joreal's efforts, he has attracted around 20 people to Bible study groups in person and many more online.

Due to the overwhelming response, Joreal found that he could not keep up with the number of people who were attending his care group-distributing the gospel seekers into different groups allowed them to have a more personal experience. To retain members, Joreal developed a workshop to teach others how they can become influencers for Jesus.

"I try to inspire people to do their own channels in their own time, to have some fun and followers so we can have multiple influencers in our Church. I want to help more people around Australia who have a burden for social media ministry."

When asked about what tips he would give to budding social media influencers, Joreal stated, "focus on the content and the trust".

"The content you want to provide on social media will be determined by the target audience. Figure out who your target audience is, what their pain points are and provide practical help. Focus on establishing trust—this will bring that person to Bible study groups. Don't try to give a direct call to action, or share events, try to be tactful on social media. If you have trust established with the audience, it will be much easier to spread the gospel."

Joreal offers free consultations to anyone who is interested in learning how to start their own TikTok ministry.

To find out more, email: <Equaljoreal@hotmail.com> or <Joreal@askjoreal.com.au>.

#### Kymberley McMurray

Victorian Conference communications coordinator.

# Lifestyle medicine graduand responds to health crisis at home

The influence of his father and an advertisement for a scholarship encouraged Urijah Liligeto to begin his journey as a healthcare professional who is now helping his country make choices to improve quality of life.

That country is Solomon Islands, where non-communicable diseases such as cancer, diabetes, and those related to the heart and lungs are the leading cause of death. Urijah is well placed to respond. Completing a Graduate Diploma in Lifestyle Medicine from Avondale led to a role with the World Health Organization as a public health officer for non-communicable diseases. "I provide technical expertise to ensure activities for reducing or preventing NCDs in the Solomons are effectively implemented and monitored." Urijah works with donor partners and the government's Ministry of Health and Medical Services. He also brings into the role his contacts with faith-based organisations, including the Seventh-day Adventist Church.

Despite the Church's position on health, which is a point of difference with other denominations, Urijah sees a gap between what is preached and practised. The ease of access to fast food and the limited access to vegetarian food in urban areas could be part of the problem. As could the lack of health education experience and training among church leaders. "They should be health educators as much as gospel preachers."

So, Urijah enrolled at Avondale after his father, alumnus Pastor Wilfred Liligeto, showed him an advertisement in *Adventist Record* for the Pacific Partnership Scholarship. "Dad and I saw this as an opportunity to be a qualified health worker, which would equip me for service to my church and my community."

Avondale planned to offer only one scholarship, but a record response to an offering collected in Adventist

churches across the South Pacific in 2016 enabled it to offer three. Urijah and the other recipients received full-fee waiver to complete the graduate certificate. Four years later, Urijah's now completed the graduate diploma and is already enrolled in the new Master of Lifestyle Medicine. He describes the scholarship as a blessing. "I wouldn't have been able to complete the degree without it," he savs. "The aim of the scholarship is to educate leaders in the South Pacific so they can become champions for and advocates of a healthy lifestyle. Well, that's me. I want to help my people fight this NCD crisis."

Integrating lifestyle medicine principles into his lectures and lessons helped students in Urijah's nursing, public health, and nutrition and dietetic classes at Solomon Islands National University understand the root causes of non-communicable diseases. "These future frontline healthcare workers will be the ones encouraging the patients who'll visit them at clinics or in hospitals to make healthy lifestyle choices." With a bachelor's degree in biomedical science and a master's in clinical immunology, Urijah dreams of developing postgraduate courses in lifestyle medicine at the university and establishing a research-based wellness centre offering lifestyle interventions to prevent or manage chronic illness.

Urijah received the John Ballard Trim Health Ministry Prize for outstanding achievement in the study of wholistic health and wellbeing and its application in the community when he graduated in April. "Dad passed away before I could complete my studies in lifestyle medicine, but I'm sure he'll be proud of me. I'm driven to carry on his wish for me to become a health leader in the Church."

#### **Brenton Stacey**

Public relations and philanthropy officer, Avondale University.

Disowned or fled by His disciples, Jesus alone was hanging there. They didn't want that sinful end. That He was called to bear. The weight of sin was pressing down, with heartbreaking agony. He loudly called to His Father: "My God! My God! Why have you, forsaken Me!" In the depths of physical suffering, He called out to guench His thirst! Refusing a taste of vinegar, His anguish was at its worst. Suddenly in clear tones: "It is finished!" Jesus cried. His head fell down upon His breast, For it was just then He died. Speared by a soldier, to see the job was done. Blood and water flowed right down, from God's precious only Son. Jesus Christ the Saviour had set all sinners free, He was the perfect sacrifice, when He hung upon that tree. (He did that for you and me.)

Looking o'r the multitude, what is this we see. Lying there upon the ground was not one cross but three! The Lord in all His anguish for everyone to see,

Had only thieves beside Him to keep Him company. Christ's body was so battered, blood was spilling down. That's the way they treated Him, the Healer of renown. A nailed piece of parchment flutters high to give sad news: "Jesus of Nazareth, the King of the Jews."

Christ in all His suffering thought of sinners too. "Father forgive them, for they know not what they do."

As He saw His mother so distraught with human woe, He spoke to John the disciple, and homeward they did go.

Above the jeering people, a cry silenced everyone. "Lord remember me, when you come to your kingdom." Quickly Jesus answers to that repentant thief.

"You shall be with me, because of your belief."

The three of them have hung there in their hours of agony,

Darkness came down and veiled them so the people couldn't see.

Angry lightning flashed about on that black and gloomy scene.

People fell prostrated as they remembered how they'd been.

Looking back in history such a long, long time ago. A sunrise on a Friday and many people didn't know, that evil men were working long before the dawn. They had the gentle Healer, and they spoke His name with scorn. First it was to Annas and Caiaphas, then off to Pilate

Then it was to Herod, to see what he would do. Back He came to Pilate, yes, he would be the one. He let the people crucify God's precious only Son. Jeered, mocked and spat on, soldiers scourged Him with full might.

Pilate thought twice scourging would make everything alright.

Yet, Jesus or Barabbas, what will the mob's choice be? Mad fury urged the people on, and Barabbas was set free.

The leaders grabbed at Jesus and roughly led the way. Pilate went and washed his hands, to cleanse him-self some way.

And so we see the people trooping down the road, And we see the Saviour falling with His load.

Simon was pushed forward to help the Saviour now. Few shed tears of pity for the crown that spiked His brow.

Just a little further on and we reach that dreadful hill. The place was called Golgotha, a place for the law to kill.

> Ngaire Andrew submitted by mail

# God speaks through introverts too

y heart rate increased as I tried to suppress my rising panic. Hot tears pricked the back of my eyes as I listened closely to what the preacher was saying. He was getting close; I could tell. I had learned to expect these things on the last days of Weeks of Spiritual Emphasis. The dreaded call.

"Come up to the front if you feel like this is you." There it was.

Other students around me slowly stood up and filtered to the front. I was caught between my desire to answer the call and my fear of going up front.

Deep in my heart I screamed for God to understand,

that I was answering the call on the inside, begging Him to take away the fear of what others thought.

Sometimes I would go up, hunched, trying to make myself invisible. Other times I guiltily went when I saw my friends. Without fail, the preacher would say, "Don't think about anyone else, do it for you." But I couldn't.

I felt like I was betraying God. That I couldn't do this one simple thing that others found so easy and uplifting. That I couldn't do it for God, when early Christians walked to the lions in front of stadiums of roaring Romans.

I felt like if an altar call was something I resonated with, doing what the pastor had said, such as coming up to the

front, was imperative for my answer to be legitimate.

This was my thinking for years, until one memorable Sabbath. My home church back then consisted of 3000 members, and the pastor had issued a call. I started getting stressed, fidgeting in my seat. Surely, I couldn't go up front of all these people? I looked over at my mum in horror and, somehow, she understood.

"You don't have to go up," she whispered.

"I don't?" I was surprised. This was when I began to realise that I didn't have to respond in any other way other than in my heart for my faith to be real.

When I was a child, I would watch the charismatic pastors up front, including my dad, excited to share their faith and openly proclaim their love for God, and I knew that that would be me one day. However, as I grew older, I became painfully aware of the fact that it would not. I could never raise my hands during song service like some. I couldn't tell a children's story about a Jesus moment in my life. I couldn't even lead a Bible study. I knew that I loved God and wanted to have a relationship with Him and live a godly life, but I didn't know how to put that into action when I couldn't even talk about my relationship with Jesus with my friends or pray out loud in a way that felt real. The change where I would become like all those extroverted people on stage at church never came. As I entered adulthood, I wondered what was wrong with me.

In my mind, there seemed to be only one way, the public way, to approach God; and because I repeatedly saw this one way, I assumed it was the right way. One day, as I was reading Philip Yancey's *Reaching for the Invisible God*, I read a paragraph that drastically changed my perspective:

"I wonder whether people naturally divide into various 'faith types' just as they divide into personality types. [As] an introvert who approaches other people cautiously, I approach God the same way . . . why should we expect to have the same measure or kind of faith?"

I had never considered how personality might influence a relationship with God, and that it could also influence how others perceived someone's relationship with God. I realised that those loudly proclaiming the love of Jesus and what He was doing in their lives found this easy because they generally loudly proclaimed most things about their lives. They felt comfortable with that. I never saw those who were like me, because, well, they were like me!

This launched me on a journey of learning that God understands the introverts of the church.

One of my favourite Bible stories is the calling of Moses. Face to face with the presence of God within a burning bush, Moses is hesitant when God calls him to go back to Egypt. He asks, "Who am I that I should go to Pharoah?" (Exodus 3:11) and "What if they do not believe me?" (4:1). Finally, Moses argues that he is "slow of speech and tongue" (v10). God once again assures Moses that He will be with him; however, Moses continues to baulk, begging God to send someone else. Now, remember that Moses had lived in the desert for 40 years. I found it difficult to hold a conversation after just a few months in lockdown, but after 40 years to storm the palace and accuse the Pharoah? I'd be begging God to change His mind too.

Finally, God says, "What about your brother, Aaron the Levite? I know he can speak well. He is already on his way to meet you, and he will be glad to see you. You shall speak to him and put words in his mouth; I will help both of you to speak and will teach you what to do." (v14,15). Did you catch that? God says, he is already on his way to meet you! God knew He was calling someone who felt inadequate, who was afraid to speak, to stand up and fight for his God. Because God understood both Moses' strengths and his weaknesses, He had already set in place the help Moses needed.

Introverts bring a very different set of skills to the church than extroverts do. Both have strengths and weaknesses, and both are equally important. While the extroverts may be the greeters who welcome everyone at the door or the worship leaders who get the congregation clapping their hands, the introverts are working behind the scenes. It may be the introvert who greets that one quiet, awkward person who is sitting alone, overlooked by others. It may be the introvert who plans the worship service. The introverts may prefer to write than to talk, and to play guitar rather than sing. And the introvert's quiet thoughtfulness may bring new insight to a Bible study. We are all a part of the body of Christ, and while some of us might be the mouth, others might be the ears. All are equally needed.

Now, I don't go up for calls if they make me feel uncomfortable. I answer them in my heart, knowing that God understands. I feel closest to God when alone, or in nature, and have recognised that it's okay not to feel close to God when praying out loud in a large group, so I don't force myself to. And instead of bemoaning my lack of confidence to lead a Bible study, I focus on one-on-one discussions with people. I've learned that what introverts bring to the church is equally important to what the extroverts bring. Most importantly, I've learned that God understands.

However, while I still hang back, I also try to push myself. I try to talk about my relationship with God when I can. I've discovered ways of being up front that don't inspire panic, such as drama and music. And I'm learning to share my faith through writing.

If you perhaps are like me, I encourage you to lean into your strengths, rather than trying to be like those you feel you should be like. God knows your heart, and He will show you ways of following Him and of being a fisher of men, even when you're afraid of those men and would rather be hiding under the nets.

#### Ashley Jankiewicz

secondary education student at Avondale University who has a vivid imagination and a passion for writing.

# The mystery

# angels long to look into

Voltaire, the French cynical philosopher, wrote that one should not be concerned about sinning because it is God's duty to forgive. However, redemption is not so much a matter of divine forgiveness as it is that of divine transformation of human beings by faith in the atonement.

Most Christians have a very limited appreciation of Christ's death and resurrection. Indeed, most know about the historicity of the two facts but as to their significance, the understanding is at best vague and at worst non-existent. The Christian Church has mostly reduced Christ's ministry to one of dying to placate an angry God bent on punishing the sinners. According to this limited view, the death of Christ was payment on behalf of sinners; providing God with the legal right to forgive sins, past, present and future. More seriously, it damages the doctrine of grace.

Can one speak of payment and grace in the same breath? This interpretation of the cross ultimately reduces the importance of life transformation to something to be desired and maybe achieved, but not inherently linked to the atonement process. For the most part, the desire for life transformation (life lived according to God's law) is seen by many as mere legalism.

The problem starts with our rather vague awareness of what sin did to human nature. When the first human sinned, something occurred that drastically changed his nature, originally identical to God's own nature. Adam and Eve became keenly aware something had occurred, which caused them to feel guilty, experience fear, cover up, hide and blame. They had allowed the attitude of the Adversary to ensnare them, subverting their nature, which henceforth would be identical to the Adversary's own. Jesus reproved the religious leaders of His days, saying that they had the devil as their father.

Paul gives the theological interpretation of the consequence of the fall in Romans 5:12. Scripture considers Adam as the federal head of the human race. This means that God created the whole human race in the first human. Even Eve came out of Adam. The choice that he would make when faced with the original temptation would affect all his descendants after him. In simple terms, this means the entire human race became sinful through one man. Sinfulness is about being "egocentric", which in behavioural attitudes translates into the exclusion of God and everyone else. God's Ten Commandments define the nature and practicalities of all human relationships. The first four are about how human beings relate to God and the last six about their relationship with one another. Egocentricity excludes both God and our neighbours from our immediate interests and concerns. Sinful actions, which favour us above them, are the resulting behaviour. Seen in the light of Scripture, sin is primarily a problem of fallen nature (out of sync with God's nature and purpose), that determines and controls behaviour. The entire human race since Adam's failure is incurably, morally sick and eternal death is the collective, ultimate fate.

It therefore follows that for a redemptive plan to be effective, it must resolve the sin problem at its source: human nature. An atonement that only provides forgiveness without addressing the core issue is like using a band-aid to cure a fatal disease. What humanity needs is a change of heart; a new heart to replace the old irreparable, sin-polluted heart.

#### Jesus Christ the Divine Remedy: God's Son takes Human Flesh (Hebrews 2:14; Romans 8:3)

Genesis 3:15 is God's promise given to the first humans after they sinned: that sometime in the future, one of their descendants (seed) would take on the serpent and destroy it-at the cost of being bitten. The bite of a serpent brings death which meant the seed would lose His life as well. This verse was, in a nutshell, what the covenant that God made with Abraham was about. When God promised his posterity would be a blessing to all the nations, He meant that out of the nation Abraham fathered would one day come One who would fulfil the divine promise of Genesis 3:15. Israel was most of the time a reluctant and often a rebellious partner. However, in spite of all the delays, God stood by His promise and the Redeemer did come out of the seed of Abraham (see the genealogy of Jesus in Matthew 1:1-17). Luke's genealogy goes further back and links Jesus with Adam. Jesus, therefore, fulfilled God's promise given to Adam, to Abraham and to the nations. In Christ, God's righteousness (faithfulness to His covenant) was fulfilled.

#### The mystery of the Incarnation is beyond the understanding of Angels (1 Peter 1:12)

Incarnation is a non-human being taking into itself a human



nature and body; to be subjected to the same life pressure. In the Bible, a mystery is a truth that the human mind can never imagine or human abilities cause to happen. Mysteries are revealed by God to outline His plans to the human mind.

An example is the Creation narrative. Left on their own, human beings have come up with numerous narratives about creation—the latest being the theory of evolution. That God brought about the heavens and the earth in six days is pure revelation that no human could have come up with.

Sin has marred human nature beyond repair. Even God cannot change human nature from evil and sinful (prone to sin) to sinless and obedient. When Paul wrote that the wages of sin is death, he was not suggesting God would punish the sinners by death. "For when you eat of it you shall surely die" was not prescriptive (what God would do) but descriptive (what would naturally happen; the irremediable consequence).

However, God who is love did not want human beings to die. He put in motion what theology refers to as the divine plan of redemption, designed to do three things:

1. Do away with man's sinful nature.

2. Provide mankind with a sinless nature and eternal life.

3. Provide mankind with the divine power to obey (live the life of victory over sin).

It is obvious that human nature dies when a human being dies. But the death of one individual does not disarm the sinful nature of every other human being. Even Adam's own death could not achieve that because by the time he died thousands of sinful men, women and children were alive and did not die with him.

Humanity was created in Adam (Acts 17:26) and sinned in Adam (Romans 5:12). But humanity did not die in Adam's death. Humanity was out of Adam on the path to ultimate death by the time he died. The solution for God was to find a Being who would be willing and able to embody (gather in Himself) the collective human race, and achieve in His own Being the three realities needed to save humanity; while living a perfect and righteous life that would give God the legal right to resurrect Him. Enoch, Moses and Elijah were all taken into heaven but not as representatives of collective humanity. Only Christ was and is the full and complete embodiment of humanity. No created being, angels or anyone else, could ever achieve what was required to save the race. Only the Triune God could. And God stepped into the chaos of humanity and retrieved it from eternal damnation. This was the ultimate re-enactment of the creative act of Genesis 1 when God in the beginning brought out order, beauty and untold benefits from the original chaos.

Jesus, from whom proceeded everything created (Colossians 1:12-17a; John's prologue), could and did gather back into Himself the fallen race. He did so by taking into Himself their collective fallen nature (Incarnation), which He submitted to the guidance and control of the Holy Spirit, who gave Him victory over the same temptations that assail human beings. Having never given in to temptation in spite of the assumed weakened human nature, He never fell under the control of the evil one. Jesus always determined to do His Father's will. The Holy Spirit who was in Him from birth, visibly came upon Him after His baptism, giving Him the resolve and power to live a perfect life that never yielded to the pull of the sinful nature assumed.

Hebrews 2:14: "Since human beings have flesh and blood [expression alluding to the sinful nature of mankind], Jesus too shared in their humanity." He did so in order to destroy the one that has the power of death. Satan has the power of death over mankind because of humanity's sinful nature and sinful behaviour. The only way to disarm Satan's power over mankind was to destroy mankind's sinful nature, thus taking away the hold the devil has on humanity.

#### The Ultimate Manifestation of Divine Love

Because Jesus never sinned, Satan had no hold on Him and could certainly not cause Him to die. Yet, Jesus had to die to destroy the fallen human nature that He had assumed for that purpose. On the cross Jesus experienced the agony of dying not as the consequence of His sins.

From His birth, Jesus guided by the Holy Spirit, had closely walked with His Father. The tight bond between the two remained unbroken for 33 years. However, Satan who holds the power of death (Hebrews 2:14) could not cause Jesus to die because he had no hold on Jesus. For Jesus to die the Father had to sever the tie between Him and His Son by removing His life-giving presence. The agonising gradual moving away of the Father was the sacrifice that the Father and the Son and the Spirit accepted to go through. Jesus had experienced a foretaste of the agony already in the Garden



of Gethsemane when He prayed for the cup to be removed and, fainting, He fell on the hard ground, blood sipping out of His brow.

From the sixth hour to the twelfth, three hours of unnatural darkness enshrouded the land. I believe the darkness symbolised the struggle God underwent to let go of the hand of His beloved Son and the trauma of the Son feeling the slow, lingering, reluctant slipping away of His Father.

With a loud cry that rang across the universe "ALL IS DONE, FATHER INTO YOUR HANDS I COMMIT MY SPIRIT!" Jesus breathed His last. For God so loved the world that he gave (UP) His only begotten Son for you and me.

Unless we appreciate the intense sufferingsuffering beyond the physical-that the Godhead experienced, we will never appreciate what the Father, Son and Holy Spirit went through to save you and me. The angels and the rest of the universe experienced deep sorrow as they watched divine agony displayed, first in the garden, then on the cross. Our failure to appreciate what happened ultimately results in failing to love and obey. The cross satisfied the first of the three needs of mankind.

#### **The Resurrection**

On Easter Sunday, Jesus walked out of the grave leaving behind forever the fallen human nature that He had assumed. He walked out in the glorious body He had before the Incarnation. His glory dazzled the Roman guards who fell as if dead. The sinless nature that was always Christ's from eternity, the same nature as that of the first humans created in God's image, was now available to mankind. Sinless nature cannot experience death. This is why Scripture says that Jesus died only once for the sins of the world. He who believes (adherence by faith) in Christ's death and resurrection can never die (John 11:25). The second need was fulfilled by Christ's resurrection.

#### The power to obey

Sinful human beings are offered the possibility of uniting with Christ so that everything He achieved can also be theirs. This occurs when, by faith, the repentant sinner responds to Christ's invitation as illustrated in the parable of the true vine. "I am the true vine and you are the branches. If you dwell in me and I in you, you will produce much fruit" and "if you love me you will keep my commandments". This obedience is not the result of an individual's self-control over their actions. It is the work of Christ, present through the person of the Holy Spirit, dwelling in that person. "It is God who works in you to will and to act according to his good purpose" (Philippians 2:13). The Holy Spirit fulfils the third need every day in the believer's life.

# Christ's baptism: the key that unlocks the mystery of Spirit-produced obedience

When Jesus asked to be baptised, John the Baptist initially refused feeling unworthy. Jesus simply said, "Let it be so now, it is proper for us to fulfil all righteousness." Righteousness when applied to Christ is not about His goodness. It is about fulfilling the covenant (Romans 3:21,22).

The covenant was God's promise to eradicate sin and redeem the nations. The ministry of Jesus Christ (the Anointed for a particular task) demonstrated God's faithfulness to His righteousness (the covenant). In and through Jesus, the ancient promise given to Adam and Eve, then to Abraham was fulfilled. Jesus, the Seed of the woman, crushed the head of the serpent on the cross but He Himself was bruised.

Romans 6:1-11 clearly outlines the process by which human beings can unite with Christ: baptism. When they do, His death to sin (sinful nature) becomes theirs; His resurrection in a sinless nature He shares with them; the Holy Spirit is His gift by whom they, like Him, can overcome temptation and live a life of grateful obedience. Ongoing submission to the guidance of the Spirit gradually transforms a human being into the likeness and image of God as was the case for the first humans.

After the resurrection, Christ ascended and sat at his Father's right hand (position of favour). The believers who by faith are united with Him also sit at the Father's right hand. (Ephesians 2:4-6).

The multi-hued (original Greek) wisdom of God (1 Corinthians 2:7) as displayed in Christ's entire ministry from birth to enthronement, is sadly misunderstood when His death is simply interpreted as payment to soothe God's anger and to purchase His forgiveness. This interpretation says nothing about the death of the sinners' sinful nature, says nothing about the believer already by faith seated at God's right hand, and it completely bypasses the concept of the victorious life under the guidance of the Holy Spirit.

The covenant pointed to the Christ-event and Israel was to partner with God in proclaiming it. Sadly they failed and the result was that the first advent was not acknowledged by most. Is it possible that for 2000 years the wrong interpretation of the cross has resulted in the overall unreadiness of the nations for the second advent?

# Conversations

#### **Coming storm**

While I wonder about this "We cannot cry 'the world is ending' every time there is a disaster or we risk diminishing our prophetic voice" statement in "War and Peace" (Editorial, March 19) being the actual cry of the concerned (alarmists) some might call them—is it not a perfect time, while calamities and disasters are occurring with increasing frequency and severity, than in times past, to share the message of God's saving grace and explain the gospel message as it relates to the three angels' messages of Revelation 14:6-12 with greater power, love and commitment than ever before? Not to frighten people into heaven (calling wolf) and have them fall away by making false predictions, but to lovingly, honestly and sincerely show the world at large and the church, the reality of the coming

storm which we are told by Ellen White will be "relentless in its fury". I believe there is a time to wake up those of us who are asleep in a Laodecian condition so that we may join in giving the last call of mercy to a dying world.

#### Margaret Major, Vic

#### Enjoying the gift

I've just read "Let's talk about sex" (Editorial, April 2) and wanted to send an email of praise and support for bringing the topic of (Christian) sex into the spotlight. It's about time [the Church] began sharing a healthy Christian perspective on the beautiful and holy act of being one/together/ in unity with your partner, rather than perpetuating the sinful nature perspective which can rob couples of enjoying the gift.

Melissa Hill, Vic

#### **Record Live**

#### Serving God in the army: with Pastor Ray Moaga (March 24 livestream)

When my dad was a teen the Seventh-day Adventist Church had a medical core, like the cadets and Pathfinders combined for all ages. Could the Church start that again? If there are men being required to be in the military in Europe up to the age of 60, could we have all ages and sexes trained in the medical services so we can serve as civilian medics where needed. Can the Adventist Church start a medical missionary organisation that we can all be part of?

**Merrietta Skold** 



# Carrot cake pancakes

8 Serves 1 💮 Prep 10 🕠 Cook 10

Great for grab-and-go during the week, or a lazy breakfast on the weekend, these pancakes are a sweetly-spiced way to start the day. Plus, they're an excellent source of wholegrains and fibre which are important for good gut health.

#### Ingredients

2 Weet-Bix<sup>™</sup> Cholesterol Lowering wheat biscuits, finely crushed
¼ cup wholemeal or spelt flour
½ tsp baking powder
½ tsp ground cinnamon
1 Tbs chopped unsalted walnuts, pecans or sunflower seeds, divided
1 large carrot, finely grated (approx. 1 ¼ cup)
1 egg, whisked
½ cup So Good<sup>™</sup> Unsweetened Almond Milk
1 tsp extra virgin olive oil

#### To Serve

1 Tbs low fat Greek yoghurt 3 or 4 strawberries, sliced

#### Tips

If you don't have elevated cholesterol, you could swap Weet-Bix Cholesterol Lowering with Weet-Bix.

#### Method

- 1. To a large bowl add the crushed Weet-Bix, flour, baking powder, cinnamon and half the nuts/seeds. Stir to combine.
- 2. Add grated carrot, egg, So Good almond milk and oil. Stir well.
- Preheat a non-stick pan over medium and spray lightly with oil. Using a ½ cup measure, scoop batter onto pan and gently flatten tops of pancakes. Cook for 3–4 minutes until golden. Flip and cook a further 2–4 minutes.
- 4. Serve pancakes with yoghurt, berries and the remaining nuts.

#### Nutritional Information (per serving)

(per serving)					
ENERGY	CALORIES	PROTEIN	FAT	SATURATES	CARBOHYDRATE
1890kJ	452	17g	21g	3g	23g
SUGARS	FIBRE	CALCIUM	SODIUM	IRON	POTASSIUM
14g	12.7g	285mg	465mg	5.3mg	999mg



# Recipe of the Week

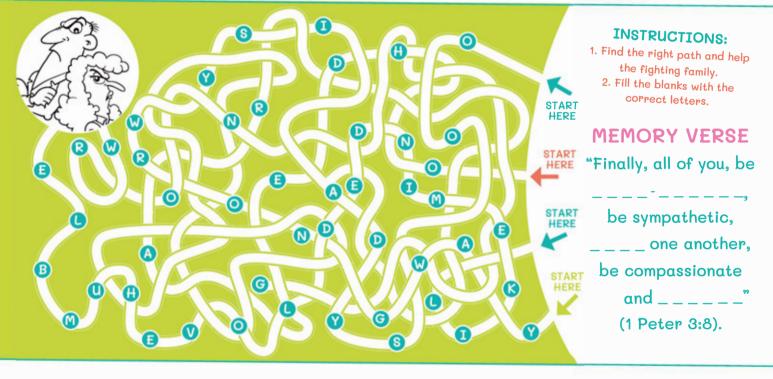
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Have you ever had an argument with someone in your family? How did you feel afterward? What if bad feelings from an argument are allowed to fester? Jesus wants us to live at peace with all the members of our family at home and in the church. Paul set out guidelines for resolving such conflicts and divisions. We can rely on those same principles today. Disagreements can best be resolved within the framework of God's standards of behaviour.

# MAZE ACTIVITY UNRAVELLED

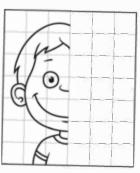






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## Advertising

#### 30TH ANNIVERSARY PARKES CHURCH, NSW

Parkes church is celebrating 30 years since moving into the "new" church and would like to extend a warm invitation to past members and pastors to celebrate this occasion on Sabbath, May 7. The worship service will commence at 10am. Following a potluck lunch, we'll participate in a trip down memory lane, recalling the past leading and blessings of God. To register your interest or for further information please contact Pastor Lorenzo Berry at <LorenzoBerry@adventist.org. au> or 0428425590.

#### AVONDALE FAMILY FUNERALS

offers a comprehensive funeral service, personalised with utmost care, compassion and respect to communities from Sydney to Newcastle. As committed Adventists, our family is here to guide you every step of the way. Contact Mark Windus on 0411 797 854 or <director@ avondalefamilyfunerals.com.au>.

### **Positions Vacant**

## HUMAN RESOURCES OFFICER, PRESCOTT SCHOOLS ADELAIDE, SA

Prescott Schools and the Seventh-day Adventist Church (South Australian Conference) are seeking a fulltime human resources (HR) officer to commence in June 2022 out of the Adelaide office. The successful candidate will have a sound understanding of the broader Adventist education and church system and hold relevant tertiary qualifications and/or demonstrated experience in the field of HR. A position description is available upon request. Applicants are invited to send a cover letter, curriculum vitae, professional and faith references to the director of education, Steve Cowley at <stevecowley@adventist.org.au>. **Applications close May 16, 2022.** 

#### ACCOUNTS CLERK, ADVENTIST MEDIA WAHROONGA, NSW

Are you passionate about accounting? Adventist Media is looking for two permanent, full-time accounts clerks who, aside from dealing with numbers all day long, get the most job satisfaction solving problems. As crucial members of the organisation, you will perform a variety of general accounting and clerical duties including undertaking the payroll function to support the financial operations of AM and make sure its daily accounting functions run accurately and effectively. In these roles, you will get to use and hone your skills in general maths, accounting, information analysis and display your computer and accounting software proficiency. If this sounds like you, what are you waiting for? Email <corpserv@adventistmedia.org.au> for a copy of the full job description. The appointing body reserves the right to fill this position at its discretion and to close applications early. Only those who have a legal right to work in Australia may apply. **Applications close April 25, 2022.** 

# ACCOUNTS RECEIVABLE AND BILLINGS OFFICER, ADVENTIST RETIREMENT PLUS, SOUTH QUEENSLAND CONFERENCE, BRISBANE, QLD

A full-time position has become available in our South Queensland administration and resourcing centre, Spring Hill, Aged Care Finance Department. You will be responsible for the full accounts receivable process (billings to collections). Some experience in a billings/accounts receivable role is required and familiarity with the aged care industry is preferred but not essential. The successful applicant should be an active member of the Seventh-day Adventist Church and be able to demonstrate good communication and relational skills to be able to effectively relate to clients and colleagues. A detailed position profile is available on request. Written applications, including detailed resume and cover letter, should be forwarded to Susan Hensley, HR manager, Seventh-day Adventist Church (South Queensland Conference) Ltd. <SQC\_HR@ adventist.org.au>. The administration of the Seventh-day Adventist Church (South Queensland Conference) Ltd reserves the right to make an appointment to this position. **Applications close April 29, 2022.** 

# MEMBERSHIP SALES OFFICER, ACA HEALTH BENEFITS FUND WAHROONGA, NSW

This role is an integral part of the customer service team, working in conjunction with the membership, sales and marketing functions. This position presents and represents ACA Health at employer meetings and work sites, building key customer relationships, ensuring worksite payroll officers have ACA Health's current material, actively participates in marketing and sales meetings, promotes our Shop and Share Savings program, helps identify business opportunities and maintains extensive knowledge of ACA Health products, practises and policies. The role is also the primary interface between ACA Health and its members, responsible for processing membership applications, all membership changes, answering member phone calls and emails and discussing product options with members. This role would suit someone with sales, marketing and/or customer service experience. For more information and a full job description, please contact Nadene Caputo, marketing and communication manager, at <nadenecaputo@acahealth.com.au> or on 1300 368 390. Applications close May 27, 2022.

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**Consulting editor** Glenn Townend

Editor |arrod Stackelroth

**Assistant editors** Juliana Muniz Danelle Stothers

Copyeditor Tracey Bridcutt

**Graphic designer** Talia Valderrama

Noticeboard Julie Laws

Letters editor@record.net.au

News & photos news@record.net.au

Noticeboard

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