



R

You've only got 70 years

Are you spending it
well? 16

Strongman challenge
highlights Faith FM 7



You can help shape the future.



Are you a digital content creator with a passion for marketing? Or an educator ready to make an impact? We have exciting opportunities: a school in Western Sydney is seeking a **Marketing Creative** to join our Greater Sydney Conference team in 2025, and a rare opportunity has opened to lead our school as **Principal** in Northern Sydney.

Join Adventist Education and help shape the future in a thriving, Christ-centred learning community. Apply today and make a difference!

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



Adventist
Education

Sydney



EDITOR'S NOTE:

The root and fruit of mission

Glenn Townend
South Pacific Division president

“
Personal witness
is always the most
powerful and effective
way of engaging with
God in His mission.

I'm a dinosaur when it comes to social media. It's my family and friends who suggest I should check something out. When I do survey Facebook, Instagram, YouTube or WhatsApp, I inevitably discover Adventists commenting on the state of the world. There are comments on the signs of the times; the election in the USA; who to believe; hurricanes and disasters; the invasion of Russia into Ukraine; the situation in the Middle East; global warming; the pope and many other things.

I suspect that Adventists are following the signs because Jesus told us to watch, stay awake and be ready for His return (Mark 13:33-37). In Jesus' dialogue on the destruction of the Temple and the end of the world there are two distinct types of signs—those in the external world as mentioned above (Matthew 24:5-8) and those within the church (Matthew 24:9-14). Most of the comments I noticed were on what is happening in the world. But we can do little about these signs except help those who are affected by war, famines, disasters and political upheavals. I am thankful that Adventists are very good at helping people in disasters and ADRA also has a “Disaster Ready Church” program. But what happens in the world is out of our control.

However, we can be integrally involved in the signs that involve the church. There are two factors—our own spiritual journey and temperature, and the mission God has asked us to fulfil (Matthew 24:9-14). These two factors—our spiritual journey and God's mission—are linked. The closeness we have to God affects our role in taking the gospel to the world.

As a hobby gardener I know the quality of the fruit or vegetables that I grow depends on the quality of the soil. A good root system can only be developed in good soil, and a good root system is the most significant factor in the quality and quantity of the harvest. Isaiah the prophet may have enjoyed gardening too as he writes, “In the days to come Jacob shall take root, Israel shall blossom and put forth shoots and fill the whole world with fruit” (Isaiah 27:6, ESV). If our roots are in the Word of God, this will bring us close to His never-ending love. If we are able to stay connected with God in prayer despite how we feel, we are more likely to represent and speak about God with joy and conviction. However, if we are distant from God, His Word is neglected and prayer is just a religious ritual, we are not inclined to live or speak out the life-changing message of Jesus.

God's amazing message of love will fill the whole world and we can be a part of this expansion. Persecution will come to the church, as the devil wants to destroy it. But even with opposition the church—you and me—can still be a strong tree. This was illustrated in the life of the church of Cuba from the 1960s to the 1990s—an era of strong communist rule. Early on, the Cuban communist government took over church-owned and operated schools, clinics and publishing houses. Churches were forbidden to operate. How could the church survive when its major institutions for witness were gone? However, the church still grew. It grew because no government can stop personal witness. God's people would whisper a word of hope to a frightened neighbour at a bus stop, they would pray for a work mate in hospital, they would support their relatives with food or clothing. Personal witness is always the most powerful and effective way of engaging with God in His mission.

The Sabbath also had a powerful silent witness in Cuba. People would notice that Adventists continued to meet for worship and fellowship—this made them resilient and joyful. Some Adventists were arrested and jailed because they remembered the Sabbath day in honour of their Creator and Redeemer, but this only strengthened the resolve of the others to be faithful in prayer and practice of faith.

As we wait for Jesus' certain return, let's spend our energy on what we can change rather than what we cannot. Let's be faithful disciples, staying connected with God and sharing our personal faith life with others, rather than speculating on the latest news item. In this way we work with God in His mission.



INSIGHT:

Be faithful

Mavani Kaufononga
Trans Pacific Union Mission president

Attending the General Conference Annual Council this year has been a rich and rewarding experience. Being able to connect with fellow leaders, worship together and discuss the mission of the Church is truly inspiring. The theme, "Called to be Faithful", has been incredibly uplifting and empowering.

However, being here, eight hours ahead of Fiji, has brought its own set of challenges. My body, still accustomed to Fiji time, keeps signalling it's time to sleep when I should be awake. And when it's time to stay alert during meetings, I find myself battling drowsiness. The jet lag and adjustment have been tough, serving as a powerful reminder of the internal struggle we often face in our spiritual lives.

Just as my body craves sleep when it's not the right time, our sinful nature constantly tugs at us, urging us to satisfy desires that don't align with God's will. We know what is right, but sometimes our human nature fights against it. Whether it's selfishness, anger or other temptations, we find ourselves battling against the pull of our own desires, much like trying to stay awake in the wrong time zone. Paul speaks directly to this struggle in Romans 7:19: "For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing." It's a familiar battle for many of us as we strive to live in accordance with God's will.

But just as I discipline my body to adjust to the new time zone, we must also discipline our spiritual selves, submitting to God and allowing Him to guide us. When we lean on Him, He provides us with His Holy Spirit to give us the strength we need to overcome our weaknesses and live according to His purpose, even when our human nature pulls us in the opposite direction.

May we rely on Him so that we remain faithful.

UNLOCK NEW WAYS TO *grow your church*

Are you looking for fresh ideas to engage your community, reach new members, and inspire your congregation?

**Explore Ministry Innovation
on YouTube today!**



**MINISTRY
INNOVATION**

Food As Medicine takes good health to TV

📍 Warburton, Victoria | Nathan Brown

Author and nutritionist Dr Sue Radd featured on Australian television's *Weekend Sunrise* on October 20, sharing her insights on diet and diabetes—and highlighting her new book *Food As Medicine: Cooking to Prevent and Treat Diabetes*.

While it has been available since earlier this year in Adventist bookshops, *Food As Medicine–Diabetes* was released broadly on October 2 in conjunction with media coverage, including dozens of radio and print interviews.

"The book and I have been well received," said Dr Radd, commenting on her interactions with hosts, producers and their audiences around Australia. "A producer on *Sunrise* told me she got very excited when she saw the topic for my appearance as she has pre-diabetes. She stated her whole family is rife with diabetes. I gifted her a copy of the book at the end of the program."

As a follow up to her award-winning *Food As Medicine*, *Food As Medicine–Diabetes* is the first of a planned series of disease-specific cookbooks. Dr Radd explained that this was an obvious place to begin, with diabetes the fastest-growing chronic health condition worldwide. "Diabetes prevalence has more than tripled since the year 2000, according to the International Diabetes Federation, which now deems this condition a global health emergency of the 21st century," she said.

Dr Radd said the new cookbook is designed to be complementary with the original *Food As Medicine*. "However, the diabetes book goes into specific details regarding this and other conditions relating to blood glucose and insulin," she explained. "It provides a strong evidence base to support a whole foods, plant-based eating pattern with recipes highlighting those foods that are particularly useful if you have diabetes. To my knowledge, no other cookbook does that."

Food As Medicine–Diabetes includes 50 new recipes, developed by Dr Radd with a view to their health-enhancing benefits. "I look for gaps in knowledge, consider trends and traditional ideas to come up with ways to showcase

particular foods for which there is evidence for medicinal effects," she said. "I test recipes multiple times before I get others to also make them and provide feedback before finalising them. I always seem to be in the process of developing new recipes—at different stages."

In partnership with the new cookbook, resources are also now available for local churches, Adventist health leaders and health professionals, and literature evangelists to run *Food As Medicine–Diabetes* events in their communities. Resources include current statistics about diabetes, the clip of Dr Radd's *Sunrise* appearance, and a short documentary featuring Dr Radd and Dr Andrew Pennington talking about the importance of nutrition for prevention and treatment of diabetes.

"These can be coupled with a demonstration of a selection of the recipes in *Food As Medicine–Diabetes*," said Christina Hawkins, book marketing coordinator for Adventist Media. "And, of course, the cookbook itself is the core resource and this can be made available to participants, either as part of a registration fee or for sale at your event."

Dr Radd said she is excited about the opportunities to partner with other health professionals and church members to share the core principles of "food as medicine".

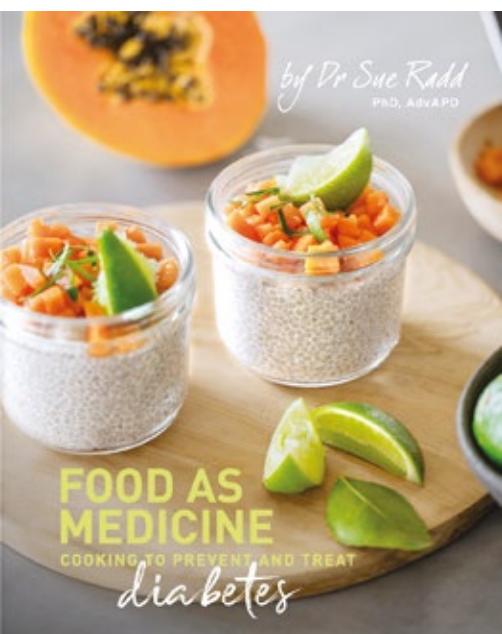
"It means choosing and using foods and meals not only for their flavour and enjoyment, but so that they can also prevent, heal and reverse chronic diseases," she said. "The most important thing that people need to know about nutrition is how powerful it is to determine your health destiny—much more than we ever realised!"

To access the *Food As Medicine–Diabetes* resources, contact your conference health ministries director or visit <foodasmedicine.cooking/communityimpact>.

Food As Medicine: Cooking to Prevent and Treat Diabetes is available from Adventist and other bookshops in Australia and New Zealand, or online at <adventistbookcentre.com.au/food-as-medicine-diabetes.html>.



Dr Sue Radd featured on Australian television program, *Weekend Sunrise*



Food as Medicine: Cooking to Prevent and Treat Diabetes by Dr Sue Radd.



Staff of Titiana School, guests and ADRA staff in front of the upgraded ablution block.

Turning on the tap for improved sanitation

📍 Gizo, Solomon Islands | Denver Newter/Kiera Bridcutt

The Adventist Development and Relief Agency (ADRA) Solomon Islands, through its Turn on the Tap (TOTT) project, successfully completed and handed over new sanitation facilities for two schools in the Solomon Islands in October.

Ngari Primary School (NPS) on West Gizo Island, operated by the United Church Education Authority (UCEA), received a new sanitation facility. Titiana High School and Primary School, also managed by UCEA, benefitted from a newly renovated ablution block.

The projects were fully funded by ADRA Australia and implemented by ADRA Solomon Islands under the TOTT project.

This project improves water, sanitation and hygiene in primary and secondary schools across the Solomon Islands. It aims to partner with local leaders, education authorities and businesses to provide fresh water, clean

toilets, low-cost menstrual products and hygiene education.

Speaking at the official handover at Tatiana School, Western Provincial Government's minister of health and medical services, Kenneth George, encouraged staff and students to take good care of the new facility.

He also suggested that the school must allocate part of its budget for the upkeep of the facility, including the provision of supplies.

Deputy principal of Titiana Community High School Dennis Doro Narakana thanked ADRA Solomon Islands for the renovations. "We have long struggled without proper ablution facilities, which made things difficult for our students," he said. "Today, we are truly grateful to ADRA Solomon Islands for upgrading our rundown block, giving our students access to clean and proper facilities."

Construction began in May and was completed in June.



The ICC team is committed to providing exceptional care for those undergoing cancer treatment.

Number one for cancer care

📍 Wahroonga, NSW | Maddi Glover

For the seventh consecutive year, the Integrated Cancer Centre at Sydney Adventist Hospital has ranked first among metropolitan New South Wales hospitals in the annual Outpatient Cancer Clinics Survey. Additionally, the San ranked first in private services in NSW in the survey.

Each year, patients' experiences of outpatient cancer care throughout NSW are independently surveyed by the Bureau of Health Information (BHI) in partnership with the Cancer Institute NSW. This year almost 10,000 patients from 44 facilities, both public and private, were surveyed.

The survey aims to assess patients' experiences with various aspects of their cancer care. Patients were asked to evaluate their experiences regarding compassion, respect, kindness, trust, involvement in decision-making, timely and coordinated care, effective communication, clear information, and a safe, comfortable environment.

In the report released on October 16, the San's Integrated Cancer Centre (ICC)

achieved the highest rankings in five key measures: safe, high-quality care from the clinic; attentive health professionals who listen to patients' views and concerns; well-organised care; convenient appointment access; and cleanliness.

"While we are very proud of these results," said ICC clinical director Professor Gavin Marx, "we are constantly striving to improve the experience of our cancer patients during their treatment. Each year we reflect on areas for improvement to ensure we continually provide the best possible care."

The San has long been committed to not only providing the very latest in diagnosis and treatments, but also prevention and research.

"The San takes great pride in our consistent performance in this survey," said Adventist HealthCare CEO Brett Goods. "Not only do we provide outstanding multidisciplinary clinical care, but we also lead the way in multidisciplinary psychosocial support for our oncology patients."



Pastor Jameson Pulelisi with a Rural Fire Service Association competitor taking part in the hammer hold challenge.

Strongman challenge highlights Faith FM

📍 Henty, NSW | Tracey Bridcutt

The South New South Wales (SNSW) Conference team have come up with a unique way to raise awareness and engagement with Faith FM.

Called the Faith FM Strongman Challenge, it features a custom-built trailer where participants are invited to test their strength and fitness in various challenges. The trailer was recently rolled out at a mega agricultural event in the state's south-west attended by over 50,000 people.

Over the course of three days, more than 600 competitors took part in "Strongman Challenge" activities, including grip strength tests and pull-up contests, cheered on by thousands of spectators. Not only did the activity encourage fun and fitness, it also enabled pastors and church members to actively engage with curious onlookers in the crowd.

SNSW pastor Huston Ford shared how the event created valuable connections within the community. "I spoke with several people eager to know the frequency for Faith FM," he said. "It's a fun, straightforward way to introduce ourselves while enjoying some physical activity. It opens the door to spiritual conversations faster than any other program I've been part of."

In addition to individual challenges, a special team challenge was organised for local service groups including the State Emergency Service (SES), Rural Fire Service Association, army and ambulance teams, to see which team could claim the title of being the fittest—with the SES team victorious.

But the real triumph was the boost in Faith FM's brand perception and community awareness, according to Kyle Morrison, Faith FM and communication coordinator for the SNSW Conference.

"The event fostered a strong sense of community and camaraderie, with many visitors returning to the trailer multiple times throughout the week to check their standings on the leaderboard," he said.

Faith FM's national content and promotions manager Pastor Robbie Berghan praised the initiative. "Thanks to funding from the South Pacific Division and Australian Union Conference, we hope to continue to support conferences and churches in building our listener audience right across Australia with these kinds of community-connecting events," he said.

During the event, attendees were encouraged to download the Faith FM app and subscribe to their YouTube channel. The results: 301 new YouTube subscriptions and 348 downloads—further expanding Faith FM's growing audience.

making headlines

Cashews for change

At the 2024 GC Annual Council, ADRA International unveiled *goodone*, a social enterprise that's transforming the cashew industry in Ghana by paying farmers premium prices and processing the nuts locally. With profits reinvested directly into the farmers' communities, *goodone* aims to create lasting change.—ANN



Pitching to victory

The Sentinels Pathfinder Club (USA) set out to break the Guinness World Record for the fastest setup of a four-person tent after their competition was cancelled at the International Pathfinder Camporee. While still awaiting official verification, a 10-person team, aged 11-15, beat the current record of one minute and 58 seconds.—NAD

Threads of independence

Pakistan Union Section's Women's Ministries have launched a project to empower women with limited education and few job opportunities who have been abandoned by their husbands. Initially supporting Adventist members, the project now supports flood-affected Sindhi communities, providing sewing machines and training to help women gain financial independence and restored dignity.—NSD

Save sight with sunlight

Research from the Lions Eye Institute shows that increasing outdoor playtime for children reduces the risk of severe short-sightedness, which could lead to blindness later in life. With myopia cases in Australia expected to rise from 20% to 50% by 2050, researchers are urging parents to prioritise outdoor activities as part of early intervention to protect children's long-term eye health.—Lions Eye Institute



Heritage honoured at PAU

The Pacific Adventist University (PAU) library department finished off their Adventist Heritage program on October 22 (known as Great Disappointment Day), embracing the rich history of the Adventist faith. The PAU Heritage Centre hosted various programs for students and staff, including morning devotions, prayer and fasting, a heritage exhibition for the Central Papua Conference Adventist Youth Ministry leaders, and a walk the path of our pioneers program, while also sharing plans to host the events annually. With the theme, LEARN, SHARE and LIVE the Advent Hope, their prayer is that others find Jesus in the content shared.—**PAU Facebook**



Sydney students serve in Fiji

Students and staff from Mountain View Adventist College (Sydney, NSW) travelled to Navesau Adventist High School (Fiji) to serve their community from September 25 to October 4. After months of fundraising, 26 students and staff spent nine days assisting with community projects, education and leading church services. The team were involved in the creation of a multipurpose court on the Navesau campus which involved the students mixing and pouring cement manually. Despite heat and rain, with the assistance of men from the Wainibuka district, the Mountain View team were able to lay down the concrete slab for the court. The team assisted as teachers' aides in English, geography and social studies classrooms. They also were involved in Navesau's week of prayer program, resulting in the baptism of five Navesau students.—**Kiera Bridcutt**



Baptisms in Kiribati

The remote Pacific nation of Kiribati has been hosting evangelistic programs, with the main evangelism site at Betio conducted by Pastor Peter Watts, a guest speaker from Australia, and another four sites on the main island. The evangelism was on air—FM 89 and livestream—via Facebook, reaching viewers and listeners within the country and abroad. At Kauma Adventist High School, 60 people were baptised, with the baptism starting at sunrise, to represent the love of God.

—**Kiribati Mission Facebook**



10 years of music

Sing Noel will celebrate 10 years of uplifting music and mission this month. The Christmas concert is a ministry of Wahroonga Seventh-day Adventist Church (Sydney, NSW). The concert showcases a 40-piece orchestra, a choir and soloists, many of whom are dedicated long-time members and supporters. Wahroonga church will host the concert on Saturday, November 30 at 7pm. Details: <singseries.com>.—**Tracey Bridcutt**



A joy to read

The 2 Mile Seventh-day Adventist Adult Literacy School in Lae, Papua New Guinea, conducted a graduation ceremony on October 16. The event, held at 2 Mile Morobe Mission hall, saw friends and relatives, mission workers and sponsors attend this special occasion. It was a time of joy and celebration as 18 students from Level 1 (Pidgin class) and 29 students from Level 2 (English class) walked down the aisle with their certificates.

The Adult Literacy School was started in 2014 by Rosemary Ewande—a teacher then and now—after she attended literacy training in Lae that was conducted by ADRA. At the time, Mrs Ewande was aware of the six critical issues that affect women in PNG, including illiteracy. So she decided to fight illiteracy head-on. The literacy school operated through to 2019, until the COVID-19 outbreak, with classes resuming again in 2022. The students are Adventists and community members.

Rose Wima, a Level 1 student, shared her testimony: “When I was a child, I didn’t have the chance to go to school because I have a lot of siblings and my parents could not afford the school fees. I grew up without the ability to read and write. But now I learnt a lot of things and am happy.”

Morobe Mission women’s and children’s ministry director Nancy Enopa said, “Literacy is the pathway that opens doors to many good things.”—**Nixon Yuti**

have news to share?

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



Mentored into ministry

People from around the North New Zealand Conference came together at Henderson church in Auckland to celebrate the ordination of Pastor Axel Puga on August 24. NZ Pacific Union Conference ministerial secretary Pastor Victor Kulakov shared the central message for the day. Pastor Puga immigrated from Chile as a child with his family. He was mentored by a retired pastor and encouraged to consider ministry. Pastor Puga accepted God’s call, going on to study at Avondale University and serving the NNZC for almost five years since graduating. He and his wife Rochelle and their two children currently serve in the Waikato Region.—**Andrew West**



Veggie burgers for a cause

Just over \$A2000 was raised at a 10,000 Toes barbecue fundraiser held on the grounds of Sydney Adventist Hospital. The event was supported by Avondale University, ELIA Wellness, Sanitarium and the San, and was part of 10,000 Toes’ OctOEBer activities. 10,000 Toes Campaign coordinator Pamela Townend said despite the chilly weather, the volunteers had a lot of fun for a great cause. “With amputations occurring every 20 minutes in the South Pacific, this fundraising event means we can help another remote clinic in the Pacific,” she said. “It will help to purchase essential medical equipment and provide lifestyle medicine training for staff at a new clinic located on the small island of Simbo, in the Solomon Islands.” The Simbo health clinic is one of four clinics that 10,000 Toes is supporting. Visit the “Adopt-a-clinic” page on the 10,000 Toes Campaign website for more.—**Tracey Bridcutt**



High Flying Goats: member retention in PNG

The freight manager made himself clear: "You can't take six goats on the plane!" Not to be deterred, the stewardship ambassador replied, "But we have to, it's God's work."

After much negotiation, a special timber crate was constructed, and the goats got their boarding passes.

Every year, more than one million precious souls around the world call the Seventh-day Adventist Church "my church" for the first time, and the 2024 PNG for Christ harvest program played a big part in that worldwide growth. However, for many new members, becoming an Adventist is far from easy.

They choose to leave behind their essential incomes such as pig farming, selling marijuana or betel nut or even a regular wage as the pastor of another denomination.

Retaining these dedicated new converts is a number one priority for the Church in Papua New Guinea, and the Eastern Highlands Simbu Mission (EHSM) has pioneered a unique and effective method of member retention.

Life Skills Camps

Practical stewardship, in the form of life skills trainings, are taking the EHSM by storm and they've even launched it into other missions including Morobe,

South-West Papua and Bougainville. From October 6–20, Pastor Mathew Kamo, the EHSM stewardship director, organised 18, one-week, life skills training camps attended by more than 15,000 people.

The life skills programs, which also attract at-risk young people, revolve around the acronym GATE—God first, Agriculture, Trades and Entrepreneurship, and are often accompanied by health education and outreach, including the 10,000 Toes diabetes prevention activities.

With hearts overflowing with God's love, skilled church members generously give their time and resources to teach new believers more than 25 different life skills, including income generation from:

- Rice • Tomatoes • Citrus
- Grapes • Mushrooms • Cocoa
- Sweet potato • Tapioca flour
- Vanilla • Baking • Sewing
- Goats • Poultry • Fish
- Cattle • Cooking • Packaged meals
- Mechanics • Solar electrical
- Plumbing • Carpentry
- Brick making • Literature sales
- Bookkeeping • Business registration
- Small business skills

The camps include morning and evening spiritual messages for new believers, explanations about God's tithe and offerings, and testimonies from beneficiaries of past trainings about how they have been blessed by God in their new-found faith and skills.

FAITH Gardens

A powerful part of the program was visits by pastors Joanis Fezamo (EHSM

president) and James Kiangua (EHSM general secretary) who shared stories of their own personal commitment to growing healthy foods for their families.

With fast-rising food costs in the shops, the pastors outlined the need for every household to have a FAITH garden. The acronym stands for Food Always In The Home and is a powerful reminder of God's call for us to care for our families. Pastor Fezamo gifted ready-to-plant rice and wheat seeds to each of the camps and encouraged them to multiply the harvest.

The EHSM's practical stewardship activities are testament to the members' love for their neighbours and many onlookers are seeing that they are Christ's disciples because of their love for one another. Eyewitnesses are describing it as a beautiful re-creation of the early church's sharing of their faith, love and resources in Acts 2:44-47.

Many who are not yet Adventists are also attending the life skills camps and are being introduced to the love of God through His people. The camps, originally aimed at new member retention, have become an effective outreach in themselves.

Tim McTernan, the ministry innovations and marketing leader for the South Pacific Division, is making a documentary about the PNG life skills camps. It will be released to the world Church in early 2025 to encourage others to retain new members through practical stewardship.

So, what happened to those six, high-flying goats? They landed safely in Bougainville where they were used to teach a life skill to new Adventists, and have just given birth to their first kids!

Julian Archer
stewardship director,
South Pacific Division.





Plans for new cafe to become centre of influence

More than 200 customers attended the soft opening of Everdale Plant-based Café & Gelato in Melbourne, Australia.

The café, located in the suburb of Springvale, is owned and run by Adventist couple Henry and Jullian Ponco who attend Melbourne Asian Seventh-day Adventist church. After 14 years of successfully running a media ministry (Beyond Patmos and Rightly Trained), Mr Ponco sought a new direction in life and a way to serve God with his wife in the health industry. Following his childhood passion and a desire to bring joy to others, he enrolled in a patisserie course at Dandenong TAFE. After graduating and months of trials, he began selling plant-based ice-cream with reduced sugar and calories under the name “Everdale” at Sunday markets, which became a local hit.

After years of selling plant-based ice-cream, Mr Ponco decided to expand his business into a plant-based café. Everdale Plant-based Café & Gelato aims to be a centre of influence for the community in Springvale by being a space where people can share food and fellowship.

“The Bible calls us to ‘go and make disciples’, but we realised that our social circle outside the church was small,” Mr Ponco said. “So we wanted to create a ‘centre of influence’ to reach more people and, hopefully, bring them to the church.

“Inspired by Ellen White’s words that ‘we should establish small plants in all our cities, which will serve as centres of influence’, we envisioned a self-sustaining centre. This would generate income to support local missions and help those in need, without relying on church offerings.”

Everdale Plant-based Café & Gelato offers a diverse menu featuring more than eight different types of vegan burgers, a variety of sides, refreshing drinks and more than 10 vegan gelato flavours, including options with no added sugar.

“In the future, we hope to run programs to engage even more people, with the profits supporting our mission work,” Mr Ponco said. “In our first month, we were blessed with around 1000 customers and 86 five-star reviews, making us one of the top-rated places on Google. By God’s grace, we hope to welcome even more people in the future.”

The café operates Sunday to Thursday from 11:30am to 3pm and 5pm to 8:30pm. For those interested in staying updated on deals and menu items, like and follow Everdale Plant-based Café & Gelato on Facebook.

Kymerley McMurray
communications officer, Australian Union Conference.



The 10 Prayers of fathers

Abraham's prayer for Ishmael: "So Abraham said to God, 'May Ishmael live under your special blessing!'" (Genesis 17:18, NLT).

Abraham's intercession for Sodom (Genesis 18:23-32): Abraham pleads with God to spare the righteous from destruction in the city of Sodom. His nephew Lot, who was like a son to him, and family were living in the city during this time.

Job's prayers for his children: "When a period of feasting had run its course, Job would make arrangements for them to be purified. Early in the morning he would sacrifice a burnt offering for each of them, thinking, 'Perhaps my children have sinned and cursed God in their hearts.' This was Job's regular custom" (Job 1:5, NIV).

Manoah's prayer for guidance over Samson: "Then Manoah prayed to the Lord: 'Pardon your servant, Lord. I beg you to let the man of God you sent to us come again to teach us how to bring up the boy who is to be born'" (Judges 13:8, NIV).

Jairus' plea for his daughter: "Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. He pleaded earnestly with him, 'My little daughter is dying. Please come and put your hands on her so that she will be healed and live'" (Mark 5:22,23, NIV).

The father of the demon-possessed boy: When a father brought his demon-possessed son to Jesus, saying, "But if you can do anything, take pity on us and help us", Jesus told him that "Everything is possible for one who believes." Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!" (Mark 9:22-24, NIV).

The father of the epileptic boy: A man approached Jesus and knelt before him saying, "Lord, have mercy on my son. He has seizures and is suffering greatly" (Matthew 17:14,15, NIV).

Zechariah's song of thanksgiving: While not a direct prayer for his child John the Baptist, Zechariah praised God after his son's birth and spoke of the role John would play in preparing the way for the Lord (Luke 1:67-75).

Jacob's blessing for His sons: Before his death, Jacob pronounced blessings upon his 12 sons, praying for their future and their descendants (Genesis 49:1-28).

David for his newborn son: In 2 Samuel 12 we see David praying and fasting for his sick son. He knows he has done wrong and there is a prophecy from Nathan that the boy will die but while the illness remains David prays heart and soul for him. He thinks "Who knows? The LORD may be gracious to me and let the child live." The child dies and David accepts it.

The top foods to eat for *eye health*

Growing up, were you ever told to eat your carrots so you could see better? Turns out, there's some truth to that tale.

The foods you eat can play a big role in maintaining the health of your eyes. Eating a wide variety of wholefoods, fruits and vegetables are key as each contains a unique bundle of nutrients at different levels. The team of Sanitarium dietitians have shared some of their favourite foods, which contain the eye-loving nutrients you need to support good eye health.

1. Spinach

Containing vitamin A, beta-carotene, riboflavin and vitamin C, spinach is an eye-loving powerhouse to help keep your eyes healthy. Spinach is also a source of the carotenoids lutein and zeaxanthin, which can help protect eye tissues from sunlight damage and reduce the risk of eye changes related to ageing.

Your body needs fat to absorb lutein and zeaxanthin, so enjoy your spinach with unsaturated fats such as extra virgin olive oil and walnuts.

2. Sweet potatoes/kumara

While carrots are great for your eye health, sweet potatoes/kumara are another orange veggie to have on high rotation. Both are rich in beta-carotene, the pigment that gives orange vegetables their vibrant colour. Sweet potatoes/kumara are also loaded with additional antioxidants, vitamins and minerals to support eye health, particularly vitamin A.

3. Walnuts

Nuts are great foods for eye health because they're rich in nutrients like vitamin E, zinc and omega-3 fatty acids. Other sources of omega-3 fatty acids include flax seeds, chia seeds



and extra virgin olive oil. Walnuts and other nuts also reduce the risk of cardio-vascular disease, which can increase the risk of the common eye disease glaucoma.

4. Strawberries

Strawberries are a surprising source of vitamin C, which is essential for your eyes. The good news is achieving your recommended dietary intake for vitamin C as adults is achievable with a balanced diet. You want to aim for 45mg/day. For example, one quarter of a capsicum contains approximately 200mg of vitamin C. If strawberries or capsicum aren't your thing, other vitamin-C containing foods include broccoli and citrus fruits.

5. Avocado

Avocados are a source of lutein and zeaxanthin, as well as monounsaturated fatty acids, and they have been found to increase macular pigment density in older adults, according to research. Avocados are great for promoting eye health as lutein prevents macular degeneration, cataracts and other age-related eye issues.

6. Sunflower seeds

Tiny but mighty, sunflower seeds are a source of vitamin E and so simple to add to your diet. Sprinkle on your salad at lunch or on your cereal for brekkie.

For more information and research references check out the full article at <sanitarium.com>.



Recipe of the Week

Subscribe to receive delicious plant-based recipes straight to your inbox.

Dietitian approved!



Find out more



FAILURE IS NOT THE END

I think I would have made the same mistake as Eve.

Okay, hear me out.

I worry a lot, I mean, A LOT. As someone who grew up in a Christian family, I was taught to trust God, especially when worried or afraid. And, until 2020, that worked for me. Through messy high school and college relationships, I was happy to trust God that things would work out. All things work together for good, right? But then, the pandemic hit, and my fundamental

sense of things being okay because I could “give it to God” and “Trust God” was profoundly shaken. I was lucky. No-one in my immediate family died or got long COVID-19, and after two years of lockdowns, my life went back to normal. But the realisation that so many others had not, that so much pain had been experienced by so many across the globe, decimated my sense of being able to trust God that everything would be okay. So many people died. So many developed debilitating long-term issues.

So much grief and heartache, world-wide.

And God didn't stop it.

Enter the conversations about "God doesn't stop bad things", and the theological explanations for how God can exist alongside evil in the world. But in spite of these, a crack had formed in my heart around this fundamental question. The pandemic was such a large, terrible, worldwide thing. If God could allow that, what else would He allow? And how could I trust my small life to Him? Things I used to be able to pray about and then stop worrying, I now hold onto just in case God doesn't help me in that situation. How can I give it to God if I don't know that He'll fix it? I need to fix it myself in case He doesn't.

I think worry and fear are very common human emotions. And I think that struggling to leave things in God's hands, doubting God's goodness, love and involvement in our lives is a natural part of the faith journey.

The Bible says over and over to "Trust in the Lord" instead of our own understanding, to "Be anxious for nothing," leaving things to God, and to "Not worry about tomorrow", so it's easy to feel like a failure of a Christian when we struggle to do just that. It's easy to feel like our faith is broken if trusting God seems scary, because of the things He "might let happen".

Perhaps the reason that the encouragement to "trust God" is given so many times over in the Bible is that God knows it's hard for us.

So, what does this have to do with Eve?

Eve gets a lot of hate for her choice. It's because of her choice that we're in this mess, thousands of years later. But, if it came down to a choice, to trust God's word, or to let doubt creep in, I don't know if I would do any better.

But within Eve's tragic lack of trust in God's truth and goodness, there is hope for us.

Eve knew God personally, in a way we have not been able to since the fall. Eve spent time talking to God, face to face. She saw first-hand His creating power. She met with Him in the garden every day. She knew Him in a tangible way. And yet, when it came time to trust His word over the serpent's, she wasn't

able to do so. She had hard physical evidence of God's existence, glory and power, and yet, the act of placing her whole trust in God, to believe that He wasn't keeping the truth from her, proved too much for her. If trusting God was hard for Eve, how much harder is it for us, now, after the fall? We can't see God tangibly, and sometimes He feels far away. Trusting God with things that worry us can feel like being asked to jump off a cliff without a parachute, trusting an invisible net to catch us.

Jesus says to His disciples after His resurrection, "You believe because you have seen. Blessed are those who have not seen, yet believe."

I think God knows it's hard for us to trust Him. Jesus acknowledged it. And I firmly believe God doesn't hold it against us. Eve made a fatal mistake when she took the word of Satan over the word of the One who created her, walked with her and talked with her.

And yet, her failure to trust God wasn't the end. Sin entered the world, and Eve had to experience death, and we all now have to deal with all the consequences. But instead of saying to Eve, "Well, you didn't trust Me, you've blown it forever" and leaving us on our own, God came up with a way to save us, at His own expense. He promised Eve that despite her failure to trust Him, and all the pain that resulted from her choice, He would send His Son to pay the ultimate price, so that the pain and death we now experience is not permanent. What's more, He has promised to be with us through always, "Even until the end of the age", through whatever pain and suffering this life brings us.

Our failure to trust God at times doesn't mean we are doomed; nor does it mean God will give up on us.

So maybe we can't trust God that bad things won't happen, but maybe we can trust that God will be with us through them, and that He can bring good things out of them even if they happen. Maybe that's the true meaning of Romans 8:28: "All things work together for good to those

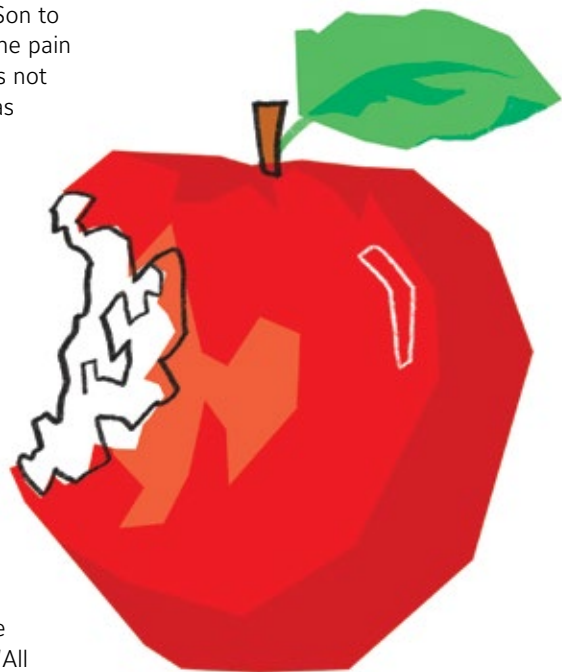
who love God . . ."

Trusting God is hard. It was hard for Eve, who knew God face to face, and it's even harder for us. But I think God gets that, and like He didn't give up on Eve when she failed to trust Him, He won't give up on us when we also fail. His working for good in our lives isn't dependent on us always having perfect trust in Him. And while we can't trust bad things won't happen, or that God will stop bad things from happening, we can trust that He will be with us through the pain and suffering, that He can bring good out of it, and that ultimately, He will set things right.

Next time you find yourself feeling like it's hard to trust God, or that it just feels so scary to give up worry and control, remember that you're in good company, and that no matter what happens, God is with you. Also remember that just like with Eve, God won't give up on you even when you do fail to trust Him, and that all the bad things you go through will be worked for good, whether in this life time, or the next.

Caitlin Jankiewicz

has a passion for both numbers and words. She is working on a Masters of Research in Mathematics while teaching high school maths in Sydney, where she lives with her amazing husband and adorable cat.





SPENDING YOUR 70 YEARS ON EARTH TO LIVE FOR JESUS

In the journey of life, we often look to examples from Scripture for guidance and perspective. Methuselah, the longest-lived human recorded in Genesis 5:27, lived for 969 years. Yet, Psalm 90:10 reminds us that 70 years is the span of our lives, or 80 if we are strong. This sets a framework for us to consider how we use our time on earth, particularly in the context of living for Jesus. When our 70 years are over, what treasures have we laid for heaven? This is a question of age and responsibility.

Stages of life and spiritual growth

Life can be divided into distinct stages, each presenting unique opportunities for spiritual growth and service:

1. 0-12 years (childhood)

This stage is marked by early development, where children are beginning to form their understanding of the world, values and faith. It is a formative period when foundational beliefs are established, often influenced by family, church and schooling. During this phase, children are generally receptive to instruction, authority and modelling of faith. While in the process of developing their understanding of faith, they may not yet have the communication skills or life experience to engage deeply in evangelism. Their cognitive and emotional development is still in progress, and they are generally more focused on receiving instruction than giving it.

2. 13-39 years (Adolescence to Early Adulthood)

This is a wide-ranging and dynamic phase, encompassing adolescence, young adulthood and early middle age. It is a time of significant personal growth, identity formation and exploration of one's purpose. Many life milestones occur here—education, careers, relationships, marriage and parenting. Individuals also begin making their own decisions about their faith, often deciding whether to continue the beliefs they were raised with.

This age group is often the most dynamic in evangelism, but they may become less active during periods of transition or personal crisis. For example, during college or early career years, some may struggle with their faith, leading to a temporary withdrawal from church and evangelistic activities. Additionally, societal pressures, peer influence or uncertainty about personal beliefs can make some individuals hesitant to

live for Christ or share their faith. Sadly, many may squander their years of opportunity on pursuits that do not honour God.

3. 40-59 years (middle adulthood)

Middle adulthood is often a period of high responsibility, with work, family and other life commitments taking priority. Individuals in this stage may find it difficult to balance evangelistic efforts with their busy schedules. As they become more focused on career progression, raising children or maintaining their household, active participation in outreach programs may decline. Church and evangelism can become more relational rather than dynamic, as time constraints and responsibilities limit their capacity for broader outreach.

4. 60 + years (senior years)

This stage involves reflection and legacy-building. Many people are retired and have time to devote to things they feel are most meaningful, including faith and family. It's a period where most people often contemplate their mortality and the eternal significance of their lives. Physical limitations such as health issues, mobility restrictions or general ageing can reduce the capacity to engage in active evangelism. While seniors may continue to witness in more passive or relational ways (through personal testimonies, advice and wisdom giving), they may not participate as dynamically in evangelistic efforts like they did in earlier stages. Their approach may become more reflective and supportive, such as through prayer or mentoring rather than direct outreach.

Remembering Your Creator

The wisest man who ever lived provides us with this advice: "Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them" (Ecclesiastes 12:1).

This verse admonishes us to remember our Creator in our youth; in our early age; a time when our decisions shape the course of our lives. This is because our latter years (in this life or the next) depend on our early years. When we have reached our 60+ years, then we realise we have made the right choice, leaving us no room for regret because we know we have faithfully served our God, others and have lived life to its fullest.

Consider the illustration (pictured right):

The long, white part of the rope represents the vast expanse of eternity (heaven). This vividly contrasts our brief earthly existence (70 years), represented by the small black section. God has given us the small black section to prepare for the white section. In other words, our existence on earth is a gift from God to be used to live for Jesus and enjoyed with one another. It is not to be squandered. Oh, how we think we have all the world to ourselves. This analogy underscores the importance of prioritising our eternal destination over temporal pursuits.

Pilgrims in this world

As pilgrims in this world, our ultimate home is heaven. Every action, decision and sacrifice should be viewed through the lens of eternity. In Matthew 6, Jesus Himself urged us to store up treasures in heaven, highlighting the impermanence

of earthly achievements compared to eternal rewards:

"Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal" (verses 19,20).

In today's world, striving for wealth, knowledge, or influence is not inherently wrong; in fact, the Bible highlights individuals (Abraham, Job, Joseph) who were wealthy and prosperous yet remained devoted to God. Their abundance was viewed as a divine gift, used to glorify and honour God.

In contrast, modern society often pushes us to chase success at any cost, seeking recognition and validation. Yet, this pursuit can lead us astray when the attainment of our goals eclipses our gratitude towards God, who is the ultimate source of blessings.

This dilemma is compounded by life's brevity. If all our efforts are solely self-focused, we risk neglecting our spiritual responsibilities until it is too late to make a meaningful impact for God. This realisation may come in our later years, when our capabilities are diminished or circumstances unexpectedly change.

The question then remains, when our 70 years are over, what treasures have we laid for heaven?

A call to live wisely

The appeal is clear: choose to be on God's side and serve Him wholeheartedly. Quoting from Matthew 16:26: "For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?" Are we overly focused on short-term gains and pleasures, or are we mindful of our spiritual journey and ultimate destiny? Jesus challenges us to consider what truly matters in the end—our souls and our relationship with God. Therefore, let us live wisely, making the most of our time on earth to impact eternity. There is no room for wasted years or misplaced priorities when our souls are at stake.

In conclusion, our 70 years on earth are a precious gift, an opportunity to glorify God and prepare for our eternal home. Let us heed the wisdom of Scripture, live intentionally for Jesus and invest in what truly lasts—for eternity awaits those who faithfully serve their Creator.

Harold Taronmal

intern minister at Pepsi Time church, Santo, Ambrym Island, Vanuatu.



calmness

STORM

in the



As you begin to read this article, I want to ask—how are you doing? How are you tracking in this world that is so full of turmoil and uncertainty?

Is your life so busy, at times you find it difficult to catch your breath?

How is your spiritual life? Do you find it harder and harder to carve out time to spend in the Word and with Your Saviour?

It is good for us at times to stop and think upon these things and ask ourselves how are we travelling in this complex and complicated world. And importantly, how others see you interacting with the world passing around

you. Whether you believe it or not, people watch us and see how we react and carry ourselves in a world so full of anxiety and stress. I wonder if we, as a corporate group of Christians, and me individually, are appropriately responding to this new normal?

We have all just been through several years of upheaval with the COVID-19 pandemic—a very defining part of our lives. For some people their lives have been affected drastically by loss and health challenges. I don't think anyone can deny that our world is now a different place post pandemic. For me personally, this was a time that God

grew my faith much stronger in Him.

During the COVID-19 years I was working for a Christian organisation where I spent a lot of time on the phone talking to people. During the first lockdown, most of the staff were able to stay in the office, but during the second lockdown people were very limited where they could travel. My colleague and I, who were local to the area, decided to stay and staff the office during this time. This lasted around six weeks. We manned the phones and sent out close to 1000 pieces of encouraging literature to people who were confused, lonely and anxious.

There was so much misinformation raging in different religious denominations that people were very confused. They rang us to find some sense of peace. My colleague and I felt that God was there with us every day and even though it was a very stressful time, He totally sustained us and looked after us. All we could do was encourage and pray with these people and share Bible verses with them.

What surprised me even more was the amount of angry people there were—especially Christians who felt indignant that their rights had been taken away. People were anxious, scared and frightened or didn't trust that God would take care of them. It was an eye opener for me.

This was the time I dug into the Word, prayed, listened to and read the stories of older retired pastors who had experienced very difficult times in the mission fields and how God had protected and sustained them.

How do we have a relationship with Jesus that keeps us calm in the storm? One that allows us to have total peace that God has got this?

I've learned that the promises in the Bible are very valuable. There is power in the Word! And as Christians we are to believe it and hold onto the precious promises that God has given in the Bible. Here are some promises that have helped me:

Isaiah 41:10—Fear not, for I am with you; Be not dismayed for I am your God.

Hebrews 13:5—I will never leave thee nor forsake thee.

1 Peter 5:7—Cast all your anxiety on Him because He cares for you.

Zephaniah 3:17—The Lord thy God in the midst of thee is mighty; He will save.

Psalms 91:11—For He shall give His angels charge over thee, to keep thee in all thy ways.

These are only a few that have resonated with me. There are so many more. Dig for them like precious jewels until you find the promises that give peace to your heart. Write them down, read them over and over until they give you the comfort you need. Pray them back to God and ask Him to take away the anxiety, stress and fear.

I think about the story of Jesus in the

storm on the lake of Galilee. I have been on that lake in Israel and it was smooth as glass the day we sailed on it. It was very hard to imagine a storm with the waves so high they were lapping over the boat. I now live not far from a very large inland lake; I drive past it on my way to work. Many, many times I look across it and it is smooth as glass but when the wind whips up and the rain is pelting down that lake turns into a churning mess and I can imagine those disciples in the boat fearing for their lives. The interesting thing was that Jesus was in the boat with them, they had already experienced the miracles that He had performed and they were still afraid. They momentarily forgot He was there as He had fallen asleep and was quietly laying there in the back-ground.

Jesus says it well in Matthew 8:26: "But He said to them, 'Why are you fearful, O you of little faith?' Then He arose and rebuked the winds and the sea, and there was a great calm."

Do we momentarily forget that Jesus is with us in a storm situation? Do we let our minds wander off in the direction of fear and panic? I know I do, even when I have seen the many times He has stepped into my life and averted a situation or there has been a profound moment or period of time that I know He has been with me.

The only thing we can do is pray and ask God for forgiveness for our unbelief and help us to trust Him more to keep us calm in the storm. We can claim the promise found in Mark 9:24: "Lord, I believe; help my unbelief." The devil can so easily get us off track and keep our eyes off Jesus. It is so easy at times for us to get over absorbed with the world and get lost in conspiracy theories and the many things that distract us.

We are to be aware of what's going on in the world but not absorbed by it. God has got this. I love the promise found in Genesis 8:22: "While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease." What a promise! When our world seems to be spinning out of control be assured that God has got this.

Dear friends, what we have experienced in the past few years is only a

prelude of what is to come. It is now time for us to be absorbed in the Word of God and ask God daily to help us be calm through the storms of life. People will see that profoundly through us and ask us how we can have such peace and assurance during this time.

I came across a quote from Ellen White a few years ago that gave me great strength (and still does): "The serenity of mind which you may possess will bless all with whom you associate. The peace and calmness will in time become natural, and will reflect its precious rays upon all around you . . . The more you taste this heavenly peace and quietude of mind, the more it will increase . . . Perfect peace is an attitude of heaven which angels possess" (*Lift Him Up*, p94).

Wow, what comforting words! I love these verses in Philippians 4:6,7: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

This is such a beautiful promise which we can pray back to God and ask Him to give us the peace we need. When we ask God to send us the Holy Spirit to take away our fears, worries and anxieties, He can do amazing things in our life that are beyond our understanding. We need to surrender our wills to God, ask for forgiveness, and ask Him to send His Holy Spirit to help us in our walk with Jesus and be a witness for Him. This may sound an all too easy fix but with continual practice and with God's help we can change the way we think and respond to what is going on around us.

In this complex, complicated world we need to be vessels of peace and calmness sharing God's promises of hope and salvation.

As 1 Peter 5:14 tells us, "May the peace of God be with you all."

Natalee McLean

writes from the Lake Macquarie area of NSW.



Conversations

Timely article

I want to thank Dr Darius Jankiewicz for his article “Anti-Trinitarianism and Adventist identity” (Feature, October 19). He makes it very clear the anti-Trinity movement is indeed Catholic doctrine. When I heard anti-Trinitarians accuse the Seventh-day Adventist Church of teaching Catholic theology, I went to check out this accusation at the Catholic Church’s own website. What I discovered was that this is a blatant lie. The anti-Trinitarians themselves teach Catholic doctrine. Thank you again for this timely article.

Kristine Stahl, SA

False gospel

I see nowhere where the GC Strategic Plan (News, October 18) is addressing a global misunderstanding that Adventists have of the New Testament/Protestant gospel, yet we have a “. . . Mission for All [that] seeks to increase member participation in sharing the gospel”.

With 74 per cent of surveyed Seventh-day Adventists believing that they need to keep the law perfectly to be saved (or aren’t sure—see Andrews Uni research) we are presently in no position to take THE gospel of Jesus to the world until this gross problem is rectified.

Indeed, in the present situation we are sharing a “false gospel”, which Paul

told the Galatians was “really no gospel at all” (Galatians 1:7). Further, in verse 8 and 9 Paul had very strong words for those who preached a different gospel.

Leaders need to be calling us to corporate repentance for being false witnesses to God’s GRACE. Then a thorough education program is needed to help members grasp this truth that should be our priority. Only then can we have a “. . . Mission for All [that] seeks to increase member participation in sharing the gospel”. We mustn’t be “fiddling while Rome is burning!”

John Denne, NSW

Phones in church

According to a NSW Department of Education’s Centre for Education Statistics and Evaluation survey, the banning of mobile phone use in NSW state schools during school hours has led to large improvements in student learning, less distraction in the classroom and improved socialisation among students. The students themselves have acknowledged the advantages and largely support the move.

This opens the discussion about phones in church. On several occasions I’ve witnessed whole rows of young people during sermon time with their faces firmly fixed on their mobile devices. They are clearly distracted

from the content of the service, onto screen content that almost certainly is not spiritual or uplifting. One must ask, “How are they receiving the spiritual instruction and inspiration they should be imbibing, by listening to the message of the hour?” Perhaps these distractions are one reason why a large percentage of our teenagers have little understanding of our Adventist doctrines?

Now some may say that they are using a mobile Bible app. But, as a famous preacher of Scottish heritage once said, “I hae m’ doots!”

Other denominations have tackled the same issue with variable solutions, up to and including outright bans. Maybe it’s time we as a church started to consider whether the preacher should request *all* mobile phones be turned off during the sermon (except for those with on-call obligations). An alternative that might work better is to ask that phones are placed in the hymn rack of the pews, on silent, with their screens pointing to the front of the church, or turned off.

We have enough trouble retaining our young people, without seeing them drift away with screen distractions on Sabbath. I suspect, like the students, if restrictions are introduced in a Christ-like way, they will also agree with, and benefit from, sensible restrictions.

David Pennington, NSW

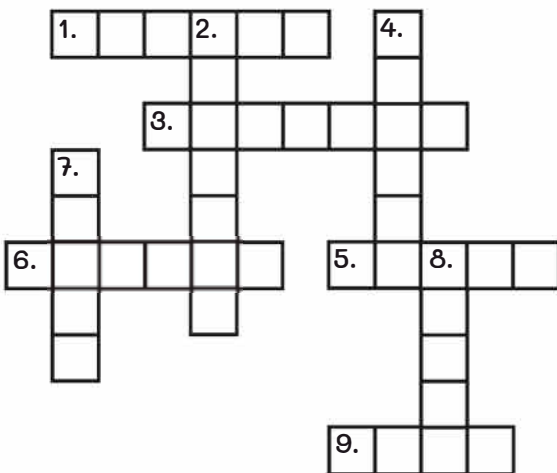
Hello Kids!

God's presence
changes our lives.



THE SERVANT MASTER

King Nebuchadnezzar builds an image of gold and sets it in the plain of Dura in Babylon. He calls all his advisors and leaders to come together for the dedication of his image. He decrees that everyone is to bow down and worship the image at the sound of the trumpet and other music. Shadrach, Meshach and Abednego do not bow down to the image. Nebuchadnezzar asks them if their God can deliver them from the fiery furnace. They answer by saying they believe God will deliver them from the fiery furnace, but their worship is not based on that deliverance. Nothing can make them stop worshipping God.



Crossword Challenge

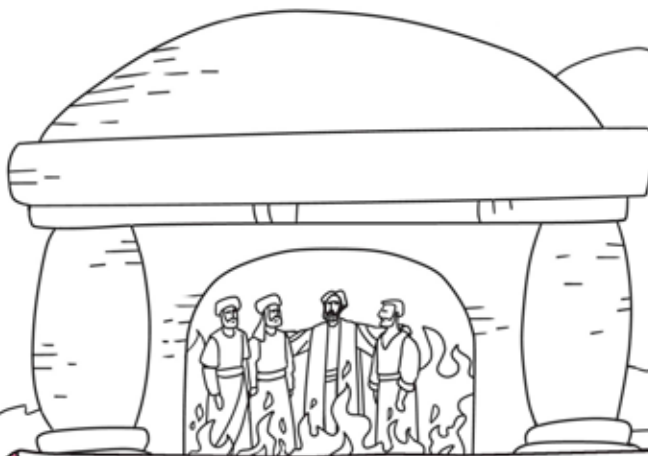
CLUES ACROSS:

1. Nebuchadnezzar made a huge gold _____
3. All who didn't bow down and worship the statue were thrown into the _____
5. All who disobeyed the King were put to _____
6. Shadrach, Meshach and Abednego _____ the king's orders
9. The statue was made of _____

CLUES DOWN:

2. Everyone had to bow down to the statue when they heard the _____ 4.
The king sent out a _____ ordering everyone to worship his statue
7. Those who did disobey were thrown into the _____ furnace
8. An _____ was sent down to help the three faithful men

Colour
Me In!



MEMORY VERSE

"Then Nebuchadnezzar said, 'Praise be to the God of Shadrach, Meshach and Abednego, who has sent his angel and rescued his servants! They trusted in him and defied the king's command and were willing to give up their lives rather than serve or worship any god except their own God'" (Daniel 3:28).



Obituaries

BALDWIN, Maurice Kent, born 19.3.1951 in Sydney Adventist Hospital, NSW; died 30.9.24 in Sydney. He was predeceased by his father, Maurice. Kent is survived by his mother, Joan; and sisters, Karen Butler, Jenny Baldwin and Adrienne Harnett. Kent was born with severe mental disability and later diagnosed with autism spectrum disorder and at the age of 12 years had to be entrusted to residential care. His longest stay (41 years) was at Rydalmere Metro Services but the last nine years were spent at the newly-established Lockwood home in Asquith. His family kept very close to him, enjoying his love of train rides, beach walks, fruit salad and Easter eggs. He was also much-loved by the staff of Lockwood, many of whom attended his funeral service.

Garth Bainbridge



DAVIS, Craig Philip, born 25.8.1961 in Brunswick, Vic; died 19.9.24 in Melbourne. He was married to Jenny (nee Weekes). Craig is survived by his wife; son, Jackson (both of Mooroolbark); and brothers, Tim, Mark and Graeme. Craig was a dedicated, loyal husband and a loving and caring father. He will be greatly missed by his family and his many friends and work mates, especially the team at Signs Publishing. Craig touched each of our lives and will be in our hearts forever.

Tony Knight, Darren Croft



FORD, Norman John, born 25.3.1931 in Kingaroy, Qld; died 29.9.24 in Kingaroy. He is survived by his wife, Olive; and children, Kelvin, Garry, Noelene and David. Many family members and friends gathered at Norm's funeral service to pay their respects. He was well known in the Mannuam and Kingaroy communities and abroad. Many people testified to his friendly nature, kind character and generous spirit. He was laid to rest in the Taabinga lawn

cemetery on Wednesday, October 9 and awaits the day when Jesus will come to take us home.

Leathan Fitzpatrick

Advertising

MISSIONARIES LUNCH

December 7, 1pm at Kressville Activities Centre, Avondale Lifestyle Community, cnr Freemans Drive and Central Road, Cooranbong. Missionaries, descendants and friends welcome. The theme for your talk this year is "How your life was influenced by your time in mission work and by the national people you worked with". Queries: Warren Martin. Phone 0428 727 384.

STUDY THE ADULT SABBATH SCHOOL LESSON YOUR WAY

Accessible formats for vision loss (large print, audio CD, app, YouTube, podcast, and braille)

or hearing loss (Hope SS captioned). Contact CSFBHI on +61 (0)2 9847 2296 or email <csfbhi@adventistmedia.org.au>

ABSOLUTE CARE FUNERALS

The Adventist family owned and operated business, caring for you from Sydney to Newcastle and Wollongong. Contact Arne Neirinckx, who understands our Adventist philosophy. Contact us on 1300 982 803 or 0408 458 452 or <arne@absolutecarefunerals.com.au>, even if you have already paid for your funeral.

TURNER LEGAL

NSW-based Adventist solicitor: estates and estate disputes; powers of attorney and appointments of enduring guardian; and conveyancing. Contact Ellen Turner at 0488 637 179 or <office@turnerlegal.com.au>.

Thank you for supporting God's mission in 2024!

Scan the QR code or visit my Instagram page for more: @sisterbetsy.spd

Seventh-day Adventist Church
South Pacific
STEWARDSHIP

stewardship.adventistchurch.com/sister-betsy



abn 59 093 117 689
vol 129 no 23

Consulting editor
Glenn Townend

Editor
Jarrod Stackelroth

News editor
Juliana Muniz

Assistant editors
Danelle Stothers
Olivia Fairfax

Copyeditor
Tracey Bridcutt

Graphic designer
Theodora Pau'u

Noticeboard
Julie Laws

Letters
editor@record.net.au

News & photos
news@record.net.au

Noticeboard
ads@record.net.au

Subscriptions
subscriptions@record.net.au
+ 61 (03) 5965 6300
Mailed within Australia and New Zealand
\$A60.00; \$NZ90.00
Other prices on application

Website
record.adventistchurch.com

Mailing address
Adventist Media
Locked Bag 1115
Wahroonga NSW 2076
Australia
+ 61 (02) 9847 2222

Cover credit
Mindful Media — Getty Images

Next issue
Adventist Record
December 7

NOTE: Neither the editor, Adventist Media, nor the Seventh-day Adventist Church is responsible for the quality of goods or services advertised. Publication does not indicate endorsement of a product or service. Classified advertisements in *Adventist Record* are available to Seventh-day Adventist members, churches and institutions only. All advertisements, appreciation, anniversary, wedding and obituary notices may be submitted via <ads@record.net.au> or online at <record.adventistchurch.com>. Notices will not be reprinted unless there is an error of fact caused by *Record* staff.



welcome home

where people come first

- Spacious 2-bedroom, single-level homes with easy-care gardens
- Active and friendly community centers
- Comprehensive on-site services
- 24-hour emergency call service

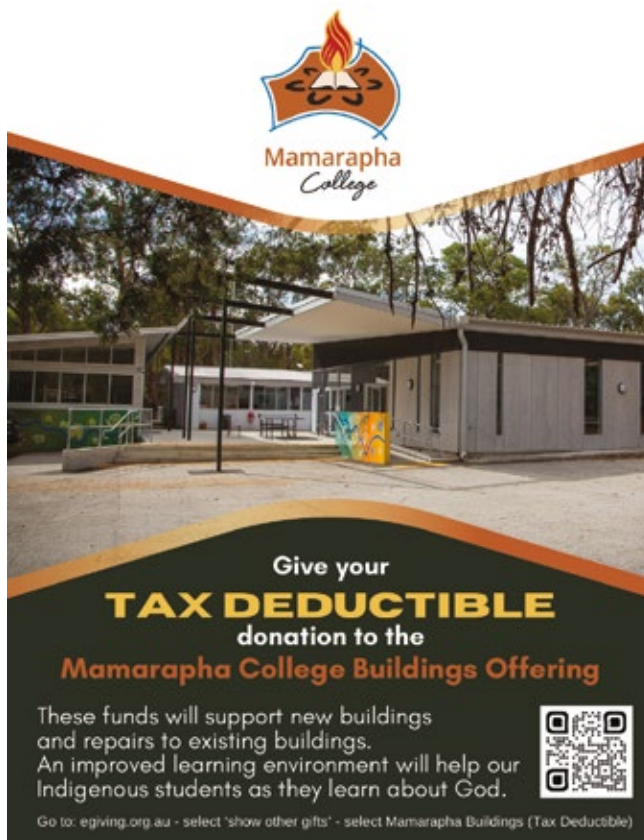
For more information or to arrange a visit:

P (02) 6627 9900 (**Alstonville**)

E sales@adventistseniorliving.com.au | adventistseniorliving.com.au



From 5pm Family Activities | Food Stalls | Santa Photos
 6:30pm Kids Concert 7:00pm Main Carols Concert
sah.org.au/san-carols



GIVE A LIFE-CHANGING GIFT THIS CHRISTMAS!



Chicken - \$20



Back to School Kit - \$40



Toilet - \$120



Check out our NEW Gift Catalogue here:

adra.org.au/gifts 1800 242 372

