



R

The abiding love of Christ

How Ellen White
described the
experience ¹⁶

Family and friends mourn “loved”
pastor ⁶

WANT TO SEE MORE PEOPLE IN YOUR CHURCH THIS EASTER?

Discover practical marketing ideas to reach your community!

FREE

ONLINE LUNCH
AND LEARN

February 26
12pm (AEDT)

SCAN ME





EDITOR'S NOTE:

Our home

Ashley Jankiewicz
Assistant editor

“

This is what home is—a place where you can be yourself, a place where you can be real.

Here in Australia we have a lot of place names that stem from Indigenous Australian words, and I love discovering their meanings. For example, Murwillumbah, meaning “place of many possums”, Yarrhapinni, meaning “koala rolling down a mountain” or Cooranbong, meaning “water over rocks”.

Wahroonga is a name I have heard my whole life, being the place in Sydney known for its Adventists due to the Sydney Adventist Hospital and the South Pacific Division offices. However, it wasn't until I started attending church in Wahroonga that I discovered the meaning behind the name. The word comes from the Ku-ring-gai language and it means “our home”. It struck me that the name of my church is “Our Home Seventh-day Adventist Church”. That has a whole lot of meaning. We often say that church is a home, and we use the words “church family”, but I wonder if we really take that to heart.

During the pandemic I felt really disconnected from church, even between and after the lockdowns. I wasn't involved in the service in any way and would just show up to church at 11am. The service would be over by noon and I would leave soon after. It wasn't until I went abroad for a year and joined a tight-knit Adventist community that I began to realise what it meant to be part of a church, to do more than just sit in the pew—to be involved, surrounded by dedicated people who were serious about their faith. Being part of this community also staved off a lot of loneliness I might have otherwise had felt.

Levels of loneliness have been increasing, slowly but steadily, as the years pass. There are many speculated reasons for this, but the fact is that many people, despite connectedness via the internet, are lonely. One thing known to combat loneliness is if individuals belong to some sort of group, for example a club, society or church community. For many, attending church is just a tradition. For others, unfortunately and untrue, they see it as a means to salvation. But I think the real purpose of church is connection—real connection. Not just surface-level connection—smiling, making small talk and pretending everything is okay—but being open, vulnerable and willing to discuss the messy parts of life, not just the good. That is what a home is—a place where you can be yourself, a place where you can be real.

The New Testament writers have a lot to say about what church should be like. In Acts 2, after Pentecost, where the Holy Spirit came down and inspired the believers, Paul writes how they “devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer”, how they were all “together and had everything in common”, how they “continued to meet together in the temple courts. . . praising God and enjoying the favour of all the people”. (Acts 2:42-47). Notice how they mentioned fellowship? Alongside the praising and worshipping? Fellowship is a word we Christians love but sadly don't always embody. Meeting and connecting with each other was just as important as the outreach they were doing, and it should be the same today. And it's not all just on the pastor's shoulders, either. I've seen pastors working tirelessly and members not really responding to efforts to connect. It can take effort and sacrifice, but the benefits are worth it.

And remember, the early church was far from perfect. Truth be told, they had as many problems as we do today, shown in many of the letters Paul writes, pleading the believers to get along. You see, you can have a loving home but know that it's not perfect. People are not perfect; therefore, families cannot be perfect. In the same way, the church is made up of broken people. We should strive for the ideal but realise we won't be perfect. Give the church grace like God gives us grace and continue to do our best to be the family of God and to make our churches welcoming, safe homes for anyone who wishes to enter.



INSIGHT:

Good sleep

Glenn Townend
South Pacific Division president

Jesus warns His disciples not to be sleepy (Matthew 25:1-13). He calls us to be ready and on watch (Mark 13:32-37). The rest of the NT writers share similar sentiments (Romans 13:11; 1 Thessalonians 5:6,7). The context is usually about being ready for Jesus' promised second coming to earth. His disciples are to be alert (Acts 20:31; Ephesians 6:18). We are to know what is going on in the world. We are not to forget Jesus by temptation and our sinful nature. We are not to prioritise matters of life that don't really matter. We are to be alert to our personal environment.

The irony is that for us to be less sleepy and more alert to spiritual matters and the things that can challenge our spirituality we need good sleep. Sleep is a precious commodity—the less we have, the less alert we are. During any given year I have up to 180 nights of sleep away from home. I sleep upright on planes and on pillows that feel more like Jacob's stone pillow at Bethel (Genesis 28). I sleep on mattresses that are so thin I'm not sure they are there. Because of my schedule I get to bed late and have to rise very early. Some rooms are hot, others are cold, some have heating, others fans. Some places are quiet, others have street noise to all hours, others have nature's sounds, others have cars, trucks, planes and trains—all impact on my sleep. Thankfully I've learnt to sleep in many and varied situations. However it's hard to stay alert when sleep deprived, which happens more than I'd like.

Recently the SPD Office gave all its staff a book on sleep as we want us all to be alert for the tasks of the day—including spiritual alertness. We discovered the best sleep happens if it is routine. It happens in the same bed, at the same time in the same way every evening. When travelling, having similar routines before sleep will help bring better sleep. Tips such as not watching blue screens (TVs, computers and phones) for an hour before bed will give a better sleep. A cooler room promotes better sleep.

Sleep is physically important as it gives the body a chance to restore itself and the brain time to reconfigure. Going without sleep for just one night gives a person the same alertness as someone who is inebriated. So, for us to be spiritually alert we need to sleep soundly. Here's to a church that sleeps better.

7me APP

AVAILABLE NOW

FEATURING

Prayer
Interactive prayer page

Calendar
Calendar of all your Conference and local church events

Resources
All your Church resources in one location

News
Latest news from around the Pacific

Direct to your mobile phone

Available to download now.

7 Local Church subscriptions available through your Conference office



Prime Minister James Marape, his advisor Ray Paul and South Pacific Division president Pastor Glenn Townend at Avondale Memorial Church.

PNG PM thanks Australian missionaries

📍 Cooranbong, NSW | Kiera Bridcutt

Papua New Guinea's Prime Minister James Marape expressed his appreciation for Australian missionaries at Avondale Memorial Church on December 7.

Mr Marape attended the church service during his visit to Sydney for the PNG Investment Week conference held at the International Convention Centre. Speaking to approximately 300 attendees, Mr Marape said he was thankful for the mission work of the Adventist Church in Australia.

"Thank you very much to all the pioneers of faith," Mr Marape said. "I'm a testament to one of the contributions Australian missionaries in the Church have made."

Mr Marape spoke on some of the challenges of being an Adventist in public office. However, he also acknowledged that the role provides him with an opportunity to evangelise and witness to places many cannot reach.

He said almost 30 per cent of the country's civil servants are Seventh-day Adventist, several of them holding key government portfolios, including the head of the judiciary, the chief justice,

deputy chief justice, chief secretary of state and the speaker of the parliament.

"We want to ask for your continued prayers as we balance a life of being a public official and trying our very best to make sure we shine the light of Christ," Mr Marape said.

He also spoke on the impact of PNG for Christ on the communities back home. "Your tithes, your offerings and your Church here continue to support for Jesus the work up there," he shared. "More than 200,000 were baptised in the event, and after that, they continue nurturing equally—more than 200,000 are being nurtured in the Church right across the country. We continue to expect more baptisms but keep on praying, keep on supporting."

Mr Marape specially mentioned Kenneth Boehm and his fly'n'build team. "His team of fly'n'builders had a lot of hands in much of the work that is up there in PNG right now," he said.

"Thank you for all the support the Church in Australia rendered. You've laid a good foundation for PNG to be a lighthouse to a global mission field."



Justin Woods, senior director of technology at Hope Channel International, stands alongside servers ready to be configured and shipped to division headquarters, schools, hospitals and other Adventist-owned facilities worldwide.

SPD helps Hope Channel International to strengthen global mission

📍 Wahroonga, NSW | Hannah Drewieck/Record staff

Two new servers hosted in the South Pacific Division (SPD) territory will strengthen Hope Channel International's (HCI) digital content delivery network, enhancing access to its Christ-centred programming in Australia, New Zealand and Oceania.

One server will be housed at the SPD headquarters, supported by IT operations and infrastructure manager Dean Tichborne and IT director Ben Thomas. The second server will operate from the Hope Channel Oceania headquarters near Sydney, strategically positioned to cover major population centres and the broader region.

"These servers are more than just technology—they are part of a collaborative effort to spread the good news efficiently and effectively," said Mr

Tichborne. "This initiative helps ensure that the message of hope reaches every corner of the globe."

The servers provide redundancy to minimise disruptions in programming and support Jetstream Studio, HCI's digital media management platform. Jetstream enables Hope Channel's global network to create, translate and distribute content in more than 100 languages, serving 80-plus channels worldwide.

According to HCI president Pastor Vyacheslav Demyan, the project reflects the SPD's commitment to advancing the Adventist mission through innovation and collaboration. "Their support ensures the message of eternal hope transforms lives in Oceania and beyond," said Pastor Demyan.



Pastor William Strickland

Family and friends mourn “loved” pastor

📍 **Limpinwood, NSW** | Jarrod Stackelroth

The Adventist community is in shock after the unexpected death of Pastor William Strickland.

Pastor Strickland’s car was swept off a causeway by floodwaters in northern New South Wales on January 18.

The area had received more than 100 millimetres of rainfall in a short time.

Pastor Strickland’s vehicle was discovered 400 metres downstream, but he was not found until two days later, according to ABC News.

In a statement posted to Facebook, the Strickland family confirmed that Pastor Strickland’s body had been found. “We would like to thank those who have been eagerly praying for this moment, and for those who have been here actively searching for Dad, especially our local church community, the NSW police and SES. It has not been in vain.”

The family paid tribute to their

“charismatic and loved” father “who gave his life in service and ministry of the gospel”.

“He touched many people’s lives through his work as a pastor with the Seventh-day Adventist Church in both Australia and New Zealand, and his community work through ADRA.”

Tweed-Byron Police District Inspector Matt Woods said more than 170 people turned up to help with the search.

“It just shows you the standing and the love that this gentleman has had in his community,” Inspector Woods said.

Pastor Strickland worked in Youth and children’s ministries for many years and served most recently in Queensland as a local pastor in Brisbane and chaplain for ADRA Logan. Adventists around the South Pacific and the world had been praying Pastor Strickland would be found and were sharing tributes on Facebook.



The 2024 event was the first to unite both men and women in a shared congress.

More than 1200 attend first combined welfare congress in Vanuatu

📍 **Port Vila, Vanuatu** | Juliana Muniz

More than 1200 Adventists from Vanuatu, Solomon Islands and New Caledonia came together in Port Vila for the Vanuatu National Welfare Congress from December 6 to 15.

The 2024 event, themed “Chosen and Inspired to Go Reach My World”, was the first to unite both men and women in a shared congress, breaking away from the tradition of separate gatherings.

Opening with a parade through Port Vila, the congress featured cultural performances from Nguna Island and an official ceremony at Independence Park, led by Rothina Noka, director of Women’s Affairs for Vanuatu.

Vanuatu Mission welfare director Cindy Joel explained the goal of the event: “My aim for organising this National Welfare Congress is spiritual growth—that people who attend grow in their relationship with God.”

Morning and evening devotions were presented by Solomon Islands Mission stewardship director Pastor Bruce Likaveke and Papua New Guinea Union

Mission women’s ministries director Dr Agnes Kola.

Workshops throughout the congress covered practical and spiritual topics, including Bible study techniques, country living, the health benefits of local fruits and natural remedies using water.

Keynote messages included a sermon on spiritual gifts by Vanuatu Mission president Pastor Charlie Jimmy. Women’s ministries director Ms Joel spoke to women about prioritising their wellbeing alongside caring for their families.

The congress also gave participants the opportunity to take part in community outreach, including singing and praying at Port Vila Market.

On Sabbath, December 14, 18 people were baptised—17 from Vanuatu and one from New Caledonia.

At the end of the congress, attendees expressed gratitude for the spiritual and practical lessons shared throughout the week, with hundreds recommitting to God after Dr Kola’s final sermon appeal.



The first episode was released on February 3.

Mums At The Table launches podcast

📍 Wahroonga, NSW | Melody Tan/Record Staff

Mums At The Table has launched a new podcast, offering listeners an honest and heartfelt look at life's complexities.

Life in the Grey is a micro-podcast hosted by Melody Tan, project manager of Mums At The Table, and Faith Toh, a content producer. The monthly podcast promises to delve into the messy, beautiful and nuanced "grey areas" of life—where emotions, relationships and parenting all collide.

"Life is messy and that's okay," said Ms Tan. "We want to create a space where listeners feel seen, heard and inspired to embrace the complexities of their own lives. It's a podcast not just for mums, but anyone interested in exploring the psychological factors that shape our relationships, be that as a parent, a partner or a peer."

The concept behind *Life in the Grey* is simple yet profound: Life isn't black or white. Through candid conversations, personal stories and a touch of humour, the hosts will explore topics such as childhood experiences of judgement, the pressures of modern parenting and strategies for emotional resilience.

"This isn't about finding easy answers," added Ms Toh. "It's about asking the right questions and holding space for the in-between moments. We're here to share raw, real conversations that make our listeners think, laugh and maybe even heal."

Drawing from their own experiences as lifelong learners, Ms Tan and Ms Toh aim to offer relatable insights without preaching or judgement. Each podcast episode will be less than 20 minutes long, to target those with busy lives.

"This is a really exciting development in the Mums At The Table ministry. Our goal has always been to equip women to become the mums they've always wanted to be through education and community. Podcasting is another way in which we can support mums through a digital community," said Ms Tan.

The first episode of *Life in the Grey* was released on February 3 across major podcast platforms, including Spotify, Apple Podcasts and YouTube. Listeners can also tune in via the Mums At The Table website, where additional resources and episode notes will be available.

making headlines

Operation Save a Drunkard

Since its creation in 2015, Operation Okoa Mlevi (Save a Drunkard) has emerged as a transformative ministry within Western Kenya that is helping individuals overcome alcoholism and find healing in Christ. More than 1000 people have been baptised, and many former addicts are now active in ministry, transforming communities through preaching, music and outreach.—AR



Youth on a mission

Adventist youth in Tomsk, Siberia, Russia, are making a difference among international students through a monthly English worship service called the International Youth Church UNITED. The program has been received positively, with attending students saying they've found love and understanding through this ministry.—AW

New year, new start

On the first Sabbath of 2025, more than 500 individuals were baptised in Southern Mindanao, Philippines. Held at the New Adventist Training Center, it brought together members from several Indigenous tribal groups and other minority communities. This event highlighted the openness of these communities to the gospel, despite being deeply rooted in tradition.—SSD

Get moving

Exercise is known to help protect against dementia, but not all sedentary activities affect brain health equally. Stimulating activities such as reading, crafting or praying can boost cognitive function, while watching TV or gaming can be detrimental. With dementia affecting millions globally, researchers recommend modifying sedentary behaviours and incorporating movement.—UniSA



Reaching new heights

Sydney Adventist Hospital anaesthetist Dr Gurdial Singh has embarked on an adventure of a lifetime: a trek to Everest Base Camp. The challenging trek to the base of Mt Everest was not just about reaching new heights but to raise essential funds to upgrade the simulation centre in the San's Clinical Education Centre. The simulation centre provides life-like scenarios where medical students, nurses and doctors can practise and perfect their skills in a safe, controlled environment. Dr Singh's ascent saw him traverse through picturesque Sherpa villages, lush forests and over suspension bridges. "Each of the stops along the way reveals a piece of Nepal's rich cultural tapestry," Dr Singh said. "Standing at the foothills of the mighty Everest, the highest pinnacle on Earth, is an experience that is unforgettable."—Tracey Bridcutt



"An absolute privilege"

Pastor Eden Ashcroft was commissioned on January 25 at Wahroonga church, NSW, in an uplifting service attended by family, friends and pastoral colleagues. Originally from Mildura, Victoria, Pastor Ashcroft felt called to ministry during the Australian Union Conference's Chosen teen leadership program. She later studied at Avondale University and served a two-year internship at Wahroonga church before being called to the Greater Sydney Conference as the young adult coordinator. In 2025 she has joined the Western Australian Conference as youth and children's leader and chaplain at Carmel Adventist College Primary School. "I can't imagine doing anything else in my life and it is an absolute privilege to be used by God in this way," she said.—Tracey Bridcutt



Transformative step

The Sepik Mission officially launched *Alive in Jesus* in Yangoru District on January 20. The event, which happened with training sessions, marked a significant step toward the rollout of the new Sabbath school curriculum for children. Central Papua Conference children's ministry director Ruth Batu, who facilitated the training, emphasised the importance of the initiative, stating that it equipped leaders with the tools needed to effectively implement the new curriculum. "This is a transformative step for our children's spiritual growth," she said.—Joe Philip



Ready for 2025

Adventist educators from across the Morobe Province, PNG, gathered on January 20 for the annual Morobe Mission Teachers Orientation Program. The event focused on equipping teachers in Adventist schools with spiritual and practical tools to enhance their impact in the classroom and the community. Teachers were reminded of their role in modelling Christlike behaviour to foster both intellectual and spiritual growth.

—Ken Doulos



New CEO for ASL

The North New South Wales Conference (NNSW) Nominating Committee has appointed Andrew Bailey as the new CEO of Adventist Senior Living (ASL). Mr Bailey succeeds David Knight, who retired at the end of 2024 after 19 years of service.

"I'm very excited for such an amazing opportunity, and also apprehensive, knowing what an outstanding job David has done over the past 19 years," Mr Bailey said.

At the time of the appointment, Mr Bailey was serving as executive officer and director of nursing and midwifery at Macksville District Hospital. He has more than 20 years of healthcare and management experience.

His expertise spans aged care, community health and acute healthcare, with a strong focus on accreditation compliance, aged care legislation, and the principles of workplace health and safety (WHS) and equal employment opportunity (EEO).

His career highlights include being named one of two NSW recipients of the Nightingale Challenge in 2021, a program designed to develop emerging leaders in nursing and midwifery. He holds a Bachelor of Nursing, a Master's in Health Service Management and several postgraduate certifications.

Mr Bailey is married to Sherryn, who recently accepted a nursing lecturer position at Avondale University. Together, they have three children.

Mr Knight was CEO for nearly two decades. Under his leadership, ASL achieved key accreditations, and expanded services and programs focused on residents' physical and emotional wellbeing.—**Henrique Felix**

have news to share?

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



Historic baptism

Ambassadors from Port Moresby's north-east and east districts have climbed Mt Wilhelm, Papua New Guinea's highest mountain, conducting a baptism in a lake on the mountainside. Believed to be the first Seventh-day Adventist baptism at Lake Yaunde, the expedition ended on a high note. Fred Mikawe, an ambassador from the Wildlife Seventh-day Adventist Church, was baptised by Central Papua Conference youth director Pastor Joe Kauga. According to the South Pacific Division website, Ambassadors is a level of senior youth leadership that provides a structured and organised way for 16-21 year olds to become actively involved in their church, both locally and globally, and is the next stage young people can enter after Pathfinders.—**Simon Dopi**



A caring community

Hillview church in Morisset, NSW, opened its doors to help residents who lost power after a severe storm hit parts of the state. The heavy rainstorms on January 15 had left many households in Cooranbong and other areas without electricity for several days, creating an urgent need for practical support and a safe gathering space. Community members were invited to charge their mobile phones, take hot showers and share warm meals at the church. According to Mary Fedorow, a member of Hillview Church, these practical measures were an important source of relief. "We knew people were in distress and wanted to do our part to help," said Ms Fedorow. She added that the hospitality offered by Hillview went beyond the practical services offered. "It became a reminder that in times of hardship, a caring community can make all the difference."—**Mary Fedorow/Juliana Muniz**



ATSIM camp a milestone for Indigenous ministry

More than 350 people from across Australia gathered at the national Indigenous camp, led by Aboriginal and Torres Strait Islander Ministries (ATSIM) of the Australian Union Conference (AUC). Hosted at Watson Park in Brisbane, this was the first national camp since 2019, after delays caused by COVID-19 and the cancellation of the planned event last year in the aftermath of the cyclone and flooding in Cairns.

"Since our last camp, we have had some significant things happen, with the griefs and losses we have experienced in that time, including separation of families during COVID and then the referendum, so many of our people were keen to get together again for a time of healing and celebration," said Pastor Darren Garlett, director of ATSIM.

Celebrating the theme of "Following Jesus: One Message, One Ministry, One Mob", some camp participants travelled by bus for days from communities including Finke and Tennant Creek in the Northern Territory, as well as remote areas of South Australia, the Torres Strait, northern Queensland and Western Australia.

"Our people used to meet together for cultural events, which were times for sharing stories, sharing grieving, sharing good news and introducing new members of the family—and this camp is similar with the additional spiritual focus,"

said Pastor John Beck, ATSIM's senior pastor for Outback Remote Ministries. "For the next three years, our people are going to remember this camp, the stories shared, the songs we have sung. It is like a mini-evangelistic program where everybody is sharing together and encouraging one another."

A highlight of this year's ATSIM camp was a Sabbath-afternoon baptism, after which a further seven people responded to an appeal to prepare for baptism. For ATSIM leaders Pastor Garlett and Pastor Luke Stuart—ATSIM director for South Queensland—the baptisms were personal, including Pastor Garlett's grandson, Malcolm, and Pastor Stuart's sons, Jacob, Nathanael and Joshua. "It is significant for four young men to be baptised and it is testament to Luke and his family that the three boys wanted to be baptised together," Pastor Garlett reflected.

"ATSIM camps have always been a family camp with several generations together and the largest group being our younger people," he added. "We are a very diverse and inclusive group, and that is something we are intentional about."

AUC president Pastor Terry Johnson emphasised the importance of Indigenous ministry to the Australian Church. "While Indigenous people make up about 3 per cent of the Australian population, they represent just under 6 per cent of our active Seventh-day Advent-

ist members," he said. "So this camp is an important gathering for our Church, impacting a significant portion of our membership."

As well as speaking at the ATSIM camp, Pastor Johnson said he has been impressed by Indigenous members' "sense of joy and resilience in the face of much attrition, particularly in the past two years".

"When I hear their individual stories, I'm constantly reminded of what they've experienced and survived," he said. "It's sobering, disquieting and yet encouraging as I hear time and again how God intervenes in their lives and brings them happiness."

According to Pastor Garlett, the camp acts as a milestone and a time to reflect on the progress made and the work yet to be done in this unique ministry. "I think we can be proud of the fact that we have a strong ATSIM ministry and we have mechanisms in place to ensure that this will continue, with Mamarapha College and other key programs and supports," he said. "But we also want to ensure that ATSIM is not creating a parallel church, that we have a growing presence and acceptance in the wider Church."

Initial planning has begun for the next ATSIM national camp in Perth, Western Australia, in January 2028.

Nathan Brown

book editor, Signs Publishing.



Service trip strengthens fellowship

Christchurch Multicultural Filipino Seventh-day Adventist church (CMFSDAC), New Zealand, embarked on a weekend service trip at Greymouth.

This outreach activity included a church visitation and the exploration of God's wonderful creation. It also aimed to share God's love, experience spiritual renewal and strengthen support among fellow Adventists.

Some of the church members left Christchurch on Friday afternoon and welcomed the Sabbath in with an evening prayer service. On Saturday, CMFSDAC members gathered and led the worship program at Greymouth Seventh-day Adventist church. They also visited Hokitika Beach, followed by a sundown worship service where inspiring testimonies were shared about God's goodness, particularly from those who had travelled on Sabbath morning.

The group also explored Hokitika

Gorge, walking along scenic trails, crossing a suspension bridge and marvelling at Pancake Rocks and Blowholes. On their return journey to Christchurch, they made stops at Arthur's Pass and Castle Hill.

A member of CMFSDAC, Aileen Demafeliz, described her experience as transformative.

"I learned to trust God more and that nothing is impossible with Him," Mrs Demafeliz said.

"The highlight of the trip was feeling God's presence, even amid challenging weather. Pastor Lowell Quinto's message about 'Checkpoints to Your Final Destination', encouraged us to reflect on our spiritual journeys. Plus, our family cherished the fellowship with church members while exploring God's creation. I look forward to more mission trips where I can be blessed and also bless others."

One of the elders of CMFSDAC, Elvin

Porquez, expressed that the turnout for the church outreach activity was truly inspiring. He explained witnessing the commitment of everyone—children, youth and adults alike—coming together for the Sabbath was a beautiful sight.

"The excitement and readiness to pitch in for the Sabbath program really highlighted our shared love and devotion to God's work," Mr Porquez said.

"In essence, I genuinely believe that this visit has served as a powerful catalyst for both personal spiritual growth and collective renewal, filling everyone involved with a greater sense of purpose and unity."

Greymouth church lay pastor, Philip Hawken, conveyed his gratitude and appreciation for the visit. "I love your enthusiasm. Keep it up because your presence makes a difference. Thank you so much for coming," he remarked.

Nadeth Quinto
CMFSDAC member.

Foods to Help Ease Muscle Soreness Naturally

Achy muscles after a workout, or the first few workouts after a long break from exercising, is normal and can even be healthy.

Good muscle soreness is a sign that you are pushing your muscles to their limits. What's going on inside your body is that your exercises are actually causing small tears in your muscle fibres, which generally repair in a few days. This breaking down and repairing of muscles actually makes them stronger.

Healthy muscle soreness usually peaks between 24 and 48 hours after exercising and then it eases. If the pain lasts any longer, get it checked out by a doctor.

So if your muscle soreness is good, what can you do to help ease the aches and make it easier to stick to your new exercise regime? Sanitarium's dietitians have shared a list of budget-friendly whole foods that contain important nutrients to aid in muscle repair and ease muscle soreness.

While no single food or nutrient will prevent muscle soreness, eating a well-balanced diet, including some of the following foods, may help with muscle recovery after your next gym workout:

1. Wholegrains

Eating quality carbs, like wholegrain bread or cereals e.g. Weet-Bix, helps fuel your body during exercise and may help prevent muscle cramps. After a workout, carbs help to replenish muscle fuel stores. Wholegrains will also give your body a range of nutrients, including fibre, protein, B vitamins, iron, zinc, magnesium and copper.



2. Ricotta or cottage cheese

These spreadable cheeses provide a source of calcium. While known as the nutrient that keeps your bones strong, calcium is also vital for muscle and nerve function.

3. Nuts

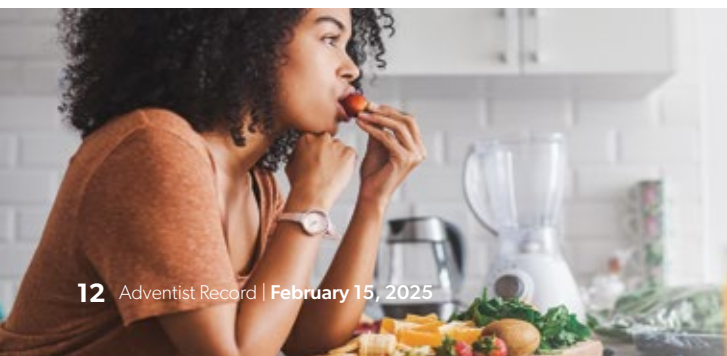
These little morsels are loaded with goodness and provide your body with protein as well as nutrients like magnesium. Brazil nuts are the best nutty source but almonds, cashews, hazelnuts, pecans and pine nuts all contain magnesium. This essential mineral helps create new proteins to repair muscles and supports normal muscle function. Nuts are also good for your weight and your heart.

4. Legumes

Legumes are high in zinc, which is known for its healing properties. As well as helping your body repair wounds, zinc supports protein synthesis and breaks down carbohydrates to make it easier for your body to replenish fuel stores. Other sources of zinc include wholegrains, tofu, nuts and seeds.

5. Seeds

Flax seeds, hemp seeds and chia seeds are all plant sources of omega-3. This fatty-acid is a building block your body uses to create hormones that regulate a wide range of functions, including controlling inflammation and muscle contraction and relaxation. Other plant sources of omega-3 include soybeans, walnuts, seaweed, leafy greens and wheatgerm.



Eat well. Live well.

Subscribe for the latest nutrition advice, plus health & wellness tips delivered straight to your inbox monthly.



Find out more →

Community created by young people grows

In the outer southern suburbs of Brisbane (Queensland, Australia) something special is happening. A spiritual wildfire has been sparked among the youth and young adults at Ingreign, a ministry running monthly on a Friday night at Eight Mile Plains church. Each month at Ingreign, young people from right across the region are coming together to worship and get to know Jesus in community with one another.

Ingreign began back in 2018 when some of the youth leaders at Eight Mile Plains identified a need for a regional gathering of youth and young adults. They could see that young people were craving the chance to attend big events where they would have the opportunity to meet other youth and young adults from different churches. An idea began to developing a place where young people could not only socialise and connect, but also be spiritually fed and feel welcome and comfortable, no matter their stage of life. From this idea Ingreign was born, with the aim of growing local churches through the connections made.

Ingreign has experienced amazing growth over the years, increasing its average attendance from 90 in 2018 to 280 in 2024. Their highest attendance peaked at 315 in October 2024. The team at Ingreign believe that this growth is an indication that it is serving the needs of their attendees, spiritual and otherwise. Ingreign programs provide dinner, a full church service on a Friday night each month, and free drinks and snacks at the café afterwards. Matthew Nicholson, one of the founding leaders of Ingreign, reflected, "We believe the success has come from creating a space where people can encounter Jesus, hang out with their friends, make new friends and enjoy a program that is tailored to their age group."

Ingreign has three goals by which they operate: (1) To integrate high schoolers into young adulthood; (2)

to grow loving disciples of Jesus; and (3) to connect youth and young adults from local churches. In this goal of connecting young people, Mr Nicholson said, "Over the years, we've had many people attend who are not connected with any church. People bring people. . . . We've had many new faces, people who don't go to any church, and people who have left churches."

Having people attend Ingreign who are not connected to any church has provided the team with the opportunity to connect them with youth and young adults from churches local to them, creating church growth as a result. On this, Mr Nicholson said, "We often receive messages on Instagram of young people who are lost and seeking Jesus. They've felt comfortable enough to reach out and we've been able to meet them at Ingreign and now see them regularly attend."

The Ingreign team include Jesus in every part of their ministry, recognising that it is only through Him that the team is enabled and empowered to do their ministry. Mr Nicholson said the most important facet of Ingreign is that, "everything needs Jesus. I've found that every aspect of running Ingreign works better when it's being led by Him. Without Jesus, we are just humans trying to entertain humans."

Each year the Ingreign team seeks to serve Jesus more faithfully, striving to encourage and initiate meaningful connections to grow local churches and assist in bringing youth and young adults to Jesus. Looking forward into the future, the team is simply letting Jesus lead as they follow Him. "As long as we are serving Him, I know that Ingreign will continue to grow and have meaningful impact on the lives of those who attend," said Mr Nicholson.

For more information on Ingreign, visit their Instagram page "ingreign" at <[instagram.com/ingreign](https://www.instagram.com/ingreign/)>.

Olivia Fairfax
assistant editor, *Adventist Record*.





THE CALL OF ELISHA

Elisha was busy at work, ploughing the family field with oxen, the day his life changed. Without words, the old prophet Elijah approached, and threw his cloak around Elisha in a symbolic gesture that invited him to follow.

What would it take for you to leave everything behind—your job, your studies, your family—in the pursuit of a new direction and calling in your life? That is the question that always bugs me as I read “The Call of Elisha” in 1 Kings 19:19–21.

As Elisha stands in the middle of his field, he stands at a crossroads in life and purpose. There is every indication that life is good for Elisha. He appears to have a stable job, and the mention of the 12 pairs of oxen indicates that Elisha comes from a wealthy and prosperous family.¹ Yet, with one wordless invitation, Elisha responds by slaughtering his yoke of oxen, burning his equipment and setting out to follow Elijah into the unknown.

I was young and in my early teens when I first began to feel the call to ministry. At the time, I would not have been able to tell you what a pastor did all week except “preach the gospel” and “tell people about Jesus”. That is what I wanted to do. As I grew older, the call to ministry continued to nag at me.

Fresh out of high school I became discouraged by my

unworthiness and inexperience, and I wondered whether ministry was just a childhood dream as I searched for meaning and purpose in other areas of life. So, I delayed.

Deferring my enrolment to Avondale to pursue a gap year and “figure things out”, also became a choice to defer my calling. Time eventually dragged on, and I ended up working in a sales role at one of New Zealand’s leading electronics stores. As opportunities for further training and leadership started to come my way, my childhood dream of becoming a pastor slowly slipped into the background.

As Elisha worked tirelessly, sweat dripping from his brow, and going through the motions of everyday life, the jolt of the cloak thrown around him awoke Elisha from his daydream. Turning to look at the old prophet, he was reminded of a forgotten dream of a life of ministry. What else could explain such a radical decision to follow Elijah?

He had only one request for his new master: “Let me kiss my father and mother goodbye, and then I will come with you” (1 Kings 19:20). A request reminiscent of a similar one made by a man in Luke 9, who wished to follow Jesus and become one of His disciples. In that instance, Jesus responded, “No-one who puts a hand to the plough and looks back is

fit for service in the kingdom of God" (v62). This challenging statement from Jesus requires a wholehearted commitment to follow Him, leaving no room to return home out of nostalgia. Did Elisha's longing to return to say goodbye to his family make him unfit for service as a prophet?

Elisha does not look back with a desire to return to his family, but instead "to say goodbye to sever connections and thus be fully available for the mission".² His farewell ends with him burning his equipment and a feast of celebration to his new calling, indicating his intention to never return to his former life. When we compare Elisha's response by destroying his equipment with the response of Jesus' disciples, who only left their nets and later returned to them (Mark 1:14-20; John 21:1-14), we begin to understand how committed Elisha really was.³ He does not return to say goodbye out of a reluctance to follow, but rather as a symbolic gesture of commitment to his new calling.

At the start of 2013, I had the exciting opportunity to attend the World Changers Youth Congress in Queensland. As a young Kiwi from South New Zealand, I was overwhelmed by the sea of people from across the South Pacific attending the event. One unforgettable night, Pastor Eddie Hypolite preached a sermon on using whatever gifts or talents we had in our hands to serve Jesus. As Pastor Eddie kept repeating the line "What's in your hand? What's in your hand?" I looked down at my own hands and was challenged by the thought that although my hands appeared empty and useless to me, if I was willing, God was calling me to use them anyway. I was only one person in a tent full of more than a thousand people, but it felt as though God was speaking directly to me, throwing His cloak around me, and inviting me to follow Him into ministry.

That evening would become a catalyst that awoke me to the forgotten dream of ministry God had called me to so many years earlier. As I returned home to Christchurch, I immediately resigned from the job I loved and reapplied to study ministry and theology. Within only a few weeks, I had moved my entire life to Australia in only two suitcases.

More than 10 years later, I have no regrets about making a decision that would change my life trajectory. Neither do I believe that Elisha would have had any

regrets about his commitment to follow His invitation to ministry and never look back.

The life of Elisha exemplifies the kind of character that Jesus is looking for as He invites people to "Come, follow Me." Throughout his ministry, Elisha continues to trust in God's calling on his life, no matter what opposition comes his way. Whether by persevering through the personal attacks and discouragement of others (2 Kings 2:23,24) or by remaining patient and trusting in an army of angels when facing the physical threat of the Arameans (2 Kings 6:8-23), Elisha knew that when God calls, nothing can get in the way of that calling.

This story challenges us to consider the many people who are stuck, going through the motions, with forgotten dreams of a life of service to God in ministry. Consider the person who has waited years to be tapped on the shoulder and given the opportunity to serve. Or the many others, both young and old, who desperately need a role model to help mentor them into the new ministry position God has been calling them to. What about the young women and men, who have ignored the calling God placed on their hearts because they didn't feel as though they fit the box of what the church was looking for in a pastor? Or worse yet, had been discouraged from pursuing their call.

Only some of us will be called to full-time ministry like Elisha, but all of us are called to a life of ministry. The many fascinating stories of Elisha's success as a prophet would not have been possible without the ministry of others:

- It was necessary for Elisha to learn from his mentor, Elijah, right up until he was taken to heaven and Elisha was ready to carry on his legacy (2 Kings 2:1-14).

- Whenever Elisha visited Shumen, he relied on the generosity and support of a Shunammite family, who would build him a small room to stay in (2 Kings 4:8-13).

- The miraculous story of Naaman being healed of leprosy would never have happened without the courage of a young servant girl who directed her master to visit Elisha for help (2 Kings 5).

If you have been stuck, going through the motions of everyday life, here is your opportunity to remember the calling God has placed on your heart. A radical decision to pursue a new direction and calling in life may be daunting and difficult, but the possibilities of a life of ministry are endless and rewarding. When the Holy Spirit calls, no matter what obstacles may get in the way, God's call has a way of finding you.

1. Ángel Manuel Rodríguez et al, *Andrews Bible Commentary: Old Testament* (Berrien Springs, MI: Andrews University Press, 2020), 496.

2. Elias Brasil de Souza. "1 Kings." *In 1 Kings – 2 Chronicles*, vol. 4 of *Seventh-day Adventist International Bible Commentary*, edited by Jacques B Doukhan et al, (Nampa, ID: Pacific Press) 289-90.

3. Iain W Provan, *1 & 2 Kings, of Understanding the Bible Commentary Series*, edited by W Ward Gasque et al, (Grand Rapids, MI: Baker Books, 2012), 149-50.

Jonathon Gillard

associate Youth director, Victorian Conference.





Experiencing the

abiding love

of Christ

My research into Ellen White's views on "Christ's abiding love" reveals she first used the phrase in a manuscript dated February 16, 1893, from New Zealand.¹ The context surprised me with the practical, life-relevant application of her words. In her letter to the church in Battle Creek, she stressed the members' mistreatment of widows and orphans, as well as the neglect of youth and children. She admonished them for lacking "the grace

of God to administer to their necessities in tender, pitying love for Christ's sake".²

In short, she focused on what matters to God: the value of human life. Then, she voiced her motherly plea regarding the members' lack of Christ-like efforts for her son, Edson White.

Who had ever come to his side in love for his soul? Who has conversed with him in real, deep earnestness, evidencing a lively interest to save his soul? His soul is precious in the sight of God,

*but who has taken any genuine burden in his case? Who has the tender sympathy of a father in Israel? He is in the enemy's snare, but who has the interest to save him?*³

In this context, Ellen White stressed the believers' need to understand the abiding love of Jesus. For her, this involved grasping the mind of Christ and reflecting the tenderness, sympathy and kindness. She expressed a similar sentiment in an article published in *Signs of*

the *Times* on July 3, 1893. "In contemplating the matchless charms of Jesus, in realising the light of his presence by faith, we have a foretaste of the joy of the heavenly world."⁴ She continued to highlight its life-energising qualities: "He who cherishes the softening, subduing influence of the love of God, will not be coarse and rough and unforgiving, revengeful and full of bitterness. The true Christian will make his home a type of heavenly home, and this he can do only as he has the *abiding love* of Christ in his soul."⁵

Again, the phrase *abiding love* appeared in an article entitled "Cheering Words for Mothers", published in *Bible Echo* on September 1, 1893. She began the article by expressing unreserved trust in Christ's loving care. "Jesus knows the burden of every mother's heart. He is her best friend in every emergency. His everlasting arms support the God-fearing, faithful mother."⁶ Again, her words focused on a home environment. "The prayers of Christian mothers are not disregarded by the Father of all, who sent His Son to the earth to ransom a people for Himself. He will not turn away your petitions . . ."⁷ She continued:

*The true Christian will make his home a type of the heavenly home, and this he can do only as he has the abiding love of Christ in his soul. Souls about us are perishing for sympathy which is never expressed . . . As the heavenly home would not be a home of bliss without the presence of Christ, neither can the earthly home be a happy one without his abiding love.*⁸

I wonder why such emotive words were prominent during her ministry in Australia and what the phrase "abiding love" meant for Ellen White.

First, she described the early days of her stay in Australia as the time of "the most terrible suffering of my whole life".⁹ Constant pain limited her ability to work, and the prognosis put forth by the doctor indicated she would never be able to walk again. The intensity of her suffering fuelled her reliance on God. "I am thankful I had this experience because I am better acquainted with my precious Saviour. All through my sickness, His love, His tender compassion, was my comfort, my continual

strength."¹⁰

Second, her maternal love longed for the conversion of her son Edson. On June 21, 1893, she penned a heartfelt letter, which he received at a crucial moment in his spiritual journey. Edson replied on August 10, 1893, sharing the details of his conversion. "I have surrendered fully and completely and have never enjoyed life as much as I do now."¹¹

In the article "Cheering Words for Mothers", she used the phrase "abiding love". Even though, at this stage, she may not have received Edson's reply, I suggest the vision she received on June 21 inspired her to write to her son spiritually inspirational and comforting words. She reflected on the depth of Christ's affinity with the trauma of human life. Consequently, her words seemed to flow from the lips of a heartbroken mother who experienced the touch of Christ's abiding love and assuring presence in her personal life. She wrote, "He who gave back to the widow her only son as he was carried to the burial, is touched today by the woe of the bereaved mother."¹² In this context, she referred to Christ's abiding love as of the One who is "woman's best friend today, and ready to aid her if she trusts Him".¹³

So, what did Christ's abiding love signify for Ellen White? During the agonising moments of her illness and struggles as a mother, grasping the depth of Christ's abiding love inspired her to envision its practical relevance in the milieu of Christian life. "Through Jesus Christ, households are to have blissful harmony and unity, and parents are to live together in peace and love, neither speaking nor thinking evil of one another. Parents and children are to be kind, forbearing, forgiving, having hearts softened by the grace of Christ."¹⁴

However, it implied much more. When writing to Edson in September, she may not have known the outcome of her plea to her son, but her words conveyed the joy of hopeful expectations and unreserved trust in the assuring promise of Christ's abiding love.¹⁵

No wonder she wrote, "The prayers of Christian mothers are not disregarded by the Father of all, who sent His Son to the earth to ransom people for Himself.

He will not turn away your petitions."¹⁶

For Ellen White, experiencing the assurance of Christ's abiding love created a space for sharing tears and grappling with various frustrations, anxiety, emotional pain, anger and sleepless nights. The depth of such intimate, trust-oriented communion with God surrounds human life with a new vision and conjures a new heightened level of spiritual responsiveness to human needs. She noted it "deepens our efforts to promote the happiness of those around us".¹⁷

Understanding the depth of Christ's abiding love was not a dry theory but a life-transforming power that enabled faith to survive immense disappointments, particularly during the seeming absence of God's presence. In her mind, abiding love describes an enduring and unchanging quality of love, an attitude that persists through all life challenges. It generates a mindset that fosters the wellbeing of people needing comfort and encouragement. In other words, Christ-like sharing of hope in a messed-up world.

1. Ellen White, *Ms 32*, 1893.

2. Ibid.

3. Ibid.

4. Ellen White, "Seek Those Things Which Are Above", *Signs of the Times* (July 3, 1893).

5. Ibid., 2.

6. Ellen White, "Cheering Words for Mothers", *Bible Echo* (September 1, 1893).

7. Ibid.

8. Ibid.

9. Ellen White, *Manuscript 75*, 1891.

10. Ibid.

11. Edson White, August 10, 1893.

12. Ibid.

13. Ibid.

14. Ellen White, *Signs of the Times* (July 3, 1893).

15. Given the distance and time required for the correspondence to reach America, the article was likely written when Ellen White's thoughts were published in the MS on February 16, 1893, or just before that date.

16. Ellen White, *Bible Echo* (September 1, 1893).

17. Ellen White, *Signs of the Times* (July 3, 1893).

Dr John Skrzypaszek

adjunct senior lecturer, Avondale Seminary.

Living on a *prayer*

The whirls of hot air outside the car licked up spirals of red dust off the sizzling bitumen road stretched out before us. Even with the air-con blasting in the 4x4, it was a sweltering 41 degrees! We had been driving for the past three hours and still had about an hour-and-a-half before we would reach our destination . . . and we were in trouble! We were just two girls all alone in the middle of the Northern Territory with no water, no reception and slowly running out of fuel!

For the past few days we had been filming across the Northern Territory for work, passing through croc-infested rivers and fending off all manners of critters while camping in the humid heatwave which had rolled in just as we had landed. Without any internet or phone service, we had somewhat miraculously navigated across the outback of Litchfield National Park.

But that morning, nothing was going to plan. We had a strict itinerary to stick to if we wanted to reach our next destination in time. The itinerary required our crew to



wake up, film interviews, pack up camp and hit the road all before 7:30am to make it to Cooinda by noon to pick up our filming permit for Kakadu National Park. Without this filming permit, all the plans we had made for the following two days of filming would not be possible. But as 7:30am came and went, we soon realised that our day was about to turn into a shambles.

After a quick discussion, we realised that there was no way we could rearrange the time to pick up the film permit unless we made it to a location with reception before noon. Our crew still had a lot of filming left to complete before leaving the location, and so it was decided the team would split up, with Sharline and I going ahead to sort out the permit issues.

Driving from Sandy Creek Camp-ground to Batchelor in a flurry, we finally reached a spot with reception where we could make phone calls and send emails. After about half-an-hour of panic, we managed to reorganise a time to pick up our film permit. Everything was sorted, and we were ready to hit the road again. Or so we thought.

Driving on from Batchelor, we quickly realised just how big Australia is. For two hours straight we hadn't passed a single town, turnoff or even a petrol station. And after two hours of driving, we were highly conscious of the fuel gauge steadily creeping towards empty. We still had over 120km to go before we would reach Cooinda when the fuel light came on. Anxious and afraid, I did some quick calculations and realised there was no way we were going to make it to our destination unless a petrol station appeared soon!

Just a few moments later, we finally spotted a petrol station! Turning off the road towards the petrol station, relief swept over us and our racing hearts started to slow down. . . Until they stopped altogether.

With cold dread I read the notice: "DO NOT STOP—PETROL STATION OUT OF ORDER". As we approached with caution, we noticed petrol hoses strewn across the ground and windows smashed in. We did as the notice told us and kept on driving!

As we turned back onto the main road, I turned to Sharline in the pas-

senger seat beside me and told her that we needed to start praying. That was our only hope of making it to Cooinda. We turned the air conditioning off to reduce fuel usage and wound down the windows knowing the hot air wouldn't do much to cool us down. The next hour and 15 minutes passed in deathly silence (except pointing out a dingo) as both of us prayed for a miracle.

As I drove, three Bible stories came to mind, like a trusted friend gently whispering words of reassurance.

The first was the story of the widow of Zarephath. In a season of drought, the prophet Elijah visited a widow from Zarephath and asked if she could spare him a little water and a little bread. In distress she told the prophet that she did not have enough flour or oil to feed herself and her son, let alone him as well. But Elijah told her to not be afraid, but instead to do as she had planned and make bread for herself and her son, first making a small loaf for him. "For this is what the Lord, the God of Israel, says: 'The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land'" (1 Kings 17:14). In obedience, the widow did exactly this, and in accordance with the word of the Lord, the flour and the oil did not run out. Praying that God would treat the petrol in our car like the flour and oil from the stores of the widow of Zarephath, I drove on in faith.

The second story which came to mind was that of Peter walking on the water. The disciples were crossing a lake in the middle of a storm while Jesus remained behind on the shore. Suddenly, the disciples saw a figure coming towards them, walking on the water. They were terrified! Thinking it was a ghost, they began to scream in fear. But Jesus called out to them not to be afraid and that it was Him. Peter courageously asked to come to Jesus on the waves, and stepping out of the boat he began to walk on water. So long as Peter's eyes were fixed on Jesus, he walked on water. But as soon as he looked around him at the howling wind and the threatening waves, Peter began to sink (Matthew 14:22–33). Along that hot and dusty road, threatening us with a different kind of terror, my prayers stopped focusing on the problem before

me but only on Jesus being able to save us. I refused to look at the fuel gauge for the remainder of our drive, trusting that God would get us to our destination.

The third story which popped into my head was that of Jehoshaphat and the Israelites marching into battle. In this story, all the nations surrounding Israel had come to wage war on them, with a vast army assembling close by. Immediately upon hearing this alarming news, King Jehoshaphat took the matter to God in prayer with all of Israel praying with him. The Spirit of God came to the Levite Jahaziel who told Israel, "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's" (2 Chronicles 20:15). As Israel went out the very next day to fight their enemies, King Jehoshaphat organised for men to sing praises to God, walking ahead of the army and giving thanks for the victory they had not yet won. God caused the enemies' armies to fight amongst themselves and annihilate each other, so Israel did not need to fight (2 Chronicles 20:15–24). As this story echoed through my mind, it gave me assurance that this problem was not mine to fret over, but a problem I could safely surrender to God with praise and thanksgiving.

The hour and fifteen minutes passed without a single petrol station. We managed to drive 110km on an empty tank, making it to Cooinda petrol station with our fuel gauge well below empty.

No words can truly capture the rush and wonderment Sharline and I experienced when we pulled into that petrol station, knowing that we had just experienced a miracle. There was no earthly way possible that our fuel could have got us to our destination, not even on the reserve tank. It felt like we were walking on air and filled with passion and fire from the Holy Spirit to tell everyone at the petrol station what we had just experienced!

When our colleagues caught up with us a few hours later, they said we had been driving on fumes! But I like to think that we were driving on prayers.

Olivia Fairfax

production assistant, Adventist Media.

Hello ☺ Kids Speak

God's grace transforms us as we trust in Him.



Who Is Jesus?

When Jesus asks the disciples who they think He is, they respond by telling Him of the false beliefs of others. When He asks them directly for their opinion, Peter acknowledges Him as Lord. Jesus tells Peter that His church is founded on this truth. The Holy Spirit enables us to accept God's grace that is available to everyone through Jesus and empowers us to acknowledge that Jesus is Lord. By inviting Him to be Lord of our lives, we allow Him to be first in everything.



Follow the dots and colour in the image



NAMES OF JESUS

The Bible gives Jesus many different descriptive names. Find them, and get to know Jesus even more.

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

BREAD
LIFE
LIGHT OF THE WORLD
GATE
SHEPHERD
RESURRECTION
THE WAY

TRUTH
TRUE VINE
GOD
JESUS
SAVIOUR
I AM
SON OF GOD

CHRIST
RABBI
EVERLASTING
EMMANUEL
JEHOVAH
MESSENGER
BRIDEGROOM

MORNING STAR
ROCK
HIGH PRIEST
LAMB
KING
REDEEMER
SON

MEMORY VERSE

"Therefore God also has highly exalted him and given him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father" (Philippians 2:9-11).



Conversations

Move to the city?

Firstly, I would like to acknowledge the incredible work our pastors do. I admire the commitment these men and women show to God and His work on Earth. I want to express my disappointment in the process given to allocate ministers to churches. I come from a small church on the outskirts of Melbourne, previously we have shared one Minister between us and another small church further out of Melbourne; which was two Sabbaths a month at each church. The minister we had was only paid for two days' work at both churches. (We were very blessed to have someone who worked more than required). He has retired this year after many years of faithful service. We have been allocated a minister one Sabbath a month and we are sharing him with two other churches.

The reason given was that our

tithes aren't enough to justify more time. This upsets me as I know that all Tithes go into the same place and pay for the ministers of all churches. So a church with more people, or in the city area, has two, three, four ministers, and we get the leftovers.

It seems to me and other people who live in the country that we are treated like less important because we have not got as many members. We should not rely on a minister to run the church, but having one adds a sense of stability to a church. They are someone that we can speak to and can guide the church, who can assist with conflict and help with order. Maybe we should all move to the city?

Justin Martin, Vic

Good witness

In the *Record* of November 16, 2024, the "Calmness in the Storm" article was so encouraging. My aim has been to be a good witness to my non-Adventist friends. And some weeks ago I made a terrible mistake when someone had a bad attitude to me and I returned in the same manner, and he didn't like what I said, and I said to him that I was sorry for the misunderstanding. But I felt terrible for being a bad witness. And I asked God to forgive me for mistrusting Him.

I must always be on my guard and keep my eyes on Jesus and allow Him to control the situation instead of me trying to control the situation; being calm whenever a storm comes my way. Ellen White says that the best reproof is silence because people cannot answer to silence.

Name supplied, via email

Obituaries

FISH, Harold Vivian, born 7.5.1923 in Warrnambool, Vic; died 30.10.24 in the Adventist Lodge, Cooranbong, NSW. In October 1951 he married Dulcie Sheppard, who predeceased him on 19.4.1966. He was also predeceased by his daughter, Lynette at birth. In 1980 he married Roberta-Mae Johanson. He is survived by his children, Russell (Christchurch, NZ) and Margaret Brondman (Auckland). The dedicated and active life of 101-year-old Vivian ended at the time he was moving into the Adventist Lodge at Cooranbong. He served as a deacon for many years at the Avondale Memorial church and as a handyman at the nearby Community Services. As a returned serviceman from the second world war, the playing of The Last Post was a fitting conclusion to his service of remembrance.

Ross Goldstone



GROLIMUND, Bruce Geoffrey, born 15.2.1962 in Nowra, NSW; died 23.5.24 in Bundaberg, Qld. He is survived by his parents, Geoff and

Reo; sisters, Bev and Gill; brother-in-law, Suraj; daughter, Gracee Mackenzie; and nieces, Eva and Isabella. Bruce was a kind and gentle soul who loved Jesus and was much loved by his family and friends who miss him.

Lloyd Grolimund



GROLIMUND, Geoffrey Max, born 24.2.1935 in Melbourne, Vic; died 14.1.25 in Bundaberg, Qld. On 23.5.24 he was predeceased by his son, Bruce Geoffrey (Bundaberg). Geoff is survived by his wife, Reo Coral (nee Ormsby); daughters, Beverly Sue and Gillian Marion; son-in-law, Suraj; and granddaughters, Eva, Gracee and Isabella. He was a beloved husband, father and grandfather who loved his family deeply and enjoyed travelling and joining fly'n'builds in the Pacific and Asia. Awaiting the glorious resurrection day when he will see Jesus and be reunited with his family.



HUGHES, Peter Reginald, born 8.10.1940 in Melbourne, Vic; died 2.10.24 in Frankston. He is survived by his wife, Pam (Frankston); and children, David (Albany, WA), Lisa (Somerville,

Vic), Darren (Frankston, Vic) and Steven (Eltham). Peter discovered the Seventh-day Adventist Church in the early 1980s. He had a rich background working as an architectural draftsman, PE teacher, wedding photographer, recreation officer, taxi driver and business operator before responding to the call to ministry. Peter pastored Benalla, Cranbourne, Longwarry and the Mornington Peninsula church company. He was a keen Bible student with a sharp mind. His interest in Daniel and Revelation led him to give regular presentations in a variety of churches and collaborate with other pastors in exploring Revelation. Peter's contribution to ministry in Victoria was significant.

Darren Croft



KEITLEY, Brian David, born 23.5.1938 in Warburton, Vic; died 19.12.24 in the Wyong Public

Hospital, NSW. He is survived by his brother, Robin (Vic); children, Trevor (Morisset, NSW), Cheryl and Abdul "John" Quyaum, Debbie and Nick Lloyd, and Susan (all of Sydney); four grandchildren and eight great-grandchildren. Brian attended Avondale College

and graduated from the building construction course in 1957 and later completed accountancy. He possessed a fine tenor voice and was an accomplished guitarist and trombone player. Over many years he organised or was involved in several quartets and choir groups. He lived for music and saw this gift as his way of spreading the gospel. He was strong of faith and a loving and devoted father.

Roger Nixon



PRZYCHODZKA, Miroslawa, born 17.5.1933 in Warsaw, Poland; died 15.12.24 in

Newcastle, NSW. She was married to Pastor Tadeusz Przychodzki, who predeceased her in 2008. Miroslawa is survived by her daughters, Dr Ruth Przychodzka (Canberra, ACT) and Janina Adomski (Newcastle, NSW); and grandchildren, Jeffrey and Joshua. The family migrated from Poland to Australia in 1974. Miroslawa studied theology and secretarial studies in Poland and employed these skills in support of her husband's work as a pastor. Miroslawa was adored by her grandchildren and loved

Faith & Science CONFERENCE

6 - 9 MAY 2025

REGISTER NOW!
FOR EARLY BIRD RATES

EXPLORE THE UNIVERSE AT THE
BRISBANE PLANETARIUM!

WHO IS INVITED

- Teachers
- School Chaplains
- Pastors
- Scientists
- University Students
- Church Members
- Church Administrators

SEMINAR 3

- Scientific Underdetermination
- Effectiveness of Maths
- Cosmology
- Fine-Tuning
- Quantum Physics
- Astrobiology
- Aliens

SEMINAR 3



FOR MORE INFORMATION GO TO:
education.adventistchurch.com/faith-and-science-conference-2025



stewardship.adventistchurch.com/sister-betsy

Want to double your talents in 2025?

@sisterbetsy.spd

Sister Betsy

A friend of mine knows how!

STEWARDSHIP

them dearly. She treasured the Scriptures and lived a life that demonstrated her love for Jesus.

Ray Eaton



RANKIN, Dr/Pastor
Paul Meredith, born
10.1.1957 in
Auckland, NZ; died
17.12.24 in Catherine

Hill Bay, NSW. He is survived by his wife, Sonia Webster (Cooranbong); children, Rebekah and Linden Chuang (Sydney); Caleb (Cooranbong) and Rachel (Sydney). Paul had a big smile, a big personality and a big heart. He had two great loves: his family and ministry. Paul flew mission planes in Papua New Guinea, served as a local church pastor in New Zealand and led health initiatives across the South Pacific Division. He had a gift for making anyone—whether a close friend or a complete stranger—feel like the most important person in the

room. Above all, Paul wanted everyone to know that God's kingdom is happening here and now—and that each person has a special place in it.

Les Ncube, Darren Morton

Advertising

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>

AVONDALE FAMILY

FUNERALS offering compassionate cremation and burial services with dignity and care at your cemetery of choice in NSW led by an Adventist funeral director. Contact Mark Windus

on 0411 797 854 or <director@avondalefamilyfunerals.com.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.

ADVENTIST REAL ESTATE

AGENT Looking for honest and trustworthy real estate advice? As a Seventh-day Adventist agent, I offer professional guidance across Australia and representation in the Gold Coast/Northern NSW area. Let's discuss your property goals. Contact me for a free chat! Call 0410 685 567 or email <joshua@bartonbrands.com.au>.

Positions Vacant

SIGNS PUBLISHING COMPANY

WARBURTON, VIC

Signs Publishing Company, part of Adventist Media, is a print, publishing and distribution organisation seeking to fill a number of full-time positions based at its manufacturing site in Warburton, Victoria.

OFFSET PRINTING TRADESPERSON OR APPRENTICE

Signs Publishing is seeking to employ an experienced offset printer or an individual looking to undertake an apprenticeship in offset printing. This is an opportunity for a print tradesperson to extend their skills using large-format Heidelberg printing equipment in a modern production plant, or for a suitable person to undertake training as an offset printer. As a printer, you will have experience running and maintaining multi-colour sheet-fed presses and have exceptional colour-management skills with the ability to work under pressure and to tight deadlines. You will have mechanical aptitude, be willing to learn new skills and be flexible, as some shift work may be required. This role involves working with a variety of machinery and includes manual handling of both light and heavy items. You will need to have a reasonable level of fitness and be willing to submit to a pre-employment assessment. A forklift licence is an advantage.

PRINT-FINISHING MACHINE OPERATORS

Signs Publishing is looking to employ persons to operate a variety of print-finishing equipment in our bindery department. This role involves the set-up and operation of cutting, folding, stitching and gluing machinery. Mechanical aptitude and a willingness to learn are essential for this role. The successful applicants will have either a trade certificate in print finishing or be willing to learn how to operate various print finishing equipment. If required, training is available to the right candidate. This role involves working with a variety of machinery and includes manual handling of both light and heavy items. You will need to have a reasonable level of fitness and be willing to submit to a pre-employment assessment. A forklift licence is an advantage.

PLEASE NOTE

The successful applicants for all roles will have a commitment to producing high-quality work, be customer focused with high attention to detail and have a genuine interest in fulfilling the mission of the Seventh-day Adventist Church. Training will be provided as required to the successful applicants. Applicants should ensure that they can satisfy Australian working visa requirements before applying for any position. Adventist Media reserves the right to fill vacancies at its discretion and to close applications early. These roles are also advertised on the <adventistemployment.org.au> website. For further information or to learn more about these roles email <lesley.wood@signspublishing.com.au> or call +61 3 5965 6300 during business hours. **Applications close March 17, 2025.**



abn 59 093 117 689
vol 130 no 2

Consulting editor

Glenn Townend

Editor

Jarrod Stackelroth

News editor

Juliana Muniz

Assistant editors

Ashley Jankiewicz
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

Getty Images

Next issue

Adventist Record
March 1

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.

Digital Discipleship Conference 2025



14-16 March 2025
Surfers Paradise, Gold Coast.

Premier discipleship conference
for creatives, innovators, evangelists,
churches, church members and ministries.

REGISTER HERE

