

R

A woman with dark curly hair, wearing a light grey button-down shirt over a dark top, is laughing joyfully while slicing a green zucchini on a wooden cutting board. A young girl with curly hair, wearing a red and white striped shirt, is looking up at her and holding a green zucchini. The kitchen counter is cluttered with various items, including a bowl of strawberries, a bowl of sliced fruit, and several bottles. A window in the background shows a view of trees.

Mental Health and the Adventist Message ¹⁶

Adventist women join lobbying for aid increases ⁶

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ADVENTIST HERITAGE MONTH OCTOBER 2024

175 Years of Adventist Literature

LITERATURE EVANGELISM SUMMIT

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11am at Warburton Church
with Brad Kemp and local LE Stories

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with Jinha Kim and Youth Rush Stories

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EDITOR'S NOTE:

A tale of two magazines

Danelle Stothers
Assistant Editor

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Even though *Record* and *Signs* are sister publications they both have very different personalities (much like siblings in real life can have!).

At the time of me writing this editorial our *Record* reader's survey has just closed. Over the past couple of weeks I contributed many hours to manually enter feedback sent to us through post and categorise data behind the scenes. We are so grateful to everyone who took the time to complete the survey and share your thoughts with us, both the good and the bad! I am sure that once the data is collated and reflected upon you will hear more about the survey results from our editor, Jarrod, in a future issue of *Record*. I will say that we certainly are a diverse group of people! There was some feedback from the survey which I found so interesting that I have been reflecting on it since. That feedback is that *Record* is not useful as an evangelism tool for non-Adventists. For me it was such a surprise because I didn't realise that our church family were using *Record* in this way (one great thing about doing this survey is finding out how the content we collate and create is received and used!). Let's dive into the history of *Record* magazine . . .

When Adventist missionaries first arrived in our Division they created a publication called *The Gleaner* which reported on the sales of literature evangelists. In 1898, this report was incorporated into a new paper, the *Union Conference Record*, with the first issue reporting on the Church's work and providing updates from the recently held Union Session. This is what we would consider the first ever *Record* magazine, which our team were so excited to be able to hold in our hands when we visited the Adventist Heritage team in Cooranbong last year.

At the following year's Session meetings, the mission of the *Union Conference Record* was described in this way: "to serve as a medium of communication to every Seventh-day Adventist in Australasia. . . By this means our people will be kept in close touch with all phases of our work, and will become better acquainted with each other."

In the 125 years since this was written in the pages of *Record*, there have been many dedicated people who have contributed to making this mission a reality. In fact, just last year many former team members gathered to commemorate 125 years of this magazine. 125 years is a long time for any publication to be running continuously, but there is another Adventist publication in this part of the world which has been around longer . . .

Signs of the Times was first printed in 1886 making it 138 years old! What's remarkable about this is that the first missionaries in Australia only arrived in 1885. They wasted no time in establishing a printing press to produce these papers which early colporteurs would give out on the street to anyone who would take it. *Signs* was originally intended for both church members and the public with its mission to be "a chronicler of events which mark the times pointed out in the prophecies", carefully juggling the good news of the Christian message with the bad news of wars, crime and natural disasters. Today *Signs* looks a little different, featuring segments on health, family relationships, humanitarian projects, people of courage and more, and makes it evident that no matter what tragedies our world is facing, God has it under control.

Even though *Record* and *Signs* are sister publications they both have very different personalities (much like siblings in real life can have!). *Signs* is known as a seed-planting tool—the potential audience is diverse and people could encounter the magazine at any part of their life journey. Like the story of Helen from New Zealand, who attended a plant-based cooking class and picked up a *Signs* magazine. She said almost everything in it "resounded in her being" so she organised to receive a subscription. Whereas *Record* is a publication intended as a tool to nurture and foster faith amongst our community.

So we encourage you to use *Signs of the Times* to share with your non-Christian contacts, as that is who the magazine is prayerfully designed to reach, and continue to pick up your copy of *Record* magazine as we strive to keep our big Adventist family spread through the South Pacific Division connected to both each other and to God.



INSIGHT:

Purpose

Kevin Jackson
CEO, Sanitarium Health and Wellbeing Group

Why do organisations spend time developing mission, vision and values, or the more modern version: purpose, way and impact statements? Far more than just static statements that are printed on a poster or included in corporate communications, these statements answer critical and important organisational questions. Mission or purpose statements answer the “why” question—why the entity exists. Whilst vision or way, values and impact statements answer the “how” questions—how the entity will deliver on its purpose; how it and the team behave whilst doing this; and how they will, as a result, impact society. Used well these statements provide a clear guiding framework for strategic decision making on what to do and not to do. They are used to drive focused value propositions that lead to sustainable advantage.

Research suggests that organisations with absolute clarity on their wholistic proposition and that fully align activity behind that proposition are more successful than entities that don’t take this approach. Genesis 1 outlines with absolute clarity the created and intended purpose for humanity—we were made in the “image” of God to subdue and rule in a manner that fully reflected His image.

Our purpose is His purpose; the way to implement purpose was through a perfect reflection of His character. The outcome and impact of this approach was all creation operating in perfect harmony. The Hebrew word for image used in Genesis implies both a physical likeness and the concept of “being filled” or taking on God’s character. Our core design from the beginning was to be a perfect representative of our Creator in physical likeness and in character. How seriously do we take our privileged God-given purpose? How does it influence the way that we interact with society and the way we behave individually? How does it impact what we choose to do and not do? Let me challenge you this week to deeply reflect on your purpose and ask yourself, “Are my actions, choices and behaviours aligned to my ‘why’, my purpose, and how then am I ‘imaging’ my Creator, as His chosen representative, to fulfil His purpose?”



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Please send your cover letter and CV to Mrs. Rhonda Belson at Rhonda.Belson@gs.adventist.edu.au.



Sydney



At the graduation ceremony.

Historic milestone for Vanuatu Mission

📍 Port Vila, Vanuatu | John Tausere/Record staff

Vanuatu Mission marked a historic milestone as it witnessed the first cohort of students from Vanuatu graduate with a Certificate IV in Theology from Fulton Adventist University College (FAUC), located in Fiji.

The ceremony, held at the Epauto Multipurpose Centre in Port Vila on July 15, saw 29 students graduate—a significant breakthrough in Adventist Christian education within Vanuatu and the Pacific region.

Among the graduates was Friete Jane Bong, the sole female in the group, whose journey into theology began years ago when she helped her husband recommit his life to God. Her passion for theological studies stemmed from her desire to continue assisting people in their spiritual journeys.

To make the program accessible to students in Vanuatu, FAUC lecturers travelled from Fiji to Vanuatu to conduct the Certificate IV in Theology course.

The event saw the presence of key FAUC officials, including the deputy principal Dr Tuima Tabua, head of the theology department Dr Limoni Manu and registrar Nellie Manuca, who travelled from Fiji to Port Vila to present to the Vanuatu Mission leaders and officiate the graduation.

Vanuatu Mission president Pastor Charlie Jimmy expressed his joy at this achievement, highlighting the breakthrough of bringing FAUC's programs from Fiji to Vanuatu.

Dr Manu presented the graduates, emphasising the importance of this program in fostering spiritual growth and leadership in Vanuatu. The successful completion of this program paves the way for these graduates to pursue further studies, with the opportunity to enrol in the Diploma in Theology program starting January 2025, also to be offered in Port Vila.



Fairfield Mayor Frank Carbone, Pastor Cheonneth Strickland and Fowler MP Dai Le cut the anniversary cake.

Fairfield church celebrates its centenary

📍 Fairfield, NSW | Kiera Bridcutt

Local, state and federal politicians came together with past and present church members to celebrate the 100th anniversary of Fairfield church in Sydney, NSW, on Sabbath, August 3.

Federal MP for Fowler Dai Le, State MP for Fairfield Dr David Saliba, Fairfield Mayor Frank Carbone and Fairfield councillor Kevin Lam attended the anniversary service, giving speeches and cutting the celebratory cake. Greater Sydney Conference general secretary Pastor Cheonneth Strickland provided the spiritual message and blessing.

During the service Fairfield church pastor Edison Akrawi provided a brief history of the Adventist Church and its institutions, then gifted the politicians with a copy of *The Desire of Ages* and information about the Adventist Church.

The service was attended by former members of Fairfield church including those who were children 70 years ago, as well as current members and members of Cabramatta Fijian church who also worship in Fairfield. A photo

slideshow was presented of the church's history and some of its members through the past 100 years. The service was followed by a lunch and cake-cutting ceremony.

"We have been told by Dr David Saliba's office that the centennial anniversary of Fairfield church, including the involved pastors, will be cited in NSW Parliament," Pastor Akrawi said. "To God be the glory."

The church's history began in 1919 with an evangelistic series at Fairfield School of Arts, followed by a successful tent mission around 1922. The majority of those who attended the tent meetings accepted the message.

On August 2, 1924, the Fairfield Company of Believers was officially established as a church.

The church building, constructed entirely by voluntary labour, was dedicated on March 29, 1925. Due to flooding issues, the church was rebuilt in 1998. Church services in the new building commenced at the beginning of 1999.



The original church building.



ADRA representative Selba-Gondoza Luka (centre) and Pastor Moe Stiles (third from right) met with Australia's Minister for Foreign Affairs, Penny Wong (third from left), and Minister for International Development and the Pacific, Pat Conroy (centre) to ask for greater commitments on Australian aid.

Adventist women join lobbying for aid increases

📍 Canberra, ACT | Nathan Brown

Four women representing ADRA Victoria have joined with other Christian leaders to ask Australia's political leaders to increase their commitment to Australian aid.

Director of ADRA Victoria Rebecca Auriant, Selba-Gondoza Luka, Kate Pincheira and Pastor Moe Stiles were among 35 Christian leaders from across Australia who met in Canberra at this year's Women's Leaders Network event hosted by Micah Australia. On August 14, Micah groups met with 42 elected representatives at Parliament House, including meeting with relevant government ministers and shadow ministers.

In asking Australia's political leaders to increase Australian aid from its historically low current levels to one per cent of the national budget, Micah Australia's message was that "as churches, organisations and communities, we care deeply about the level of aid Australia provides". Both Ms Auriant and Ms Luka were able to share their first-hand experiences of

the benefits of Australian aid, with Ms Auriant having worked with ADRA in Nepal and Ms Luka working with African diaspora communities in south-eastern Melbourne, including students from Malawi who have benefitted from university education in Australia and then been able to return to their home country to serve their own people.

Having participated in Micah's Women's Leaders Network a number of times, Pastor Stiles, pastor of Crosswalk Melbourne, reflected on the strength and potential of "the collective voice of faith".

"The church really does have a voice in parliament; politicians really do listen to people of faith," she said. "Especially when we show up for others, and not just for our own rights and freedoms. Consistency matters—advocating for others matters."

Micah Australia is a coalition of Christian development and justice agencies, of which ADRA Australia is a partner. For more, visit saferworld.org.au/>.



Hosts Mele Kauvaka, Pastor Glenn Townend and Gary Iga with the PAU Trans Pacific Union Mission choir in the background.

#weRtheCHURCH brings joy and encouragement to viewers

📍 Port Moresby, PNG | Tracey Bridcutt

Thousands of Adventists united for a special time of worship, praise and inspiration during the annual #weRtheCHURCH program on August 2.

Individuals, churches, universities and family groups gathered to watch the program from across the South Pacific and beyond.

Alex Currie, one of the many viewers, expressed his appreciation via the chat line, writing, "Great stories from people whose lives have been transformed by the gospel."

Noelyn Maesua found inspiration in the testimonies, posting "Powerful testimonies shared. Thank you PAU choir for the beautiful messages in song. God is so good."

Motulu Jack Pedro added, "It is indeed an amazing blessing listening and watching the program. Thanking and praising God for everything He is doing in the Church." This year's program was

filmed on the campus of Pacific Adventist University (PAU) and hosted by South Pacific Division president Pastor Glenn Townend and PAU students Mele Kauvaka and Gary Iga. They were joined by PAU student choirs, who added vibrancy and colour to the set. This year's theme was "I Will Go and Celebrate His Goodness", with the program being screened on digital platforms and on Hope Channel. Stories featured included PNG for Christ, a New Zealand wellness hub, ADRA's 40th anniversary and an historic Bible collection which has been donated to the SPD. A notable first for the program was a testimony shared through sign language.

Following the event a half-hour Prayer with the President session was held on Zoom, led by Pastor Townend.

The program is available for viewing on the #weRtheCHURCH YouTube channel.



The volunteers served in three different locations..

AUC sends STORMCo teams to Laos

📍 **Vientiane, Laos** | Kimberley McMurray

The Seventh-day Adventist Church in Australia (AUC) has continued to support mission in Laos by sending STORMCo volunteers to three different locations from July 1 to 21.

Service To Others Really Matters (STORMCo) is an initiative that allows youth and young adults to visit and serve communities, presenting Christian faith in action and building long-term relationships.

The mission trip is part of an annual initiative by the Australian Union Conference (AUC) as part of their global mission partnership program with the Southeastern Asian Union Mission and Timor Leste. It was the second of its kind to be run in Laos.

The first group, a small team of four volunteers, including staff from the AUC, was hosted by Elijah Language Centre (ELC), which facilitates English language classes for local high school and university-aged students. While there, the team hosted teacher training sessions and participated in team-building activities.

Six volunteers from Melbourne and Canberra, who formed the second group, were hosted by Phonsivan's Namtipsavan Bilingual School, a kindergarten, primary school—up to grade 5—and an English language centre located in Xiangkhouang Province. The team conducted a STORMCo/VBS program for more than 100 junior and teen young people in attendance.

The third group, formed by 10 student volunteers from Avondale University, was hosted by Namtipsavan English Language Center in Luangprabang Province. While there, the team conducted a STORMCo program, trained teachers and assisted in the classrooms.

AUC media project officer and associate ministerial Pastor Murray Hunter talked about the impact of the initiative. "All three groups did famously great. Their contribution to the local communities they served was significant and made a positive difference—and that's what really matters."

Participant Eh Tha Yu Soe said the experience was transformative. "It was an unforgettable adventure that touched my heart and showed me the beauty of connecting with others."

The AUC is planning five STORMCo mission trips to Laos in 2025, continuing to expand the reach of their community programs.

To learn more about this and other mission opportunities—in either Laos or Thailand—contact Pastor Michael Worker at <michaelworker@adventist.org.au> or Pastor Murray Hunter at <murrayhunter@adventist.org.au>.

making headlines

Faith meets manga

In July, the Japan Union Conference made history with the launch of a manga that intertwines faith with Japanese culture. This project uses the popular medium to simplify complex theological concepts, such as the great controversy, for younger generations. The Manga Mission Project is dedicated to sharing the significance of Jesus' sacrifice with children, youth and adults who may not know God.—NSD



Pastors' kids connect

In July, more than 450 pastors' children from the Euro-Asia Division gathered in Russia for a conference specifically designed to address the unique challenges of ministerial families by inspiring a deeper faith to navigate the difficulties of constant relocation and new environments, and strengthen their commitment to serving the Lord alongside their parents.—ANN

Adventist choir wins big

The Philippines' Sola Gratia Chorale triumphed as the Grand Prix Champion at the prestigious 8th Singapore International Choral Festival 2024, an event that draws top choirs from across Asia, earning multiple awards and securing a spot in the 4th Asia Choral Grand Prix 2025, with their victory highlighting their dedication to sharing God's grace through music.—Adventist Review

Fruit for mood boost

Research led by UNSW Sydney suggests that higher fruit intake is linked to reduced development of depression in adults aged 45 and older, based on a global study spanning six continents and 7801 participants, emphasizing the potential role of diet in mental health care.—University of NSW



Sanitation facilities

Students at a Seventh-day Adventist school in the Solomon Islands will benefit from new toilet and shower facilities, which will serve the Talakali Adventist Community High School (TACHS) and primary school, and the local community. The project features toilets and shower facilities for both males and females, including a ramp from the school building to the sanitation block. The school has been without proper toilet facilities for the past three years with the previous ablution block removed due to health concerns. Due to this, students have been left to use mangroves and bushes for toileting. "This new sanitation project will greatly benefit our students as they currently lack proper sanitation facilities," TACHS principal Rayer Defe Sifoni said.—**Denver Newter/Kiera Bridcutt**



Skills for life

An initiative by the Morobe Mission (MM), in collaboration with the Eastern Highlands Simbu Mission stewardship ambassadors, has recently empowered many in Papua New Guinea to adopt sustainable living practices. The Life Skills Training program provided participants with practical skills in honey production, mushroom growing, organic fertilisers and insecticides, rice farming, citrus budding/planting and native chicken breeding. These sustainable practices are designed to empower members to lead more informed lives and support the Church's mission through tithes and offerings. "Lives have been positively transformed by this training," said MM communication leader Doulos Ken.—**Juliana Muniz /Doulos Ken**



Fundraising for PNG

Hillview church in Morisset, NSW, has been actively addressing the church growth crisis in Papua New Guinea (PNG) through significant financial support and community initiatives. After four church members witnessed the urgent needs in PNG during the PNG for Christ campaign, the church is aiming to raise \$A24,000 to provide Bibles and build infrastructure. Committed to the goal, the church has already raised \$A7200 through eGiving and hosted a fundraising talent evening on June 28, which brought in more than \$A3000 to be included in the overall fundraising efforts.—**Mary Fedorow**



Rallying on prayer

More than 200 people attended a youth rally at Wollongong Adventist Church (NSW), on August 10. "Big Prayer" was the theme of the event, which featured guest speakers and music. It was followed by a walk along a nearby beach.—**Kymerley McMurray**

have news to share?

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



L: Heritage director David Jones and team members examine one of the Bibles. R: One of the Bibles from the collection.

"The Bible was—and is—a magnet," he said. "Bibles opened the way for me not only to show interesting exhibits related to the Bible, but also to conduct conversations on religious topics."

Over time his exhibitions spread across Europe, held in churches, clubs, libraries and museums, reaching thousands of people. They provided opportunities to engage people with the history and reliability of the Bible.

"From the reports I received I know that many visitors became interested in the truth and joined the Adventist Church," Pastor Patryarcha said. "I myself

baptised two people who became acquainted with the biblical truth of the Church through a Bible exhibition."

As Pastor Patryarcha grew older, he began to consider the future of his collection. He knew that in Europe there were many Bible museums and libraries, but Australia offered few opportunities for people to experience this kind of biblical history.

In 2019, part of the collection was sent to Australia to feature in an evangelistic series conducted by Pastors John Bradshaw and Eric Flickinger in Victoria. In that same

year, Pastor Patryarcha travelled to Australia to guide local leaders Pastors Roman Chalupka and Louis Bermudez on how to conduct Bible exhibitions. Pastors Chalupka and Bermudez went on to conduct about 100 Bible exhibitions across Victoria and New South Wales.

Pastor Patryarcha's vision for the collection is clear: "My desire is that the Bibles, collected with great effort, will encourage people who view them to become interested not only in the Bible as a book and its history, but also in the Bible as the Word of God."

The remainder of the collection has now arrived in Australia and features more than 200 Bibles, along with scrolls and stamps. "It is really exciting for the Division to receive this amazing collection of Bibles," said Dr Darius Jankiewicz, field and ministerial associate secretary for the South Pacific Division. "We hope to use them for evangelistic purposes as well, and eventually exhibit them in a purpose-built museum."

The collection is being processed and documented by the Adventist Heritage Centre team in Cooranbong. "It is our hope in the future that we will have a permanent home for these Bibles so that people from our Church and the general public can come and see this extraordinary collection," said Adventist Heritage director David Jones. "It can be a testament to how God's Word has lasted through the centuries."

Tracey Bridcutt

Communication director, SPD

Gift of rare Bibles

The South Pacific Division of the Seventh-day Adventist Church has been gifted a priceless collection of historic and rare Bibles, some dating back as far as the 14th and 15th centuries.

The Bibles, carefully curated over decades by Polish pastor Henryk Patryarcha, now serve as both a spiritual resource and a historical treasure for the South Pacific.

Pastor Patryarcha's journey as a collector began over 50 years ago with small finds in Poland's attics and antiquarian bookshops, eventually expanding to include rare editions from across Europe. Despite facing financial challenges, his dedication never wavered. "I wore leaky shoes and torn trousers," he recalled, "but I always had money for a Bible."

Pastor Patryarcha didn't collect the Bibles merely for his own interests—he wanted to share their significance with others. His first small exhibition, held in 1982 in Podkowa Leśna, at the Polish Seventh-day Adventist Theological Seminary, was originally intended for the theology students. However, it attracted unexpected attention when a local priest brought a group of young people to see the Bibles. Pastor Patryarcha was encouraged by the interest in and enthusiasm for the collection.

“Lord not my baby!”

Just over one-and-a-half years ago, Kylie Insch’s anguished plea echoed through the air: “Lord not my baby!” It was every parent’s worst nightmare, as Kylie and Tim faced an unimaginable tragedy—their daughter Laura had been crushed by a forklift in a devastating farm accident.

No-one can ever be fully prepared for such a harrowing ordeal. The forklift incident not only left Laura gravely injured but also left their son hurt, though his injuries were fortunately not severe. In a desperate act, Tim used a tractor to lift the forklift and free Laura from beneath its crushing weight.

Living on a farm about 45 minutes from Kempsey CBD, the family faced a race against time. Tim and Norm (Poppy) rushed Laura towards the hospital, with Poppy cradling his granddaughter in his arms. They met up with an ambulance en route, which sped Laura to Port Macquarie Base Hospital. From there, an emergency helicopter was dispatched to transport her to John Hunter Hospital in Newcastle.

Laura’s parents, unable to accompany their daughter in the helicopter, endured a torturous drive filled with anguish and desperate prayers for Laura’s survival. At John Hunter Hospital, the emergency team sprang into action, preparing an operating room for the critically injured girl. Laura’s injuries were so severe that only a miracle could save her.

After countless delicate surgeries and many months in the hospital, surrounded by her loving parents, grandparents and siblings, Laura’s remarkable recovery defied all odds. Her survival and healing have been hailed as nothing short of miraculous. The medical staff at John Hunter Hospital were astounded by Laura’s resilience, as the prayers of a distraught mother and father reverberated through the hospital corridors, joined by a prayer marathon organised by Kempsey church and its members. One of Laura’s surgeons said she is one of two patients in 40 years of practicing that he does not understand how she is still here.

On Sabbath, August 3, Laura took a significant step in her journey of faith by giving her heart to Jesus. As Pastor Andrew Kingston, who had studied with Laura and her sister Rachel, officiated the ceremony, he struggled to hold back tears. “Our little Lulu has been through so much,” he said, his voice choked with emotion. “But through it all, God has been with her every step of the way.”

Along with Laura (now nine), her father Tim and her sister Rachel (11) were baptised. Tim was baptised by Pastor Mark Pearce, director of the EGW/SDA Research Centre at Avondale University. Pastor Pearce is first cousins with Norm Insch, Tim’s father and Laura’s grandfather.

Laura’s story is a powerful testament to the strength of faith, the power of prayer and the resilience of the human spirit. It is a story of hope, love and the incredible miracles that can unfold even in the darkest of times.

Edgard Lopez

communication coordinator,
Kempsey church, NSW.



The 10 church essentials

If it's your first time going to church or maybe you're a regular, here are a few recommendations on what you should bring to ensure you are prepared, comfortable and able to fully participate in church services.



Bible or Bible app:

Having a Bible allows you to follow along with the Scripture readings and references during the service. It is good for looking up the Bible verses being discussed. Some people also like to make notes or highlight key passages within their Bibles.

Pillow:

Church pews or chairs can sometimes be hard or uncomfortable. A cushion or pillow can make seating more comfortable, especially during long services.

Snacks:

Snacks can help keep young children quiet and occupied during the service, allowing parents to focus on the sermon. For some of us who might have skipped breakfast to get to church on time, a snack can be beneficial for maintaining energy and concentration levels and prevent hunger pains or discomfort.

Fan:

Temperatures in the Pacific islands can be warm and humid. A fan can help keep you cool during the service, creating airflow for better comfort.

Tithe envelope/offering:

Giving tithe is a form of worship and a way of expressing gratitude for God's blessings. It is also a way of honouring God with the first fruits (Proverbs 3:9) of one's income. A tenth of one's earnings belong to the Lord (Leviticus 27:30; Numbers 18:25; Deuteronomy 14:22-24), which we give back in tithe, demonstrating a trust in the provisions He provides.

Notepad and pen:

A notepad and pen may be useful for writing down key points from the sermon. They can help you stay focused and engaged with the message being delivered. They can also be practical for writing down Scripture references mentioned in the sermon for later study and reflection.

Water:

It is important to stay hydrated in church. Drinking water can help prevent dehydration which can cause headaches, dizziness and fatigue. It can also help after singing hymns whose notes are a little too high.

Potluck dish or picnic lunch:

Potluck lunches or picnics are common at churches. Sharing a meal allows attendees to connect on a personal level, fostering fellowship through the breaking of bread (Acts 2:46) and strengthening relationships. Whether it's bringing a packet of corn chips for the crowd favourite haystacks or packing a sandwich, ready for a spontaneous picnic.

Adventist Record:

Of course, another essential to have with you in church is the *Adventist Record*. In it you can find the latest church news from a local to international scale, health and lifestyle advice, Bible stories and devotionals, and more.

Someone else:

Bringing someone else is a great way of sharing your faith and God's Word. It fulfils God's purpose, can help bring someone to Christ, encourages growth in the church, provides community and encourages others to do the same.

Kiera Bridcutt
intern, *Adventist Record*.



and my hands didn't feel sore or tired, despite giving massages to endless lines of spiritually tired, stressed out and truth-seeking souls. Each person who came through the tent carried heavy burdens, tight shoulders like cement, and were open to sharing about their trials, showing that they were hungrily seeking the nurture of physical touch and deep emotional comfort that only Jesus could give. I felt impressed to ask a handful of participants if I could pray for them, and with gratitude they all agreed."

One individual in particular remembered Ethel from the 2023 MBS. This individual was deep in spiritualism and appeared to be a high priestess of some variety. She remembered Ethel and said she had been looking for her, hoping Ethel would be at the ELIA tent again this year. She had confided in Ethel about her many recent trials and, with tears in her eyes, gladly accepted the offer to pray over her. Ethel invited her to some of the ELIA wellness groups on holistic health and spiritual healing, which she was interested in and took details for.

Many individuals at MBS are not aware of the love and peace which can be found in Jesus. Ethel reflected, "I know the darkness Jesus has taken from me. He continues to heal me deeply each day. That is why I chose Jesus. That's why I turned my back on the new-age world and decided to serve Him instead and stay close to Him."

MBS was a beautiful opportunity for the Seventh-day Adventist Church to minister to those searching for spiritual meaning through addressing their health needs. Speaking about the opportunity the Church has to minister at MBS to those seeking spiritual meaning, Christiana reflected that the Church needs to be more present in those places.

As part of this initiative, ELIA Wellness is seeking to turn local churches into wellness hubs where health programs can be promoted to the community. If you would like to partner with ELIA, send an email to <partner@eliawellness.com>.

Olivia Fairfax

assistant editor, *Adventist Record*.

Getting into the festival spirit

Earlier this year, 56 volunteers from Adventist churches across Sydney came together to provide health screening services at the Mind, Body, Spirit Festival (MBS) in Darling Harbour. Between March 7 and 10, festival-goers visited the ELIA Wellness stall where they filled out a lifestyle questionnaire, had their blood sugar level and blood pressure taken, and received a free massage and free consult with a health professional.

Dr Christiana Leimena-Lehn, Greater Sydney Conference health director, said one of the goals of attending this Festival was for the Adventist Church "to be visible in a mode of service. And not just being present, but actually providing services that are free." The ELIA Wellness stall was the only booth at the event which was providing a free service, aside from the designated workshops and talks. Providing these services was an opportunity to improve perceptions of the Church in a secular space. "We want to care for the people who come, regardless of what their background is, or what their interest is in religion," said Christiana.

The Saturday and Sunday of the festival were frantically busy with people visiting the stall to have their health checked, yet despite the crowded nature of the stall, many festival-goers noticed there was something very peaceful and

relaxing about the ELIA stall that they didn't experience at other stalls.

The festival is open to the public, receiving hundreds of individuals who are seeking meaning and spiritual fulfillment. Many stalls offer spiritualistic and new-age practices, such as meditation, psychic readings and the selling of crystals. The ELIA stall included a section with Adventist literature, and the most popular book sold was *The Great Controversy!*

Those who attend are often searching for spiritual answers to life's questions, according to volunteer Ethel Miman, whose spiritual journey had taken her through new-age practices and beliefs before finding true peace and truth in God. "Once upon a time, these were my people . . . it had been a world that brought me a sense of security—it had seduced me with its promises of embracing my true self and finding eternal love." But in 2016 while searching for spiritual enlightenment, Ethel met Jesus and experienced "His true power . . . His heart of love and the deepest healing imaginable."

It was this genuine healing and love which she was excited to share at MBS. "It was only natural that I felt a strong pull to serve in this space because of the beautiful gift God had given me, through Jesus," she said. "The whole day I was buzzing with abundant energy



Apple and rhubarb porridge

Serves 2

Prep 5

Cook 15

Sweet apples and tangy rhubarb make for a bright, cheery and warming winter porridge.

Ingredients

- 4 Weet-Bix™ wheat biscuits
- 1-2 stalks rhubarb, leaves removed
- 1 large apple, cored
- ¼ cup water
- 2 tsp honey or maple syrup, optional
- 1½-2 cups So Good Almond milk unsweetened
- 1 tbsp mixed nuts, toasted & chopped

Tip:

- Add extra milk, or a dollop of natural yoghurt to the porridge before serving.
- Make a larger batch of fruit, and keep in the fridge for up to a week for a quick breakfast solution!

Method

1. Cut rhubarb into 1 cm pieces; thinly slice or dice apple. Place fruit in a saucepan with water, cover and cook over medium-low heat for 10-15 minutes stirring occasionally, until apples are soft and rhubarb has broken down. Transfer half the fruit compote to a separate dish.
2. Add Weet-Bix and milk to pan with the remaining fruit—starting with 1½ cups of milk, and adding more as desired. Cook until warmed through, then immediately remove from heat. Divide porridge into two serving bowls.
3. Top porridge with reserved fruit, toasted nuts and a spoonful of Weet-Bix crumbs from the bottom of the pack. Serve warm.

Nutritional Information (per serving)

ENERGY	CALORIES	PROTEIN	FAT	SATURATES	CARBOHYDRATE
1110kJ	266	7g	8g	0.8g	38g
SUGARS	FIBRE	CALCIUM	SODIUM	IRON	POTASSIUM
17g	8.3g	336mg	186mg	3.5mg	359mg




Recipe of the Week

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A young man with reddish-brown hair is captured in a dynamic, mid-air running pose against a bright yellow wall. He is wearing a red and black plaid shirt over a white t-shirt and khaki cargo pants. His right arm is extended forward, and his left arm is bent at the elbow. The overall mood is energetic and forward-moving.

Why I don't *keep* the Sabbath

The screen blurs in front of me. I massage my eyes, again. I wish I could massage my brain.

It's been a long week. A long month. The demands of my employment seem to weigh so heavy these days. I feel driven down, tired, frustrated even. Normally, I enjoy my work but the relentless nature of it is wearing me down.

Tomorrow is Sabbath. Right now, late on a Friday afternoon, I should be looking forward to it. Welcoming its presence like a long-awaited friend. Beckoning it closer. But I'm not.

The truth is, I'm not ready for Sabbath. Going home tonight I know that I will struggle to relax. The events of the week will still be churning through my brain. I won't be able to focus and will again be looking for some amusement to numb my mind from the churn. I will feel too distracted to pray.

Tomorrow won't be much different. I'll rise in the morning still agitated, glad that I can leave my job behind for the day, but troubled about the prospect of facing my church family. I know I can't meet the unwritten expectations that, admittedly, I've placed on myself to belong here. I'm not fit to be a part of this family. I do a miserable job of "keeping" the Sabbath.

But I grimace behind my smile and face the day anyway.

Along the way, some things happen . . .

—My daughter rushes about, keen to get ready. I watch her jump out of the car to meet her friends. I see her in a hurry to get to Sabbath school, lest she be late and miss something. My heart skips a beat and a silent prayer of gratitude escapes.

—A friend greets me warmly and asks me how my running is going and when my next event is. Small talk. I can handle this. His interest in me rekindles a small spark inside.

—I have a Sabbath school class to lead. I've prepared for it, but I'm not prepared. I'm just an imposter. But I see the interest in people's eyes, the desire after God and I rediscover the presence of that same desire in my own heart. The insights I share seem to strike a chord with the group present. The spark splutters and smokes.

—I sit down for our main service and there isn't a computer screen in front of me. No agenda or daily tasks, no appointments, no emails. The lighting is soft. I'm drawn in by a

new song I hadn't heard before. I laugh at the comments of children during their time at the front. The preacher turns to a passage and expresses a new perspective that takes my mind away.

—I talk with friends over an afternoon walk. We share stories, discuss the challenges of workplaces and raising children. We ponder the ever-present challenge of maintaining faith in the real world.

And so, not always in the same way or the same order, I come out of Sabbath different to how I go in.

One day it finally clicked. I don't keep the Sabbath. I've spent 40 years doing a poor job of that.

It is the Sabbath that keeps me!

In this season of life with its unique set of challenges I need the Sabbath to keep me on the path heavenward. Jesus' words in Mark suddenly make sense; the Sabbath was made for man, not the other way around.

I'm no theologian but I wonder if we have misinterpreted the words of Exodus 20:8. Is the emphasis intended to be on "keep" or on "remember"? There is a new beauty in these words when they are rendered "Remember the Sabbath day, for it keeps you holy . . ."

I'm finding this stage of my life particularly hard. I can honestly say I've thoroughly resolved in my heart the question of God's existence. But it is altogether a different matter to live a life that demonstrates this to the world. It's tough going. I struggle. I keep struggling. I haven't given up yet. What keeps me going? No doubt there are many things, but Sabbath is front and centre.

My childhood was governed by the regularity of a weekly Sabbath. My mother was the one doing the remembering to begin with. Church is a great place for kids. Sabbath school, shared lunches, Adventurers, Pathfinders. The blessing of community, doing life together to the metronome of a weekly Sabbath.

My high school years were influenced by the Sabbath. It was such a relief to be able to drop the burden of study for a day. I wasn't very good at studying at the best of times, but on Sabbath I was free. No guilt! I pitied my public school classmates who had to worry about their grades seven days a week. Six was plenty for me.

As humans, we need regularity. Life is a merciless sea to those without the anchoring effect of a consistent cycle and an attachment to something bigger than ourselves. God has made provision for us by giving us the Sabbath and invites us into the blessing it brings.

I know I'm not alone in the challenges I've described. Quite likely you are facing them as well. Let go of the expectations you had of yourself. Come as you are. Show up. Remember the Sabbath.

And let it keep you on the path heavenward as well.

Derek O'Hare
writes from Perth, WA.





MENTAL HEALTH *and the Adventist health message*

Late last year, a documentary came out on Netflix called *Live to 100: Secrets of the Blue Zones*, which outlined the significant health benefits which those living in Blue Zones around the world enjoy, and their secrets to longevity. A Blue Zone is a region in the world where communities live exceptionally long lives beyond the age of 80 due to their lifestyle practices and diet. One of the Blue Zones which this documentary highlighted was Loma Linda, a predominantly Seventh-day

Adventist region in California, which is noted for being one of the few locations on earth where many inhabitants live to 100 years of age, the average being 90 years.¹ Loma Linda has been made iconic among the Blue Zones for its resilience in remaining unaffected by the predation of Western culture and diet on the community while other Blue Zones have shrunk due to Western influence.

Loma Linda is a Blue Zone because of the unique Adventist health message which our Seventh-day Adventist Church

champions. But how seriously are we taking this message, and what perhaps lesser-known benefits does it offer?

Other than living longer and healthier lives, the Adventist health message carries with it significant and unexpected implications for our mental health, which have only been discovered in recent months.

The Metabolic Theory of Mental Illness, as presented by Dr Christopher M Palmer (MD), is a revelatory new approach which has identified a signif-



mental health treatments!

Let's unpack this theory a little bit to better understand what it means for us. While many of us understand metabolism as referring to our ability to regulate our weight and "burn calories", our metabolic functions extend far beyond this purpose. Metabolism is the process by which living organisms convert food into energy, building blocks for proteins, membranes and other essential cell components. Our metabolism is an incredibly complex process; however, its primary operations are regulated through the mitochondria in our cells. Our mitochondria play a critical role in the production and regulation of neurotransmitters, as well as the production of key hormones, and have a significant role in the control of inflammation.⁴ The function of mitochondria can be severely disrupted by poor dietary choices.

The dysfunction of mitochondria has been scientifically shown to be correlated with depression, anxiety, suicide, autism, ADHD, Alzheimer's, schizophrenia, seizures, bipolar disorder, mania and many other mental health issues.⁵ In each mental health condition which displays symptoms that come and go, or wax and wane in strength and intensity, the metabolic compromise of brain cells caused by our diet is proposed to be the explanation for mental illness. This is evidenced by the following research:

- Brain imaging studies to establish the neural circuitry of depression have shown abnormalities in metabolic activity in the brain structures. Mitochondrial compromise relating to impaired neural plasticity has been long seen in individuals suffering from depression and anxiety.⁶

- Mitochondria malfunction has been detected in various studies of bipolar disorder, finding diminished levels of ATP, misshapen or undersized mitochondria and unusual distribution of mitochondria in neurons.⁷

- Mitochondrial dysfunction and damage during childhood brain development processes may also explain the wide array of symptoms associated with autism spectrum disorder.⁸

- Mitochondrial dysfunction, especially impaired mitophagy, plays a major role in the development of Alzheimer's disease.⁹

- Mitochondrial dysfunction could be a crucial factor in the pathophysiology of Attention Deficit Hyperactivity Disorder (ADHD), with severity of ADHD symptoms being reduced by mitochondrial dysfunction treatments.¹⁰

Our mitochondria are deeply involved in connecting our physical body with our mind, translating social and psychological experiences into emotional and psychological responses. As research into the role of the mitochondria and metabolism on mental health has accumulated, therapies and treatments for these mental health conditions have arisen, with a primary focus on diet being a significant and effective method for treating, reversing or completely eradicating many of these mental health illnesses and diseases.

Research into numerous diets focusing on the intake of vegetables and reduction of carbohydrates and sugars are being considered in a broad range of conditions associated with neurodegeneration and neural injury, including Alzheimer's disease, Parkinson's, traumatic brain damage and stroke recovery.¹¹ As an example of this association, the short-term adoption of the ketogenic diet,** which significantly reduces the intake of carbohydrates, starches and sugars, and increases the intake of proteins, healthy fats and low-carb vegetables (like leafy greens), has been long recognised as an effective treatment for epilepsy due to its neuroprotective properties.¹² Diet has been shown to completely treat disorders like schizophrenia and alcoholism, providing lasting remission of symptoms where medications have failed.¹³

In addition, the American Society for Nutrition in 2023 found a diet of vegetables reduced symptoms of depression and was associated with increased psychological wellbeing.¹⁴ Diets high in fibre, such as vegan and vegetarian diets, are excellent for making essential organic compounds like butyrate and ketones, which are essential for mitochondrial function. What this research essentially means is that consuming a healthy and vegetable-rich diet substantially reduces mental health issues by providing your brain with the essential nutrients required to support effective metabolic and mitochondrial function.

icant link between the function of our metabolism, diet and our mental health. This theory maintains that metabolic dysfunction in brain cells can explain almost entirely all symptoms of mental illness.² It suggests that the cause of metabolic dysfunction can also be the solution—this being our diet.* While poor eating choices result in dysfunction of our metabolism due to insufficient nutrients and vitamins being received, so positive eating choices can work as the treatment for metabolic dysfunction.

Now, this theory is more than the mere claim that "eating healthy makes you feel better and happier", though there is substantial evidence supporting this notion. The Metabolic Theory of Mental Illness goes further into the psychiatry of the brain's neural structure and has amassed evidence indicating that alterations in brain energy metabolism are the root cause for all psychiatric disorders, from anxiety to schizophrenia, autism to Alzheimer's disease.³ This is a truly thrilling discovery for the future of



of God for mankind, and free our minds from bondage to addiction, illness and suffering—this being God’s heartfelt desire for every single one of us.

*Disclaimer: This insight is not designed to take the place of medical advice. If you suffer from a diagnosed mental health illness, please seek professional advice on therapies and treatments.

**Disclaimer: The ketogenic diet is not recommended for long-term practice as it can have harmful impacts if practiced for long periods.

This modern research echoes the biblical truths we have known since ancient times. The book of Daniel highlights the value of diet for our mental health and intellect, revealing that a diet of water and vegetables directly contributed towards mental acuity. Daniel 1:20 tells us that “in all matters of wisdom and understanding about which the king examined them, he found [Daniel and his friends] ten times better than all the magicians and astrologers who were in all his realm” (Daniel 1:20).

Our Adventist health message is about more than merely our physical health. It is a wholistic approach to lifestyle which understands the critical role diet can play on our mental health. Science is only now beginning to uncover the incredible and startling impacts which diet can have on our mental health which we have known from the Bible. But more than this, our Adventist health message holds important truths about the impact which diet can have on our spiritual wellbeing.

As Ellen White says, “The affliction of the stomach affects the brain. The imprudent eater does not realise that he is disqualifying himself for giving wise counsel, disqualifying himself for laying plans for the best advancement of the work of God. But this is so.”

The things which we consume, whether physically or psychologically, end up consuming us; the saying rings true which says, “we are what we eat”. Just as our diet can have a transformative effect on our mental health and the conditions which plague our mental states, so it can also have a transformative effect on our spiritual lives. And in a similar manner, the spiritual food which we fill our minds with will either edify and nourish or deplete and break down our spiritual wellbeing and intimacy with God.

Eating healthily can offer our minds greater discernment and insight into deeper spiritual truths and the original designs

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Olivia Fairfax
editorial assistant, *Adventist Record*.



Conversations

An experiential faith

Having experienced the PNG for Christ program as a presenter in Madang, it was with interest that I read some comments from two of my friends (“The true gospel”, June 15 and “Errors corrected”, July 6). Issues that were raised are indeed pertinent, as I also am dismayed that such a large percentage of our people don’t understand some of our core beliefs.

Be that as it may, what I observed in PNG gives me encouragement that the Holy Spirit is alive and well and that people were transformed. The experience of Freda, a former Catholic, epitomises to me what the majority of people experienced. Freda was beaming and full of joy as she shared how she and many of her Catholic friends were sitting at the rear of the sportsground in the darkness hearing scriptural truth for the first time. They responded to the prompting of the Holy Spirit and started a relationship with Jesus Christ that will last the ceaseless ages of eternity.

Most of those baptised had had Bible studies over a time frame of six to 12 months as a result of

forming home churches because of COVID-19 lockdowns. Local people led out in these studies and their thoroughness reflected the theme of the reaping program, “If it’s in the Bible, I want it; if it’s not in the Bible, it’s not for me”. The studies on Revelation were prepared by Pastor Mark Finley, as were the PowerPoints accompanying the written materials. Traditional Bible doctrines as understood by our Church gave our *wantoks* in PNG the reassurance that soon and very soon, they— with us—will greet the Saviour who justified, then sanctified and ultimately glorifies each one of us who has been washed in the blood of the Lamb. Come Lord Jesus!

Stuart Barons, *via email*

Written in stone?

Thank you for your excellent Scripture-based article “Written by the finger of God” published August 17. It was very refreshing to read something based on the Word of God alone, especially the incident recorded in John 8.

However, without being thought pedantic, I would suggest a touch of pragmatism; John 8:2-6 tells us

that Jesus was sitting in the temple teaching and later wrote with His finger on the ground—not the dust. Now I cannot imagine the pavement of the temple court being that dirty so as to enable any reading and/or writing in the filth. When God wrote with His finger it was engraved “on the ground” in this situation, the pavement of the temple court, so that all present could read it.

Further, the teachers of the law and the Pharisees were most vindictive to their victim, but when Jesus revealed their hypocrisy for all present to read no wonder they all went away.

Graham Mitchell, *via email*

Editor's corrections: Pastor Errol Singer informed us that the news article “Adventist education revived in Hunter Valley with school reopening” (June 29, 2024) references the school being situated in “Galveston Heights”. The suburb is actually Gilleston Heights, Maitland, NSW.

Another mistake appeared in the August 3 Conversations page, listing the writer of “Take another look” as Margaret Owens instead of Margaret Saunders. *Adventist Record* apologises for any confusion.

Hello Kids!

We serve
God despite
difficulties.



Let's Get Organised!!

Moses is called to serve God by leading the children of Israel. All disputes are referred to Moses, whether large or small. This is placing a great strain on his time and physical resources. When his father-in-law comes to visit, he recognises the problem and advises Moses to appoint assistants to help him. Moses gladly takes the advice. This is a lesson about service. God is a God of order. In the same way, God teaches us to serve Him in an organised way. When we learn to be organised, we can serve God more.

MEMORY VERSE CHALLENGE

CREATE ORDER OUT OF THE CHAOS AND READ THE MEMORY VERSE.



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U V I E S H B O F G T W D R A Y T L

(1 Corinthians 14:40).

Appreciation

WATTS. Mrs Margaret Watts and her children, Loren and Debbie, wish to thank the many people who have supported the family following the passing of Pastor Horrie Watts. It has been greatly appreciated.

Obituaries

BROWN, Dr Phillip John, born 7.3.1961 in Orbost, Vic; died 25.6.24 in Bairnsdale. He is survived by his wife, Kate; daughter, Ellyse-Jade; sons, Brayden, Jamison and Kieran; grandsons, Levi and Brooks; and siblings, Grant and Del-Maree. Phil passed away after a battle with ill-health over the last couple of years. Phil will be greatly missed by many.

Peter Roennfeldt, Neil Marks

29.6.24 in Cooranbong. In 1962 he married Barbara Staniland of Woy Woy. Don is survived by his wife (Cooranbong); sister, Di (Melbourne, Vic); sons, Rob (Cooranbong, NSW) and James (Hazelbrook); daughter, Michelle (Beaumont Hills); five grandchildren; and five great-grandchildren. Don's life was dedicated to service, teaching at Paglum and Sonoma in PNG, Fulton College in Fiji, Lilydale, Avondale Schools, Avondale College and curriculum at both Union and SPD. Retirement led to more teaching at Avondale, board membership guiding Adventist education and his second doctorate, with Don graduating from Avondale University the day after his 84th birthday. Don also found time for fine woodcraft projects, travel and his children, grandchildren and great-grandchildren and Barb, his lifelong love.

Clansi Rogers, Steve Magaitis



GALL, Norma Rhoda (nee Bentley), born 3.5.1943 in Mt Barker, SA; died 24.6.24 in Wyong, NSW. She was predeceased by her husband, Harley in 2003 and sister, Joyce Bentley in 2002. Norma is survived by her sister, Rowena Amos (Campbelltown, SA) and brother, Dr Lynton Bentley (Glenunga). Norma loved connecting with family and friends. She courageously and prayerfully faced her medical challenges. Norma's care for others has left behind a legacy of love.

Steve Magaitis, Roger Nixon, Don Hosken, James Muggidge



WATTS, Pastor Horace Jewell, born 21.1.1927 in Mackay, Qld; died 26.4.24 in Wyong, NSW. He was predeceased by his infant son, Brendan in 1957 and daughter, Judith Hubert in 2007. Horrie is survived by his wife, Margaret (Cooranbong); son, Loren (Aberdeen); daughter, Debra (Newcastle); their spouses; grandchildren; and great-grandchildren. Horrie was a pioneering missionary and mission president prior to becoming a renowned youth leader and pastor in the home field. His partnership with Margaret required many lonely and sometimes hazardous missionary roles. Horrie's practical skills and cheerful manner were to stand him in good stead in the New Hebrides (Vanuatu), Bougainville (PNG) and

in three home conferences. Horrie was a noted Bible scholar and teacher, giving studies and counsel right to the end.

Rick Ferrett, John Hammond

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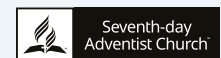
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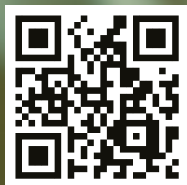
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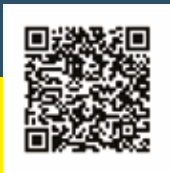


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