

MAY 28  
2011

# IntraVic

How can anyone put his faith in Christ if he's never even heard about Him? How can he hear about Him if no one tells?

Romans 10:14 (Clear Word)



**HEALTH...  
WHERE DO  
YOU STAND?**





# Devotional... ...New Health, New Energy, New Joy

God created humans in His likeness, with the ability to grow and develop every capability – physical, mental, social and spiritual. When sin interrupted His plan, he didn't then abandon us, but sent His Son – the only one who fully knows and can fully reveal the height and depth of His love for us. When the devil tempted our Lord in the wilderness as he fasted and prayed prior to commencing his public ministry, the very areas in which Adam and Eve failed, namely appetite and human desire, were again targeted, and it is probably true to say that these remain the

most common areas of sin today. Isn't it encouraging to know that God has made a way of escape from the temptations which so frequently beset us? (1 Cor 10:13)

*So, even though God made us in His image and we go and tarnish that image through our poor lifestyle choices, He still desires to restore us, if we will cooperate with Him. His plan for health is simple and appropriate to people everywhere. It even comes with minimal financial cost! His plan is not essential for our salvation. But if we flaunt it, we miss out on many blessings, and are less able to fulfil His purpose for us.*

What plan am I talking about? It is the Eight Natural Principles of Health.

**Nutrition** - is the science of providing all the basic nutrients each of the trillions of cells in our body require to continue their function, day and night. Our diet should consist predominantly of fruit, vegetables, whole grains, legumes, nuts and seeds. Refined foods should be kept to a minimum, as most come with high quantities of sugar and fat, thus increasing our risk of disease.

Credible health organisations are now promoting plant-based eating habits and studies are showing there couldn't be a better time in history to be consuming a plant based diet with their cancer fighting, health promoting, earth sustaining and cost effective features.

Food was made to be enjoyed – delighting one of our God-given senses. So don't let the pressures of life rob you of one of the pleasures of life – savour your meals, don't rush them. Make them a time of fellowship and fun. A haven, where for a moment you can ignore the care and worry of life, basking in God's graciousness and love in giving you this gift.

*"Whether you eat or drink or whatever you do, do everything to bring honour to God."*  
1 Cor 10:31

**Exercise** - regular physical activity - is as important as a good diet. Did you know that one of the most common New Year's resolutions is to be healthier? Health clubs swell with new memberships every January. Aerobic classes are full, sporting goods stores have increased sales and even book stores have a run on health, diet and fitness books.

And for a few weeks, we make good on our resolutions – the 'spirit' is indeed willing. But as reality sets in, the 'flesh' begins to rebel. Breaking old lifestyle habits is not as easy as buying all the gear.

*"I Can do all things through Christ, who gives me strength."*  
Philippians 4:13

By February, the health clubs are not so busy, the runners spending more time in the cupboard. But you know, Jesus, who shared in our physical frailties, understands fully, and He showed us our true source of strength lies not in our feeble will power, but in joining forces with Him. So lace up those runners, and walk hand in hand with Christ. Find ways to be more active and discover the fantastic results for yourself.

**Water** - is needed by practically every body function; without this raw material we would perish within days. Many people do not drink sufficient water on a regular basis, meaning the performance of every organ, including the brain's ability to think clearly and be functional, is compromised. Even emotional problems and irritability can be largely due to lack of

water, in both adults and children, and alertness and creativity may suffer.

Thirst is not a good indicator of your water needs. So train yourself to drink regularly throughout the day, adding more if the weather is hot and humid, or you are particularly active. There is an unfortunate drawback to drinking more, but don't be tempted to 'hang on' – a full bladder can raise your blood pressure!

**Sunshine** - is a powerful force to be reckoned with – while in excess it does contribute to skin damage and cancer, it can energise our bodies, is an effective germ killer and nourishes, providing a source of Vitamin D.

If you really want to start the day right, get out of bed in time to watch the sunrise! There is nothing more beautiful than to see the darkness give way to a new day with God. How good is that for stress levels? Sunlight also increases the endorphins which are so important for giving a sense of wellbeing and elevating the mood. How awesome that our Creator designed it all, just so.

**Fresh air** - Could be lacking if you are facing an energy crisis. Do you find it hard to get started in the morning, feel tired most of the day? It could be you are breathing contaminated air or have poor breathing habits and lack oxygen! Food – the fuel for our bodies - is processed to produce energy, and this chemical reaction requires oxygen for it to take place efficiently. With insufficient oxygen, even the simplest of functions is compromised.

Most people breathe just enough to sustain life, and no more. Fill your lungs to capacity, counting to four as you breathe in, eight as you breathe out. Maintain correct posture. You may just find yourself relaxing, with a better memory and mental ability, and having much more energy!

**Rest** - or the lack of - makes a very real contribution to the quality and intensity of life. Sufficient rest improves mental and physical efficiency and is a valuable healer. While you rest, your brain stays busy, overseeing many maintenance tasks that keep you running in top condition. According to the National Institute of Health, the average adult gets less than 7 hours of sleep per night. While requirements vary from person to person, most healthy adults require between 7.5 and 9 hours sleep per night to function at their best and statistics have shown expected life span to decrease outside this range.

*"Come to me you who are tired and worried, and I will give you rest. Take up my work and learn from me, for I am gentle and kind and you will discover an abiding peace in your soul."* Matt 11:28, 29

**Temperance** - due to associations like the Temperance Society, this principle is often synonymous for abstinence from alcohol use. Did you know alcohol causes the greatest drug problem in the world? As a church we have stood on the side of abstinence from the use of intoxicating beverages. We still hold this belief is rooted in two basic truths – our personhood is damaged by the use of alcohol, interfering with our relationships with others and with God, and our health, happiness and longevity are damaged by its use.

But God is not calling us to be temperate only in the use of alcohol. He is calling for temperance in all aspects of our lifestyle – in our work, in our eating and drinking, in our relationships: temperate in what we put *into* His temple and temperate in what we do *with* His temple. Temperance, or self-control, is even considered one of the fruits of the Spirit.

**Trust in God** - the last listed of the eight natural principles of health, trust in our Creator provides a powerful agent that intertwines with and affects all of the others.

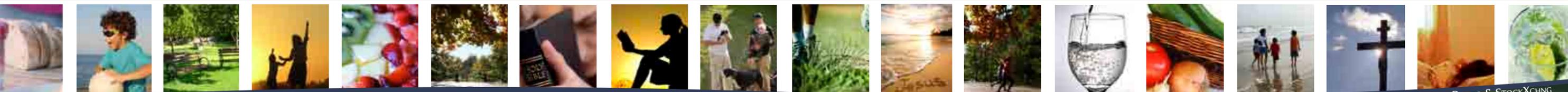
God never lets go of us. Governments will fail, but God's love will last - it is eternal. Money may run out, but God's love never will. He loves you simply because He has chosen to. He loves you when you don't feel lovely. He loves you when no one else loves you. Others may abandon you, divorce you and ignore you, but God will love you always. No matter what. So you can confidently trust in Him. And the very act of laying your burdens at His feet, means that you can sleep at night, without worry. How good is that! What a wonderful Saviour and friend.

*Oh Lord God, your mercy and love is so great that it reaches heaven. Your faithfulness extends to the clouds and spreads throughout the universe."*  
Psalm 108:4

*It was Christ's mission to bring complete restoration to mankind. During His time here on earth, a stream of healing power flowed, and in body, mind and soul, men were made whole. Within the restrictions of this sinful world, He offers this to us today.*

I pray that God's way will be clearly seen in our lives and that as we live a healthy life to the fullest, His name will be glorified on earth in preparation for His return.

Sibilla Johnson  
Health Director, Victorian Conference, with IntraVic





# The Heart of Our Health Message

*Seventh-day Adventism and a healthy lifestyle go hand in hand. While we do not consider it a requirement for salvation, by protecting our bodies, as temples of the Holy Spirit, we are better able to live the lives God intended for us, better able to share with others the joy of living in His presence, better able to share Him.*

*But how did we, as an organization, develop this message of health... these principles of healthy living, some of which the scientific world is only now beginning to appreciate? IntraVic asked Dr John Skrzypaszek, Director of the*

*Research Centre at Avondale College, to remind us of the origins of our health message and its relevance.*

The health principles our church promotes emerged during the movement's early formative stages and must be understood in historical and cultural context.

In 1870 James White wrote "The Lord also knew how to introduce to His waiting people the great subject of health reform, step by step, so they could bear it, and make a good use of it, without souring the public mind."<sup>1</sup>

By the time this was written, the scattered little flock had survived the trauma of the Great Disappointment, established the foundations of its theological roots and adopted a name and organisational structure.

*Was there a need for more health knowledge at this time, and if so why?*

It would appear that way, because as the sun was going down on Friday evening, June 5 1863, Ellen White received a vision with counsels on health. This theme was reiterated the next day in another vision which became known as the Otsego vision.<sup>2</sup>

The underlying message Ellen passed on revealed God's concern for the welfare of His people. **Lack of a well-balanced lifestyle was contributing to stress and worry, negative predisposition, discouragement and even unchristian attitude.**

"I saw that we should encourage a cheerful, hopeful, peaceful frame of mind, for our health depends upon our doing this," wrote Ellen. "I saw that it was the duty for everyone to have a care for his health... and take time to devote to our health that we may in a degree recover from the effects of overdoing and overtaxing the mind... the more perfect our health, the more perfect will be our labour."<sup>3</sup>

She emphasized the value of temperance. "We have a duty to speak, to come out against intemperance of every kind

- intemperance in working, in eating, in drinking, and in drugging - and then point (others) to God's great medicine, water, pure soft water - for diseases, for health, for cleanliness, and for a luxury."<sup>4</sup>

Intemperance was contributing to an unhealthy and unbalanced lifestyle within the early church, stifling the spirit of authentic spirituality, passion, zeal and commitment to God's work. Stifling their joy. They needed to refocus on what mattered to God, namely a cheerful, hopeful and peaceful frame of mind. In this framework, they could then carry on with the task of sharing the gospel.

*What was life like 150 years ago?*

Seventh-day Adventist pioneers were not detached from their cultural heritage and it is important to remember this. They lived, struggled and developed understanding in the real world.

While visiting Dr Kellogg's Discovery Centre in Battle Creek, one plaque caught my interest. It read: "Before the days of Ellen White, Dr Kellogg, and other health reformers like Sylvester Graham and James C Jacobson, the world was a different and dangerous place."

Dr Oliver Wendell Holmes, professor of anatomy at Harvard University, in 1860 stated that "if the whole material medica, as now used, could be sunk to the bottom of the sea, it would be all the better for mankind - and all the worse for the fishes."<sup>5</sup>

Even though the 19th century saw many reformatory movements such as temperance, promotion of vegetarianism and a new emphasis on public health, emergence of water treatments and sanitation<sup>6</sup>, our pioneers

were not exempt from the struggles associated with the progressive understanding of God's will.

For example, some years after Ellen White first spoke against the harmful effect of stimulating beverages such as alcohol, tea and coffee, her husband was still promoting pork as "permissible food in the gospel dispensation,"<sup>7</sup> and when confronted with the issue of pork, Ellen White asked Haskell not to make pig-meats an issue. She wrote, "If it is a duty of the church to abstain from swine's flesh, God will discover it to more than two or three. He will teach His church their duty... I saw that the angels of God would lead His people no faster than they could receive and act upon important truths."<sup>8</sup>

*What is the heart of the Adventist health message?*

Is our health message just a matter of food and drink, or is there a higher purpose? To answer this, we need to review the development of the health message in the context of God's progressive guidance.

Firstly, I suggest, the Otsego vision introduced an instructive understanding of what contributes to a temperate and balanced life. The vision outlined the nurturing elements for a healthy mind, body and spirit.

It emphasized the importance of healthy nutrition based on the original Garden of Eden diet and the value of exercise and water. It highlighted temperance in work by stressing the value of sun, air, rest and trust in God. In other words, progress in God's work depended on cheerfulness, hopefulness, a peace at heart and an implicit trust in God.

Secondly, with time, the Great Controversy theme gave Ellen White a broader and deeper understanding of human value and uniqueness. The church needed more guidance on what mattered to God, so during the turbulent times of organisational and institutional stresses, Ellen White published the classic book *The Ministry of Healing* (1906). Again, she reiterated the principles of health, but with a somewhat different focus.

Yes, health reform was important, but naturally it was subject to abuses.<sup>9</sup> "Not all who profess to believe in dietetic reform are really reformers,"<sup>10</sup> she wrote. "...Those who understand the laws of health and who are governed by principles will shun extremes, both of indulgence and of restriction."<sup>11</sup> **Important as health reform was, it was never intended, then or now, to be seen as an end in itself. A healthy lifestyle establishes "the best conditions for highest service to God and man."**<sup>12</sup>

The life of Christ established a religion in which there is no caste, a religion by which Jew and Gentile, free and bond, are linked in a common brotherhood, equal before God. No questions of policy influenced His movements. He made no difference between neighbours and strangers, friends and enemies. That which appealed to His heart was a soul thirsting for the waters of life. He passed no human being as worthless, but sought to apply the healing remedy to every soul.<sup>13</sup>

Through her writings on health reform, Ellen redirected the minds of her readers to focus on the life-changing source - Jesus Christ - and on His ministry to mankind. In the context of a "common sense"<sup>14</sup> healthy lifestyle, she unfolded what matters most to God - healthy family and interpersonal relationships, passion for ministry and love for God.

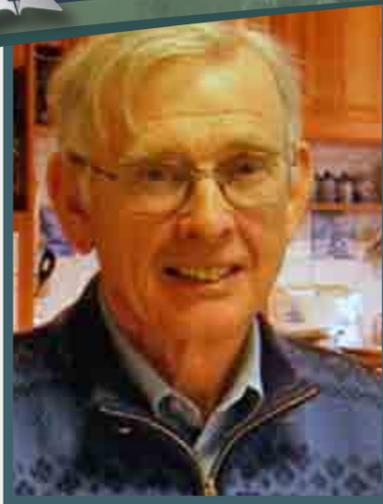
*This then, was, and is, the main focus of our health message. No wonder Ellen White emphasised the necessity of a cheerful, hopeful, peaceful frame of mind. The effectiveness of service depends on the attitude of the heart.*

*John Skrzypaszek*

- COMMON BELIEFS & PRACTICES IN 1800's
- It was illegal to sell fresh vegetables in New York City as they were considered poisonous
  - Alcohol and other poisons such as arsenic and mercury were believed to cure all kinds of diseases
    - Doctors believed they could "heal" by taking blood out of the body
  - Physicians often recommended smoking for the cure of lung diseases
  - A woman's dress weighted as much as 40 kg and was so long it would drag through the muddy streets shared by horses and covered with tobacco spit
  - Night air was considered dangerous and sunlight was avoided - rooms were often closed up so tight they reeked of stale, germ-laden air
  - The need to be in fashion drove women to wear their corsets so tightly, they would nearly split their bodies in half...



1 JAMES WHITE, REVIEW AND HERALD (NOV. 8, 1870); 2 ARTHUR WHITE, THE PROGRESSIVE YEARS 1862-1876 (HAGERSTOWN, MD: REVIEW AND HERALD, 1986), 18, 21; 3 ELLEN WHITE, MS 1, 1863; 4 IBID; 5 HERBERT DOUGLASS, THE MESSENGER OF THE LORD: THE PROPHETIC MINISTRY OF ELLEN G. WHITE (NAMPA, ID: PACIFIC PRESS, 1998), 279. ALSO SEE, RONALD NUMBERS, PROPHETESS OF HEALTH (NEW YORK: HARPER & ROW PUBLISHERS, 1976), 49; 6 DOUGLASS, THE MESSENGER OF THE LORD, 279; 7 GEORGE, KNIGHT, A BRIEF HISTORY OF THE SEVENTH-DAY ADVENTISTS, 2ND ED. (HAGERSTOWN, MD: REVIEW AND HERALD, 2004), 70; 8 ELLEN WHITE, TESTIMONY FOR THE CHURCH VOL. 1 (MOUNTAIN VIEW, CA: PACIFIC PRESS, 1948), 206-7; 9 ELLEN WHITE, THE MINISTRY OF HEALING (MOUNTAIN VIEW, CA: PACIFIC PRESS, 1942), 318-24; 10 IBID., 318; 11 IBID., 319; 12 IBID; 13 IBID., 25; 14 IBID., 319; 15 ELLEN WHITE, MS 61, 1910.



# Levitical Laws... a Health Message?

*It is quite remarkable how, only weeks after being formally founded, the early Seventh-day Adventist Church acquired the principles of healthful living which are now regarded as the epitome of a healthy lifestyle. Many believe the origin to be inspirational. However, if it was inspired, why didn't God give it three and a half thousand years earlier when He established His special people, the Children of Israel... or did He?*

*In this article, Dr Don McMahon explores the rules given to the Israelites, looking for any correlation to modern day health principles.*

To begin, we must consider that at different times in history different lifestyles were required. What was best for a desert tribe in antiquity, living as subsistent farmers, may not be best for a highly sophisticated modern society; a subsistent farmer's work required excessive, continuous physical labour - expounding a rule about daily exercise would have been superfluous. Additionally, cultural differences require principles to be expressed in different ways. Thus, it is well worth examining the God-given lifestyle of the Israelites more closely, to see how it correlates with our health message.



Let's look at the lifestyle of a subsistent farmer. The World Health Organisation has published what it considers lifestyle risk factors for developing countries with high mortality and this is the closest we have to those of subsistent farmers of antiquity (see box).

These risk factors differ from those that apply to modern developing and developed countries. It is interesting,

TOP 10 LIFESTYLE RISK FACTORS IN 3RD WORLD COUNTRIES

- Underweight
- Unsafe sexual practices
- Unsafe water, poor sanitation and poor hygiene
- Inhalation of indoor smoke from solid fuels
- Zinc •Iron • Vitamin A deficiencies
- High Blood Pressure
- Tobacco consumption
- High Cholesterol

however, that the Adventist Lifestyle has principles to cover all three categories.

Naturally, smoking is not applicable in antiquity. In addition, Egyptian cooking was done in an open veranda and those in tents cooked outside and thus, for the early Israelites who came out of Egypt to live in tents, the risk from inhalation of indoor smoke may not have been that significant.

We also need to consider that there are no rules specifically referred to as health rules, in the Levitical Law. They are all given as religious rules; most likely to cope with the culture and education level of former slaves from Egypt. Thus we have to find the rules that cover health risks of that time, from what we now know as the lifestyle principles God



gave them.

Looking at the risk factors listed in the box, it can be seen that, excluding the two exceptions (smoking and indoor smoke inhalation), all are covered by the lifestyle principles found in Levitical Law.

Unsafe sexual practices are prohibited in Leviticus 18:20,22.

Cleanliness and hygiene are addressed with management of waste, infections and contaminated material in Leviticus 15:7,12 and Deuteronomy 23:12.

High Blood Pressure is managed by living stress free according to Leviticus 26:3, 6.

High Cholesterol is minimised through the banning of animal fat in Lev 7:23.

Under weight and the three deficiencies, in any civilisation, target the poor first, so the Levitical Law maximised the availability of food with its rules of gleaning and tithing, found in Deuteronomy 14:28-29.

It is always special to be able to observe the workings of our great Creator's mind, so at this point we will go off on a tangent, looking at some of the reasoning behind what is sometimes considered a random law – that being the Israelites religious ban on pig meat. Interestingly, this one rule maximised the available food *and* protected against disease. In an era where the average life expectancy was less than 50 years, it is very likely this rule is a major reason the Psalmist could say: "The length of our days is seventy years - or eighty, if we have the strength." Psalm 90:10.

The basis of sheep, goats and cattle being a more plentiful food source than pig is that they are ruminants; by chewing their cud, much more energy is extracted from their food. In fact, pigs are no better than humans in extracting energy from grass. Unable to live on hay, they compete with humans for the same foods.

There are several reasons why pig meat is less desirable to eat than other meats. It is higher in fat and pigs, having a similar metabolism, are able to pass on a number of parasites to humans. But there is an even more deadly problem to health in pig-eating societies.

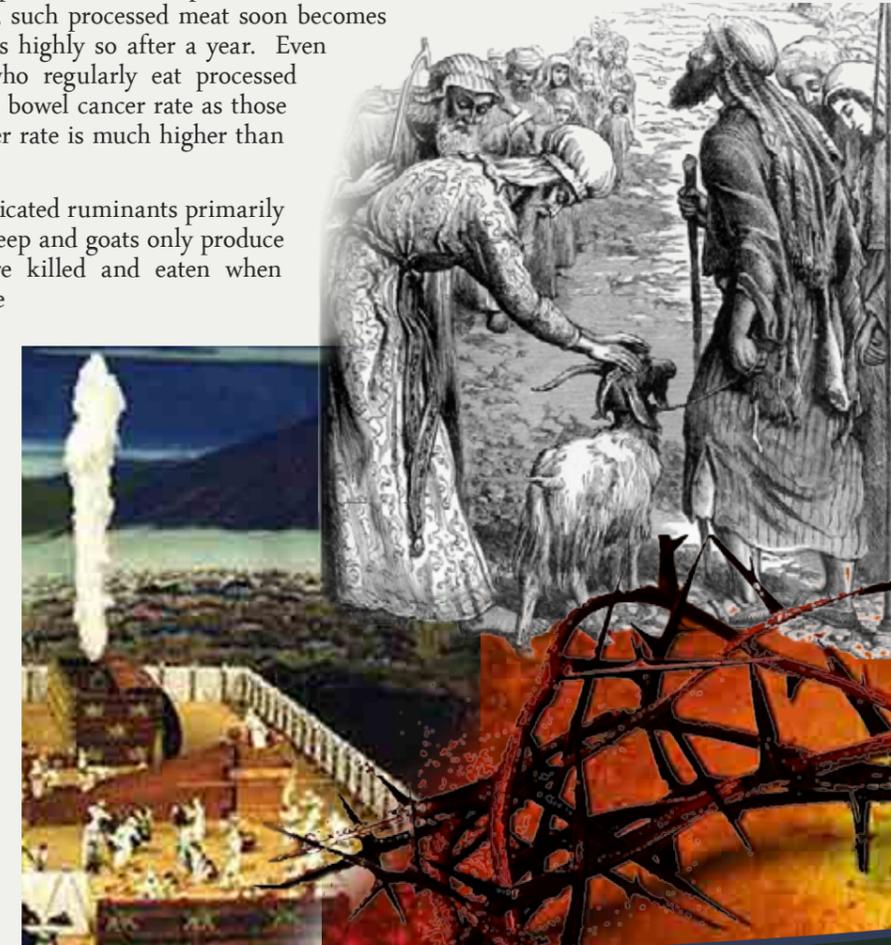
Pigs have not been adapted to being milked, so they produce up to ten or twelve offspring per season, which suckle rich milk until they are large. The offspring of one sow can produce nearly a half ton of pig meat - far too much for the farmer and his family to eat before it putrefies, so it is preserved and eaten over the next year; dried, salted or smoked. The problem is, such processed meat soon becomes carcinogenic as the protein breaks down and is highly so after a year. Even with modern preservation methods people who regularly eat processed meats, mainly bacon and ham, have double the bowel cancer rate as those who eat only fresh meat, and their bowel cancer rate is much higher than that of vegetarians.

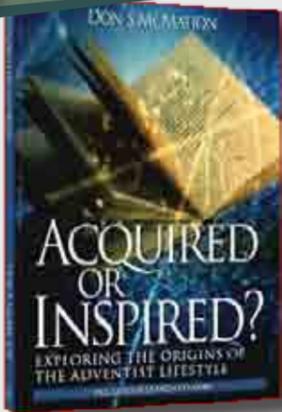
In contrast, those in antiquity who kept domesticated ruminants primarily kept them for milk and cheese. Thus, cows, sheep and goats only produce one or two offspring per year and these are killed and eaten when small. All the meat is eaten at once and little is preserved. The mother is then milked, providing fresh protein for nearly a year. The net result is a society which lives close to a lacto-vegetarian diet; close to the ideal diet.

*As the right lifestyle for antiquity is found in the Levitical laws it appears that through His inspiration, God did give healthy lifestyle principles relevant to the Israelite's culture.*

*The Adventist Lifestyle was also given at the right time, just as risk factors for death and disability were changing. It thus appears that inspiration was also involved with the Adventist Lifestyle.*

Don McMahon MB BS FRACS DLO





## Which Was It?

When it became known that Ellen White's writings included material that had already been published elsewhere, a huge debate ensued, causing confusion and pain. And some scepticism. Some tended to look at her health writings, at the things that simply do not stand up to today's scientific knowledge, and then 'throw the baby out with the bath water.' Others tried to find meaning for today in everything written back then.

So, in the late 1990's, in an effort to determine the extent to which her health writings were acquired or inspired, Dr Don McMahon set out to analyse health statements from Ellen White's writings.

He extracted and read her health statements from 1863-1905, medical books from her library and works written by John Harvey Kellogg in 1888 and 1899, comparing the contents of what she would have read with what she ultimately put on paper herself.

Using a panel of medical experts, a statistician and published material from the World Health Organisation, the data was analysed. Having observed that much of what Ellen White wrote had already been written by others, they looked for inspiration in her ability to select what principles she wrote about.

Assigning each medical statement she made as either a 'what', meaning a principle of healthful living, or a 'why', referring to her explanation of the principle, the study found that while Ellen used the knowledge, physiology and medical language of the mid nineteenth century, and as such showed no evidence of divine inspiration in the 'whys', the accuracy of her 'whats' was overwhelmingly suggestive of inspiration.

The study did show that some of what Ellen recommended as being helpful (but not essential) principles of healthy living appear to be selected randomly, she was able, with remarkable accuracy, to select the core principles of healthful living as described by today's WHO, while rejecting the nonsense that was also being promoted by experts of her day as factual.

*Acquired or Inspired, Don McMahon, 2004  
Centre for Adventist Research, Andrews University, Vol 4, 2008*

### 8 LAWS OF HEALTH GIVEN IN 1863

- Temperance
- Nutrition
- Water
- Air
- Sunshine
- Exercise
- Rest
- Trust in God

*Compare them with...*



### AUSTRALIAN GOVERNMENT'S 2011 'SWAP IT, DON'T STOP IT' CAMPAIGN

- Swap big for small - don't overcrowd the plate, eat slowly, think twice before a second helping, share a desert
- Swap often for sometimes - swap fried for fresh food, fizzy drink for water, takeaway for home cooked and eat less 'sometimes' foods
- Swap watching for playing - don't watch it - get out and play it, meet friends for a walk rather than coffee, get outdoors and play with family, instead of watching a family movie go bowling together
- Swap sitting for moving - walk rather than send that email to the office next door, get off the bus stop early, park the car further away, ride a bike for short trips



[www.swapit.gov.au](http://www.swapit.gov.au)



health...  
mind & body



### Mind Food

Those of you who are finely 'tuned in' to the performance of your cars are well aware that ultimate performance is directly proportionate to the quality of fuel that goes in. If you are 'tuned in' to your body, you will know the same is true – for maximum performance and well-being, a healthy diet is essential. How many of us, though, ever give a thought to our most basic and distinctive human resource, and what 'fuel' we put into it... our minds?

There is a law, called the law of exposure, which is as unchangeable as the law of gravity. It says that your mind will think most about what it is most exposed to. **What repeatedly enters your mind, occupies your mind, shapes your mind and will ultimately express itself in what you do and who you become.** No wonder the apostle Paul advised careful selection of the fuel we provide minds with: "Finally, my brothers, fill your minds with things that are true, honest and just. Think about things that are noble, pure and lovely. Focus on good reports about others. If any good has happened or there's any reason to praise man or God, think about those things." Philippians 4:8

Over the last thirty years or so, the most dominant movement in American psychology is what is known as cognitive psychology, built around the truth that the way you think is the single most determinative thing about you – **you are what you think.** Is this perhaps, the very concept Paul was writing about all those years ago, when he said "Don't pattern yourself after this world, but let God transform you from the inside out and give you a new way of thinking..." Romans 12:2

Psychologist, Archibald Hart, writes "Research has shown that one's thought-life influences every aspect of one's being." So similar, isn't it, to what Jesus frequently referred to – our outward behaviour is governed by our inward condition. The way you think creates your attitudes, which shape your emotions and reactions to others, which governs your behaviour. The way you think can even affect your physical health.

*So the events you attend, the material you read (or don't read), the music you hear, the images you watch, the conversations you hold, the things you day dream about – all make up the fuel you feed your mind. They form the way you think, shape your character and ultimately, the choices you make and your 'destiny'.*

*Sibilla Johnson, John Ortberg – if you want to walk on water, you have to get out of the boat*

### Crazy for You

*If you've ever been lost in an addiction you know how cunning, baffling, and powerful it can be. Whether you are talking substance abuse or a behavioural issue, it doesn't seem to matter... the bondage is almost impossible to break.*

It's hard to see yourself free from the twisted thinking and living that surrounds you. I know... I come from a family of addicts. I started using in my early teens and ten years later felt so hopeless, ending it all seemed the only way out. But during a suicide attempt I met God... I was strung out on heroin, weighed less than 45 kilos, was functionally illiterate and without hope. I won't go into all that happen during that encounter with God, but I will say I believe **He told me that He was crazy about me, bigger than all my addictions, and that He could change my life.** He told me I had been lied to all my life... I was not unwanted or unloved... I was a child of God! And I still am! I stepped into recovery that day. He showed me (without actually seeing anything - how does God do that?) who I am in His eyes... and what I learned over the next couple years really helped this to make sense.

At the end of this world, Jesus is coming back to get us, right? We will be changed in a twinkling of an eye... this mortal body will put on immortality and we will be whom God created us to be. I believe that God knows who that is for me and for you too... yet all we often see is our junk, our addictions. What if the Bible is true ... and I truly am created in God's image? And what if He really is crazy about me and can led me home?

I am totally trusting in that... how about you?

*Cheri Peters - Founder, True Steps Ministries*





## Diabetes - the Sleeping Giant?

Many diseases and afflictions in our society today have, to a large extent, been self-inflicted through poor health choices. There are also many illnesses over which we have no control, so doesn't it make sense to give our bodies all the support we can, through avoiding the things we are able to control?

Diabetes is one example of a potentially debilitating condition, which, while some do have a genetic predisposition for, is highly receptive to the health choices we make. We shared with you in our last issue, news of Dr Harold Waldrip's project, supplying blood glucose monitors to Mongolia where diabetes is particularly prevalent, and this issue we have asked him to tell us a little about the condition.

**Diabetes is on the rise** in nearly every country in the world, and in Australia it is estimated there are approximately 1.1 million diagnosed diabetics. Another two million of Australia's population have what is known as pre-diabetes, which means that their blood glucose levels are higher than normal but not high enough to be diagnosed diabetic. And it has been estimated that as many as 50% of those who actually have this disease have not yet been diagnosed, due to its insidious presentation, and may already have some damage by the time they are. Diabetes could indeed be referred to as a sleeping giant.

There are three main types of diabetes which, if left untreated, can result in death or permanent disability with damage to the kidneys, eyes, heart and feet.

There are about 100,000 people in Australia with Type 1 diabetes and it is one of the most common chronic childhood diseases in developed countries. Treatment requires daily insulin injections (hence its other name, insulin dependent diabetes) along with healthy eating and physical activity.

Type 2 diabetes makes up the remainder of the 1.1 million diabetics in Australia, and is our **fastest growing chronic disease** and sixth leading cause of death. Genetic tendency plays a role in its onset, but so does lifestyle issues such as inactivity and being overweight.

**It is managed initially, through lifestyle changes, which in a way, is sad, as these very changes could have prevented it, if started earlier.**

The third type of diabetes is gestational diabetes and those who suffer it through pregnancy may go on to become diabetic in later years.

**While the onset of Type 1 diabetes can be quite sudden, Type 2 tends to develop more slowly, with the symptoms being less obvious, and more and more, the medical profession is promoting prevention – make the changes now, not once the diagnosis is made... once the damage has already started... once medication is needed.**

One of the most significant preventive lifestyle measures, particularly for Type 2, is achieving and maintaining a healthy body weight. Approximately 60% of the adult population in Australia is either overweight or obese; a significant factor in the development of diabetes. **Simply put, we need to eat less and move more.**

However, there are other lifestyle measures that also influence the development and management of this illness. Smoking increases the risk of damage to the kidneys, eyes, heart and feet. Regular balanced meals with a good intake of fibre from fresh fruit, veges and whole grain cereals, decreasing caffeine intake and avoiding 'junk food' snacks helps maintain the blood sugars at an even level. Regular exercise is beneficial apart from helping maintain a healthy weight. And even stress comes into the equation – the stress hormone cortisol triggers an increased appetite, particularly for sugar and fat, but it also increases abdominal fat storage, which increases the risk of diabetes.

**So, make the changes now, not once you have been diagnosed with diabetes or one of many other preventable conditions.**

PLEASE NOTE, IF YOU ARE ABLE TO HELP DR WALDRIP WITH HIS MONGOLIA PROJECT, SUPPLYING BLOOD GLUCOSE MONITORING EQUIPMENT TO HOSPITALS AND CLINICS, DONATIONS NEED TO REACH HIM BY JULY 16. MADE OUT TO YARRA VALLEY CHURCH, THESE CAN BE GIVEN TO YOUR LOCAL CHURCH TREASURER, OR YOU CAN CALL DR WALDRIP ON 03 5967 1272. \$300 WILL PROVIDE ONE MONITOR AND A YEAR'S SUPPLY. HELPING WITH THIS GREAT NEED IS ONE OF THE WAYS OUR MONGOLIAN MISSION IS ABLE TO REACH OUT TO ASSIST ITS LOCAL COMMUNITY.

- SYMPTOMS INCLUDE...
- \*EXCESSIVE URINATION
  - \*EXCESSIVE THIRST
  - \*NIGHT-TIME URINATION
  - \*FEELING TIRED AND LETHARGIC
  - \*RAPID WEIGHT LOSS (TYPE 1)
  - \*INCREASED SUSCEPTIBILITY TO INFECTIONS
  - \*SEVERE NIGHT CRAMPS
  - \*BLURRED VISION
  - \*IRRITABILITY AND MOOD SWINGS
  - \*DEPRESSION
  - \*TINGLING AND BURNING SENSATION IN FEET.

## Boost Your Health!

The busyness and stress of everyday life can make it hard to fit in health and wellbeing activities. But with some small initiatives and helpful hints, you can make easy changes aimed at taking care of you, boosting your daily health and maximising your effectiveness. In the first of our 'Boost Your Health!' monthly themes, we are focusing on getting active for good health and wellbeing.

### MOVE IT!

Here are some easy initiatives to help you put into action the recommended 150 minutes of moderate intensity physical activity each week...or 25 minutes a day, 6 days a week:

### GETTING TO WORK

An easy way to do your 25 minutes of physical activity is walking or biking to work. If it takes longer than your usual commute, plan ahead: pack your bag and lay out your clothes the night before. If an alternate commute is impossible, get off the bus or train a stop earlier and walk the rest of the way. Even taking the stairs instead of the elevator has been proven to reduce fat, trim your waistline, and increase your aerobic capacity... the 25 minutes of physical activity we need for our health can be accumulated a bit at a time, or one stairway at a time, spread at intervals throughout the day... do it your way!

### DURING YOUR WORKING DAY

Most of us spend hours sitting at our desk with very little activity. This is known as sedentary behaviour, and up two thirds of Australians spend their working days sedentary! A sedentary lifestyle is thought to be a major contributor to poor health outcomes including type 2 diabetes, obesity and cardiovascular disease which can be precursors to premature death. Simple initiatives such as scheduling short breaks to get up and get moving; taking a short walk outside with a co-worker to brainstorm ideas; walking to your colleagues' desk to have a conversation rather than calling or emailing; or scheduling a daily lunchtime walk in the sun will all make a difference.

### AT HOME

Rather than plonking yourself in front of the TV as soon as you get home, do some chores around the house...housework burns calories and let's face it, you have to do it anyway. Joining a local neighbourhood walking or running group is also a great way to get moving with the added bonus of group motivation. The key is to keep it interesting by trying something different on alternate days.

### AT PLAY

Our days can be hectic, especially if we are looking after kids as well as working. There are lots of fun ways to get active with the family, ensuring they get the health benefits too. Instead of watching TV or playing video games, how about going to the park or local pool instead? Bike riding and rollerblading is popular with kids - throw yourself into having fun with them! Pick an afternoon or Sunday morning to go on a family walk, exploring an area near you. Not only do you get the benefits of exercise, it is also a great opportunity to spend valuable time with your nearest and dearest.

*Exercise shouldn't be a chore or a bore... keep it varied and make it work for you.*



## Making a Difference This Year

### PRESTON CHURCH

Wanting to make 2011 different, the Preston youth decided to do more things together and reach out to those around them.

Starting with vespers on the first Friday night in January, they put together ideas that made the next few months incredibly busy! In February a number of youth went to a youth congress, where they were inspired with great sermons and workshops which encouraged and enabled them to take on VicYouth's theme for 2011 - *now go*. A few weeks later the youth were blessed to spend the long weekend at the beach. Each day, stimulating devotions brought their thoughts closer to God, while entertaining icebreakers helped them get to know each other better. Gorgeous weather and amazing food ensured that everyone left feeling both physically and spiritually blessed.



YOUTH OF PRESTON CHURCH

Most recently the group tackled the 1000 steps in Ferntree Gully. While the walk was a challenge for some, everyone made it to the top amid a lot of laughter! More events are planned for the coming months!

*Elizabeth and Kathryn Fletcher*

## Presenting Christ in the Old Testament

### EAST PRAHRAN CHURCH

May 7 saw the congregation privileged to hear an extraordinary talk on the Song of Solomon, presented by Dr Peter McGowan. A much-ignored book, as some find it somehow off limits, Peter painted it in its rightful place as a wonderful part of life given to us by our wonderful Creator.

He explained that it shows how friendship should come first, then love, instead of what so often happens today and ends in disaster. His final twist brought the message right home: 'Does your spouse see Jesus in you?'

The day was memorable as well because of the beautiful music provided by Romney King, David Taniar, Tonya Field and Peter McGowan and by Pr Merv Sparrow-Hawk's presentation of the Sabbath School lesson.

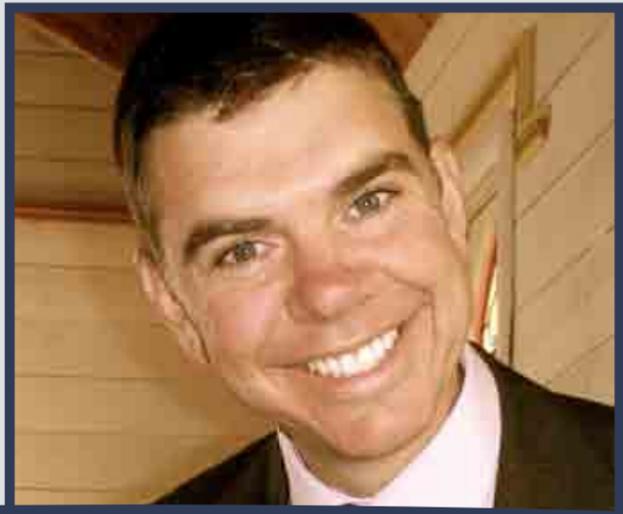
On June 4, the series will continue with Pr David Riley, (pictured) who is probably better known in England than in his home country, Australia. But he is back here now and rapidly making a name for himself as an outstanding preacher. David became an Adventist in his early 20's as he studied Old Testament prophecies fulfilled in the life of Christ. On impulse he got on a 747 and went to London and ended up studying at Newbold College, and from there he became pastor of the large Central London church for a number of years, before returning to Australia.

David says he prays that most of his church members don't realize he has no idea what he is doing... but obviously he does it anyway!

David's family were heavily involved in the horse racing industry and he was raised to know what a 'sure thing' was, so his sermon is entitled 'A SURE THING' and is on the probability of Jesus being the Messiah based on old Testament prophecies. Sounds interesting and great for your faith in Christ.

The Church service will start at 11am, preceded at 10 am

by Peter Derrick, an excellent teacher, who will take a combined Sabbath School Class. Then of course there will be a fellowship lunch for everyone. All visitors are be most welcome. The series of Christ in the Old Testament continues on July 2, when guest speaker Pastor Morrie Krieg will preach on 'The Leper's Dilemma' and the combined Sabbath School will be taken by John Waters.



Pr David Riley

## A Heart for Africa

### WANTIRNA ADVENTIST CHURCH

You may be forgiven for thinking you had stepped into the heart of Africa if you'd visited the church on the evening of the 26<sup>th</sup> of March. The hall was transformed into a magical place where lions walked, hunters boldly cut a swath through the jungle and only the best African gastronomic delights were offered to the humble tourist.

The purpose of this gathering was to raise funds for Mission in Action's Nakuru Baby Orphanage, Kenya, to supply food hampers, bedding, mattresses, water tanks, guttering and other essential equipment.

To match the African theme, the hall was decorated brilliantly with tribal masks and spears; even the serviettes had leopard prints emblazoned across them. Attendees were encouraged to dress to the theme as well.

The Wantirna catering team provided the food and gave the kitchen one last hurrah before its remodelling. The temperature was quite tropical as the air con had already been disconnected, but they bravely carried on. The food was brilliantly executed, with three courses of African themed food to tempt any palate.

There was excellent entertainment with Kat Sproule, Yola, and David and Helena Ring singing, and a best-dressed contest, where many brilliant African styles were displayed and Julie Millet took the honours!



MC BRYAN ROBERTS WITH KARINA DOBRA

But the main highlight was perhaps the auction – with MC Bryan Roberts dressed as a big game hunter on the lookout for bulging wallets. He was such a good auctioneer that he even knew when people wanted to buy an item before they raised their hand! Many items were sold including vouchers, plants, cakes and beautiful artwork by Janette Doyle.

\$7000 was raised by this evening, which would not have happened without the hard work put in by Karina Dobra. She is committed to helping those who have so little and was the main driving force behind the event. Karina, with her heart for Africa, stepped out in faith and God provided much to help the orphans in the Nakuru region.

*Justin Bone*

## From "Where is the Dog?" to "Welcome to Our Church!"

### RINGWOOD CHURCH

Mrs Hedy Alt is a resident of Tudor Village in Lilydale, and lives in her neat home with her dog, Billy. But it hasn't always been this way.

Some years ago Hedy, thinking she would like to get a dog, wondered who would care for it if, for some reason, she had to be away from home. Consequently, Hedy placed an advertisement in her local paper, for a person willing to give proper care if needed. By chance, Mrs Loree McGowan became aware of the request and so visited Hedy.

"Where is the dog?" she asked. "Well... I haven't found the right one, yet!" was the reply. And thus began a friendship between Hedy and Loree, her husband, Peter, and her parents, Errol and Margaret Arthur. Over several years, a bond formed and they were able to share faith and hope in a cordial atmosphere. The truths of the Word were further shared in studies with Pastor Dean Giles, until Hedy was received into fellowship



HEDY WITH PETER AND LOREE MCGOWAN

of the Ringwood Church on Sabbath, April 9. The portion of scripture shared by Pr Giles on this occasion was the meaningful phrase from John 19:25 – "...stood by the Cross..." People are being gathered from every part of the world, and will one day stand by the Cross of Jesus. We rejoice at God's leading and the ministry of our members. Hedy's new-found faith is precious to her; she stands by the Cross.



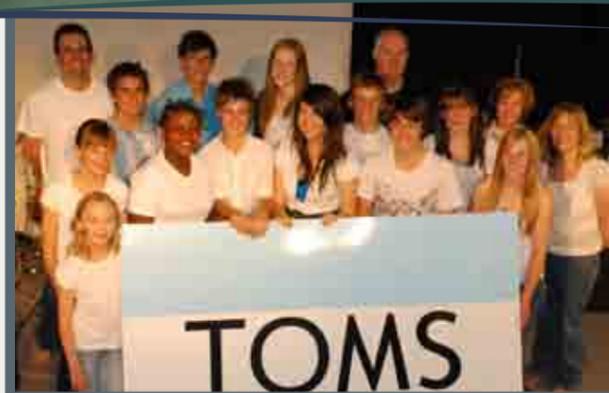
## One Day Without Shoes

### BURWOOD CHURCH

Have you ever heard of Toms Shoes, or notice people going 'One Day Without Shoes' on April 5? The teens at Burwood Church have.

Founded after Blake Mycoskie visited Argentina in 2006, Toms Shoes has given over 1,000,000 shoes to underprivileged children under the One for One movement. On the Sabbath immediately following the One Day Without Shoes day, the teens conducted the whole church service without their own shoes, encouraging everyone there to take theirs off too, drawing attention to the One for One project.

The Teens led out in praise and worship, and fluently presented the main sermon. They spoke about Toms Shoes - how it all began because the children without shoes Mycoskie had observed, were not only at significant health risk of a debilitating, soil-transmitted disease, they were unable to even get an education without shoes - and about having compassion. They talked of the abuse the Japanese women used to suffer with restrictive binding of their feet - comparing this to the restrictive attitudes imposed by the Pharisees. They spoke of Jesus' humility, washing His disciple's feet - doing a menial task because it needed doing. They then invited the congregation to join them in the humbling ceremony of foot washing, where participants walked through dirt first, before washing each other's feet, and to do extend this to the rest of their lives, undertaking tasks that need doing, showing compassion to those less fortunate... simply because it needs doing.



## Sharing Their Faith

### HAMILTON CHURCH

On Sabbath, April 30, Hamilton church members were blessed to be able to witness the baptism of Shaun Keast and Tony Bates.

Shaun shared with the church how he had an on and off relationship with God, but that God never let up on him, constantly calling to him, to bring him to this day. "My aim," he said, "is to be united with Christ in this life now, and stay with Him for eternity, to serve Him... Nothing in this world compares to Him, or ever will - I know,

because He's with me always..." Tony moved to Hamilton from Queensland several years ago. He has been an Adventist for some time, but after hearing a particular sermon several months ago, felt God place on his heart the need to be re baptised, which he did, with great joy, recommitting himself to his Lord.



## Planting in the CBD

### MELBOURNE CITY CHURCH

The Victorian Conference recently asked Pastor Rod Anderson to plant a church in the heart of Melbourne's Central Business District. Here is an interview with Rod, where we find out more about his challenging work.

Rod, this is quite a big undertaking. It must have given you a lot to think about...

It certainly has, and I must confess when I think about the responsibility resting upon me, it has caused many nights of interrupted sleep! However I am trusting in God, for He has His people in the CBD of Melbourne who are just waiting to hear the truth and when they do, will respond positively.

Why does the Conference wish to plant a church in Melbourne's CBD?

Within the three square kilometres that we call Melbourne's CBD, nearly 20,000 people live in apartments and this figure is growing by 13% each year. On top of this, you have the Docklands precinct where over 7,000 people now live. Furthermore, over 400,000 people commute into the city to work or study. This is why we feel compelled to present our life saving message within the CBD.

So have you started yet? Do you have a location?

Well, there won't be a church operating *this* year. 2011 is all about preparation. We are planning a training program for Bible workers in June, to equip them for the work that will be necessary...

Sorry to interrupt here, but Rod, are you just looking for University students, or would students who are taking a year off before commencing their tertiary studies be suitable as recruits for your Bible worker team?

Well, yes, both those groups are invaluable, but it is not restricted to just those ages - we want men and women of *all* ages, because the new people we will be coming in contact with will be from across all age groups... people in their 20's, 30's, 40's, 50's, 60's and beyond if they are able, are all needed.

And back to the plan?

As I said the Bible worker training commences the 1st of June; there will be 18 sessions in total, two sessions per week and finishing July 30.

Who is doing the training?

I am! I have a lot of experience in training and equipping church folk and in strategic planning. The training will conclude the end of July, and then at the end of August, I will start an evangelistic program which will go for 18 weeks with six sessions each week.

That is intense; you are going to be busy!

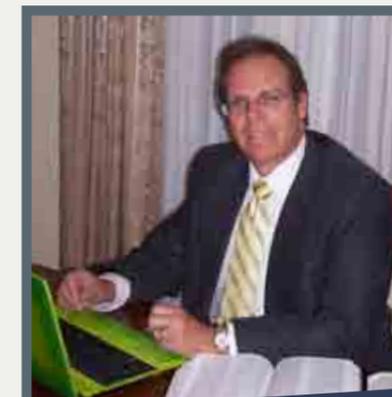
Yes, both my team and I will be busy, but it will be exciting to see what the Lord can do. The strength however, of this new church plant is going to be its cell groups, and I am hoping during the evangelistic program, we will have at least four host homes/apartments that we can invite new people into.

As said at the beginning, this plan has certainly given you a lot to think about. It sounds carefully thought out.

Yes. But more importantly, it has been thoroughly immersed in prayer. This work is going to be slow and steady, laying down a strong foundation, to build a solid committed church that will glorify our Lord Jesus Christ.

Melbourne City Church Plant will be a light house for the truth, in the midst of Melbourne's Central Business District.

If you are interested in being part of this team, dedicated to serving the Lord in the CBD, it is not too late to apply for the June training seminar. Go to [vic.adventist.org.au](http://vic.adventist.org.au) and download an information and application form or contact Pr Rod Anderson on 0439 615 250 or [randerson1844@yahoo.com.au](mailto:randerson1844@yahoo.com.au)



## Remember your Roots!



Have you ever tried to imagine what it would have been like for Joseph in the Pharaoh's dungeon? How would you have felt? As you read this story, picture yourself there with him - maybe another prisoner, looking on... listening... learning...

The burly soldier shoved two finely dressed men down the cold stone steps into the catacombs beneath Egypt's busy streets. As he came to the huge iron gate that locked the world out, he shouted "Two prisoners, by order of Pharaoh." Moments later, a door in the darkness beyond the gate creaked open and footsteps advanced quickly up the long corridor. A gust of icy wind from below blasted through the gate followed by the appearance of a young man dressed in a simple robe.

The soldier shivered as the key went into the lock from inside. The gate swung open.

"Two more fine visitors," said the young jail-hand, with a friendly smile.

"Yeah," grunted the soldier, handing over the chain binding the two men. "They disappointed Pharaoh himself!" The soldier closed his cloak against the chill. "Aren't you cold, man? You should wear a cloak!"

"Cloaks have a tendency to tell lies about me!" the young man laughed. "Besides, the fresh air keeps me awake and busy enough to keep warm!"

"Whatever gets the job done, eh?" the soldier guffawed.

"Indeed," replied the jail-hand with another smile. "Fare thee well."

"And you," called the soldier as the huge gate swung shut, its latch clicking loudly. His task complete, the soldier turned and hurried back to the free world.

The jail-hand, meanwhile, led the two new prisoners to the depths of the prison, to an almost bare room where he unlocked their shackles and gestured for them to sit on a bench along one wall. Wealthily dressed, they were certainly not common criminals.

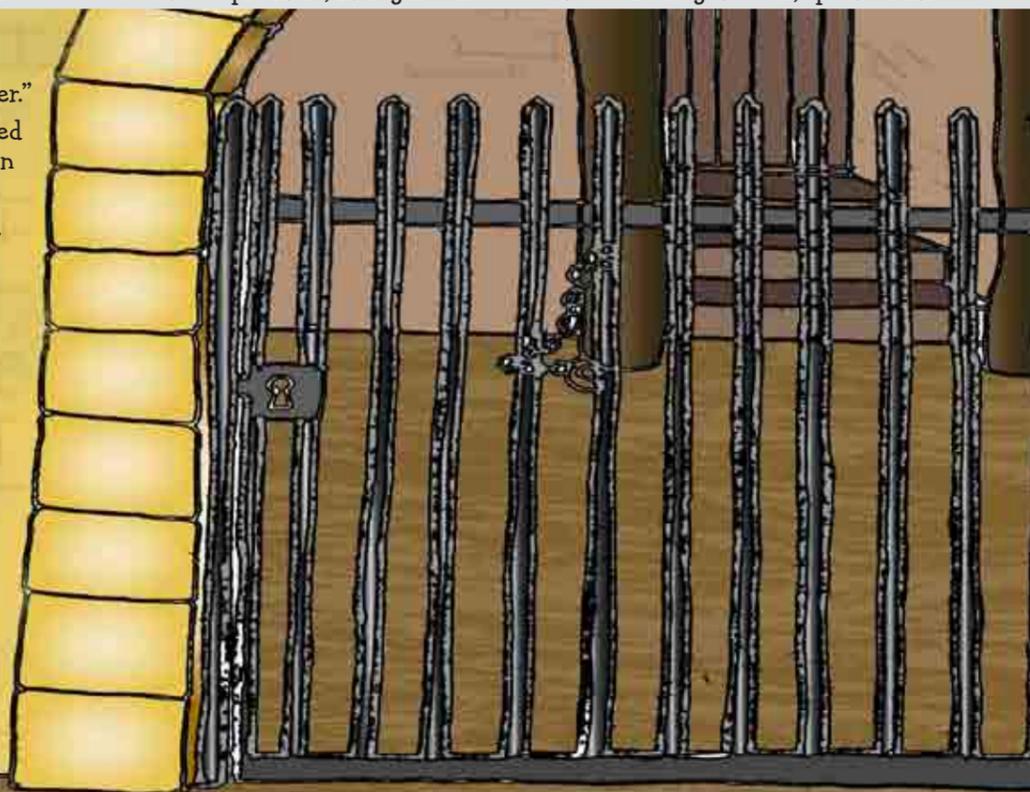
"For the record," he said as he sat down behind a simple table, facing the two men and unfurling a scroll, "please state your positions in Egypt."

"I am the King's baker."

"And I am the King's cupbearer."

The jail-hand scribbled on the scroll and then looked at the men.

"I am Joseph. And I am a prisoner, like you." The two men glanced at each other in confusion,



then back at Joseph.

"But... you have the keys!" exclaimed the cupbearer. "You could leave at any time..."

Joseph laughed. "I wouldn't get far! They'd catch me and throw me right back down here again. Then I would be here as an ordinary criminal; right now, I know I am innocent of the charges against me. I am as free as I can be without breaking the laws of Egypt or disappointing my God, who seems to bless me at every turn."

"You call this blessed?" the baker cut in. "You're a prisoner here!"

"Yes - I am..." Joseph paused. "But even so, the God of my fathers is with me. He blessed me when I served in the house of Potiphar and I was made manager of the estate!" The two men again looked at each other, this time with raised brows. Potiphar was the captain of Pharaoh's guard. To serve as head of his household was a great honour.

"Now God has blessed me in this prison," continued Joseph, "...causing me to be put in charge of the entire dungeon. I serve the God of my ancestors with humility and likewise, I serve each master with respect and integrity."

"I wish we had been so wise," the cupbearer said. "We let our positions go to our heads and ended up offending Pharaoh. A bit of respect and integrity would have kept us out of this pit."

Joseph took a long slow breath, placed his palms on the table as he stood and leaned toward the two men. "To climb to the top of a mountain, you must start in the valley. This moment may be the lowest you have fallen but it can be the first step of the greatest achievement of your life."

"Where do you learn such wisdom?" the baker asked.

"My great-grand father heard the voice of God," Joseph replied. "God found him in the land of Ur and invited him 'Abram, walk with me!' And what a journey they undertook! I don't hear His voice like my Great-grandfather did, but I do my best to walk with God each day by reflecting on the stories of His leading in the lives of my fathers before me."

"You are a Hebrew?" the cupbearer asked, tilting his head back.

"Yes."

"You speak and write like an Egyptian!"

"One step at a time, my friend," Joseph said quietly. "This is not the first pit I have been in. I have started many new things. And God has been with me every step of the journey."

The cupbearer nodded. "You will surely rise to great heights."

"To rise up, one must be cast down," stated Joseph. "To be great, one must serve. And to be free, one must obey."

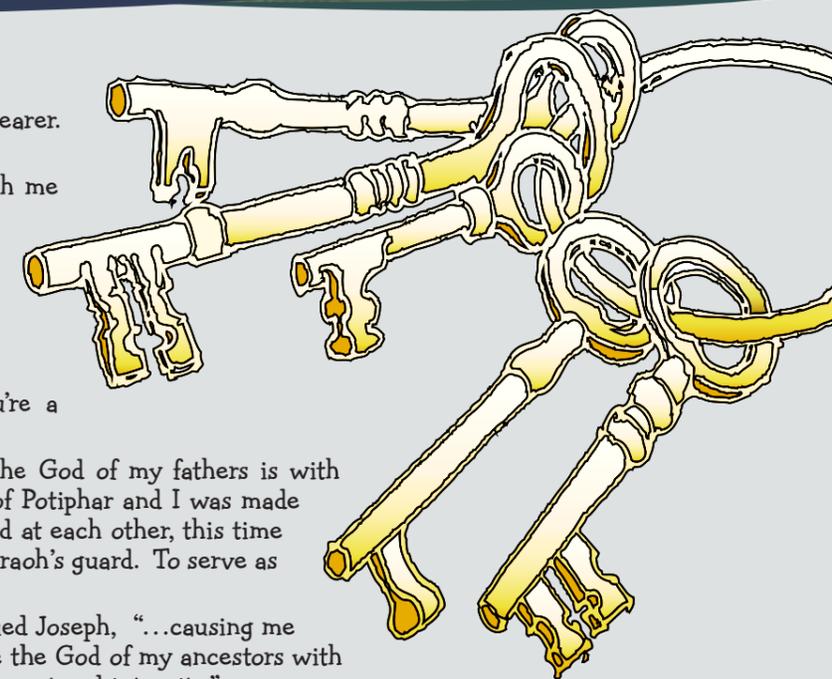
### Taking It DEEPER...

Have you ever had a time when you were at the bottom of a pit, like Joseph was? Things are not ever as bad, when we realise who we really are - God's children. His Spirit will move into our hearts, working His will in our lives as we accept Him, and we will have the strength to cope with whatever attacks us.

Look up 1 Corinthians 6:19-20, and Ephesians 5:8-9. What do these verses tell you? Because we belong to God - because His Spirit lives within us, as it did in Joseph, what we do with and to our bodies, how we live, is very important.

Ephesians 5:15-17 says to be careful how you live, and 1 Corinthians 10:31 tells us that whatever we eat or drink, or whatever we do, it is for God's glory. So let Joseph's story challenge you to keep your body pure for God, to live a healthy life, so that He can use you most effectively, to bring Him glory.

WRITTEN BY DAVID EDGREN - PASTOR, AUTHOR AND DIRECTOR OF SABBATH SCHOOLS AND CHILDREN'S MINISTRIES, 28 STORIES IS DESIGNED TO STRENGTHEN ADVENTIST FAITH AS THEY EXPLORE THE 28 FUNDAMENTALS OF OUR BELIEFS.  
FOR A STUDY GUIDE FOR ALL AGES, TAKING YOU DEEPER, VISIT [VIC.ADVENTIST.ORG.AU](http://VIC.ADVENTIST.ORG.AU) AND CLICK ON THE 28 STORIES TAB.



### From the General Secretary

Big Camp 2011 has come and gone. In the days preceding it, the weather was much wetter than last year, the dams needed fencing and two trucks got bogged, but in spite of these watery hiccups, preparation was more efficient than last year. We had almost 1800 registered campers and up to 3000 in attendance on the Sabbath, representing an incremental increase over 2010. The mission offering to support isolated medical outposts, came to nearly \$15,000 - almost double last year's total - and we thank you for your contribution.

Pam and Jenny put out more than 2400 meals throughout the weekend - a monumental effort.

None of this would have been possible, without pastors who were on site from the Monday before camp to set up, or the many volunteers who helped out with the different divisions and programs, in the kitchen, on parking duty and with security.

I would like to take this opportunity to thank all these staff and volunteers, for the many sacrificial hours they put in.

The initial feedback is in and is being processed. The general response indicates a good level of satisfaction from our campers and day visitors. The Children's divisions come in for a special mention for a job well done and the Stress Seminar was popular with more planned in this area for next year. The Mega Monday was also appreciated by many.

### Anniversary Celebrations

#### EAPS

On Sunday, March 27<sup>th</sup>, Edinburgh Adventist Primary school celebrated its 10<sup>th</sup> anniversary and the Early Learning Centre, its 5<sup>th</sup> with a school picnic. This was attended by past and present staff, school families and lots of energetic children.

Yr 4 teacher, Lyn Chapman and prep teacher, Angela Bradley have been with the school for 13 and 16 years



LYN CHAPMAN, NATHAN HILL & ANGELA BRADLEY

We had 35 delegates this year, and their contributions were greatly enjoyed. Our speakers this year had different presentation styles to last year's, and they too, kept their listeners engaged and the meetings well attended.

The main area of concern that has attracted comment is, again, the amenities. While improvements were made on last year, it would be fair to say that further work is needed yet - be assured we are 'on it'.

If you were at Big Camp I hope that you were blessed by the whole experience - the fellowship, the speakers, and yes even the odd cold shower! We are continuing to process feedback, finalising expenses and making decisions regarding Camp 2012 but in the end, Camp is not about the statistics!

It is our prayer that the experience of Camp leads you to a deeper sense of commitment to God and the work He has for us. Why? Because then, all the dollars spent, the long hours and the aching muscles will have been worth every bit!

Darren Croft



### From the CFO

It has been some months since my last report and now is a good time to bring you all up to date on the financial progress of the Conference, with the financial reports for 2010 having been completed.

I would like to provide you some historical information regarding tithe results over the last couple of years:

Year	Tithe received	% increase
2005	8,214,797.00	7.72%
2006	8,744,069.00	6.44%
2007	9,271,764.00	6.03%
2008	10,423,593.00	12.42%
2009	10,731,441.00	2.95%
2010	10,680,443.00	-0.48%

An interesting static concerns the average tithe growth rate over the last little while. Over the last 20 years there has been a growth rate of 4.41% however over the last five years this has actually been 4.50%.

More recently though, tithe growth has suffered and there are many reasons why this has occurred. I do not want to speculate here but will include financial hardship and job loss of our members. However historically, tithe growth has been over 4% per annum and it would be great to see that happen again for 2011.

Having said that and considering some of the softness

being experienced, the Board has only projected growth this year at 1.6% ( \$10.85 mil) and for the year to end of March, we are only \$13,000 behind what was projected, noting that we have a number of larger churches who have not yet reported. This is an excellent result.

For those of you at Big Camp this year who saw the presentation on Sunday afternoon, one of the objectives highlighted was that we are aiming for 60% of tithe to be returned to field and evangelism. To the end of March we have managed to return 61.6%. Please also bear in mind that with 10% and 13% being used to support the work of the Australian Union Conference and the South Pacific Division respectively, and a further 16% going to help Education, this does not leave us much to fund other operations of the Conference.

I plan to keep you informed regularly on how tithes funds are running against budget and how this is utilised.

Thank you for your support. Peter Lynch



### The Lord Has Told You What Is Good

#### ADRA

Throughout His living Word, God calls His followers to be compassionate. We all know versions of Micah 6:8 - what does the Lord require of you.... I would like to draw your attention, for a moment, to a small number of people, known as albinos. I am sure most of you have seen one or two, at least on television, where, simply for the roles they are cast in, often deserve our sympathy. But have you ever considered the plight they must suffer, just to protect themselves from the increasingly harmful effects of the sun on their vulnerable skin? In some parts of the world, that is not the only problem they have. May you be touched with a little of Christ's compassion, as you continue to read. Rebecca Auriant. Victorian Conference Director for ADRA Services.

How much would a witch doctor pay for a set of albino body parts? In Tanzania it is estimated that there are around 170,000 albinos. Each day they hide their fragile skin from the harsh African sun. Each day they hide from communities who see them as a curse. Each day, in a country where the average daily wage is \$1 AU, they hide from hunters who will receive from witch doctors, \$75,000 AU for a set of body parts.

ADRA Australia is offering Tanzanian albinos protection, dignity and hope by providing safe schools, improving access to vital health care and educating their community about their condition. Visit [www.adra.org.au](http://www.adra.org.au) or call 1800 242 372 to find out how you can assist in this project.



CHILDREN AT THE SAFE SCHOOL

## Not The Love Boat

### CONNECT - ADVENTIST SINGLES NETWORK

**Connect - Adventist Singles Network**, recently placed under the VicYouth 'umbrella', is a ministry which, in the past, has had a stigma attached to it. However the weekend on the Coonawarra in Mildura (definitely not the Love Boat!) stood to change forever, one's perception of Connect. I was privileged to have spent time with wonderful people who just wanted to actually connect! No hidden agenda.

**Connect's vision is to seize the opportunities God presents to us within our current stage of life so as to make a difference in someone's else's.**

VicYouth and Connect hope to provide opportunities where we can fellowship and share in ways that will encourage, strengthen and inspire one another. As one great friend stated recently, if you find yourself 'single', take a good look around - you will discover a plethora of opportunities to impact a life that you would not otherwise have had, had you been attached.

**Let us journey together seeking God-appointments to build His kingdom here on earth, and as cheering each other on, along the way.**

Following, is an experience from a beautiful friend who attended the weekend away with some reservation, but left with a blessing she would like to share.

For a newly unattached woman not interested in any romantic relationship, the thought of attending any event run by Adventist Singles Ministry was the last thing on my mind.

However, following encouragement by someone who knew it was *not* a matchmaking service, I was persuaded to join Connect for a weekend on the Coonawarra in April.

Not quite brave enough to go it alone, I persuaded another newly unattached friend to come too and we were overwhelmed by the blessings we received when we joined the group on the paddle steamer.

The ministry of Richard Araya-Bishop, a man well trained in counselling and psychology, was encouraging and challenged the mixed group to make positive changes to our lives and lifestyles to become all that God wants us to be.

The accommodation and catering were outstanding and it was a privilege to travel on the Murray River flowing the way we never thought we'd see again.

**There are so many opportunities for ministry available to those who are 'alone' within the Adventist church.**

Perhaps even ones they would not otherwise have had, had they not been single. Yet sadly, society places so much importance on the transformation in status of being a single to becoming a couple, that the Adventist Singles Network is not seen as valuable beyond the matchmaking stigma.

**But ministering to those on their own, should not be viewed as a charity arm of the church for the desperate and gateless, for those left on the shelf.** Potential exists for this to be an outreach to cultivate more Pauls, more Timothys, more strong independent people who are enabled to have a different perspective on life.

This ministry should empower individuals to see their God-given potential and rediscover their value.



Jesus said "I have come that they might have life and have it more abundantly." He never said that was just for couples or families, He included us all.

There is a concept that if you are over 35 and single you are a failure; negative terms such as wallflower and old maid all attest to society's commonly held view. Yet those who are alone after the age of 35 are often that way because of the death of a partner, the breakdown of a relationship or the choice of singleness.

Mary Magdalene was an unmarried woman totally shunned by her society but Jesus saw the value that was inherent in her, just for being her. Likewise such value exists in each person, both married and unmarried. God values us as individual people; His opinion is not dependent on our relationship status.

Singles ministry has the potential to have a profound impact on society, not just the individual. Throughout time, biblical and modern historical records have examples of great 'singles' who have achieved much.

Naomi was a widowed woman who ministered to others once she recovered from her loss and had closure on a tragic episode of her life.

David achieved his most notable achievements while unmarried (some may even consider the years after David started dating as being less than glorious).

Samson achieved his greatest victory after his marriage to Delilah ended in the most famous haircut of biblical history, John the Baptist was never considered inferior because he was not married.

All of these people devoted themselves to God's work



whatever stage of life they found their singleness in. No-one ever plays down Mother Teresa's ministry because she never married. Do you know that Einstein's marriage was dissolved and Beethoven never married? Did that in any way devalue the contributions these people made to our society?

**If your ministry is emptying garbage bins or caring for emotionally or physically ill people you can still do it all to the glory of God as a single person, your ability to do these tasks isn't conditional on your relationship situation.**

**And we need to remember that no believer or follower of Christ is ever a single because God is always there with them.**

The words of the poem know as Footprints illustrate this so beautifully,

*"The years when you have seen only one set of footprints, my child, is when I carried you."* (Mary Stevenson, 1936)



*The VicYouth team looks forward to journeying with you. We encourage you to come along and share with us on our weekends where you can be encouraged, inspired and challenged. So, please consider attending the next Connect weekend at Howqua on September 2 - 4 or check out the website for other events, on vic.adventist.org.au and click on the Adventist Singles Network tab in the menu.*

Moe Ioane Stiles

## Breakfast Never Tasted So Good

### HERITAGE COLLEGE

It's not often that students arrive at school on the last day of term to the smell of freshly made porridge and hot fruit toast, but those smells aroused the tastes buds and excited the rumbling tummies of Heritage College's grades 5 and 6 students.

The healthy breakfast was a term end celebration of what the students had learnt about how to eat healthfully, the importance of a good diet and how much food a person needs to stay healthy.

Students were able to enjoy a buffet style breakfast of hot and cold wholegrain cereals, wholegrain and fruit toast, a selection of season fruits beautifully displayed on platters. Honey, yogurt and full fruit jams added to the array of flavours. We would like to thank Sanitarium for their generous donations of health products that complemented the buffet with various cereals, So Good milk and Up & Go that students really enjoyed.

The breakfast was a great success with smiles all round from the contented, but somewhat full students. We know students came away from the event with a better understanding of the importance that a good meal makes to the start of a day.



## Workplace Health & Wellbeing Services INTRODUCING CULTIVATE... SANITARIUM

A little while ago, Sanitarium recognised a strategic opportunity to leverage its brand equity into the health and wellbeing market via products and services with an *authentic, integrated, holistic health and genuine care* positioning. This, combined with a decade's worth of experience in running an in-house health and wellbeing program called LEAP (Life Enhancement and Assistance Program), was the catalyst for the creation of a separate business unit called Cultivate Sanitarium.

Cultivate takes the Sanitarium philosophy of respecting and celebrating the infinite value within each of us, by genuinely caring for the health, hope and happiness of each person, and translates that philosophy into programs that nurture, nourish and grow people in the workplace. The objectives are simple: Cultivate wants to inspire employees to make holistic lifestyle changes which positively influence their health and wellbeing. Happy, healthy employees create a happy and healthy corporate culture, which in turn improves productivity through reduced absenteeism and presenteeism (the act of attending work while sick or distracted) and positively affects the bottom line.

As a starting point, Cultivate assesses the health of employees via confidential health risk assessments, where Body Mass Index, blood pressure, blood glucose and cholesterol levels are measured and lifestyle habits such as nutrition and stress are investigated. Each employee receives their own individual health and wellbeing passport, detailing their results and providing generic advice on how to address some of the potential challenges. A benchmarking report detailing the key health risk areas is provided to the organisation, which includes recommendations on lowering these risks. Based on the findings and our recommendations, Cultivate develops and delivers a bespoke 12 month interventional program to reduce the prevalent health risks, with a further health risk assessment at the end of the program to gauge improvements. Participation in any activity is on a voluntary basis, with employees able to opt in or out at any stage.

Annelise Hanvey - Manager



## Year 6 Extended Themselves NCC PRIMARY CAMPUS

During its Sustainable Living Week, the City of Whitehorse presented the Yr 6 extension class at NCC with a certificate after winning an award in the school section award of the discarded/recycled art competition. Here is school captain, Ella Rankin's acceptance speech.

"Thank you, city of Whitehorse council, for choosing our entry as number one, it is an honour.

It was lots of fun making this art project together. Our God, our awesome, amazing God, is the leader of our school, the King of the world, for He created it and we believe that we should keep our world clean and that there should be less rubbish and less pollution. We should reduce, reuse, and recycle.

A few weeks ago, a few classes from our school went to IMAX and saw a movie called 'Blue Planet'. In this movie we learnt that earth is the only planet possible for humans



GRADE 6 EXTENSION CLASS ACCEPTING AWARD

to live on so we must take care of our planet. Children are the future and we should be protecting earth, making it a better and more sustainable place. Thank you again for choosing us as winners."

## We do it Differently in the Country!

### HENDERSON COLLEGE

*Prickle Working Bee* - Let's eliminate the prickles! On April 1st a working bee was held to remove the prickles from the college ovals. Everyone's hard work was rewarded with a BBQ lunch. House points were allocated to those families who assisted.

*GRAPE PICKING fund raiser* - Parents, students and staff went grape picking for a cause - raising money for school resources and other general projects. This took place on the first two Sundays in March. Hard workers were rewarded with a nourishing morning tea! It was wonderful to see the whole school community getting involved.



## Trip to "Tassie"

### GILSON COLLEGE

As part of their Year 9 Learning for Life program, 75 students, plus staff members and Avondale College Outdoor Recreation students, travelled overnight on the Spirit of Tasmania for ten days of hiking, touring and adventure. Students were organised into groups based on walking abilities they'd demonstrated during previous hiking trips.

Jessica Miljesic's group enjoyed spectacular scenery as it hiked the trails on Maria Island and she said that, "Walking up Mount Maria was the hardest - it was really steep and a long walk but getting up to the top was really good, you could see everything." Simran Kaur-Pangly said that her favourite moment on Maria Island was "The first night we camped right near the ocean and we could see the sun set and it was really nice because we were up high and there was ocean and sunset."

The tranquil beauty and pure, white beaches of the Bay of Fires on the East Coast inspired other groups, however their time there was not without its challenges. Luam Embaye explains. "For me the most challenging part was the river crossing, because we got there just before the high tide and there were two people who couldn't swim - which included me - so we had to go across with the two leaders. I was like really proud of myself. It was freezing." Christian Plantamura added that his most

enjoyable experience there was "Climbing to the top of Mount William and seeing how far we had walked."

The remaining groups faced the challenge of hiking the alpine terrain of the Central Plateau. Larissa Bottin, who hiked the Walls of Jerusalem, said "There were only six girls in my group and even though we don't really talk at school, we became friends."

At the conclusion of the hikes everyone spent three days in Devonport visiting a chocolate factory and a raspberry farm as well as having fun on the beach. These days provided much needed time for the students to clean and pack their equipment as well.

They encountered freezing conditions and remote and wild environments; they experienced life outside their comfort zones and pushed themselves through physical barriers to finish the hike. However, having 'survived' the Tasmanian experience, they now have a greater sense of confidence and maturity - these young people *know* they are capable of doing anything, and their teachers are amazed at the huge change and development in their attitudes.

Lwam Embaye has this advice for future Year 9 students, "Year 9 is the best year ever in high school, don't take it for granted and don't complain - just be thankful."

Adele Bergmann





We have many books on health available at the ABC. If you would like some help kickstarting your healthier lifestyle, come and see what we have....



Located at the Conference Office, Central Rd Nunawading and open Mon-Thurs all day and Friday morning. Come and browse our selection of books, gifts and music as well as a range of Sanitarium products.

**28 STORIES TO BE A BOOK**

The Bible study series, "28 Stories", which has been on the Conference website and the basis of the children's pages in IntraVic this year, is soon to be published as a book by Signs Publishing Company. Written by Victoria Conference Children's and Sabbath School Director David Edgren, "28 Stories" is designed to be used in small group discussion or for personal journaling and is suitable for all ages. "I'm excited about the way this series has developed," says David. "I wrote it to encourage our Victorian church

members to study in groups and now the Conference is working with Signs to offer it to the world as a book!" When "28 Stories" hits the shelves of our ABC's later this year, it will be the sixth book by David Edgren. The others are a children's trilogy "Adventures in the Bible", "Giant Boots" and "The NEW Church" - all of which are available at the ABC. You can also download the "28 Stories" as individual studies for your small group or personal use at vic.adventist.org.au

**IT DOESN'T HAVE TO BE THIS WAY!**

By 14 yo, 70% have drunk alcohol!  
By 17 yo, 1/3rd of kids have used marijuana!  
Every week, school kids smoke 3.5 million cigarettes  
**Alcohol and other drugs are the number one contributing factor to injury and death in young people**

Recommended by the Victorian Conference Children's Ministries Department, the new

**HOW TO DRUG PROOF YOUR KIDS.**

is a prevention focused program based on solid research, presented in a format that builds capacity in kids, in families and in communities

You can steer kids away from the harmful use of drugs. **Train as a How to Drug Proof Your Kids facilitator**

Wednesday June 8, 2011  
Focus on the Family  
1330 Ferntree Gully Road, Scoresby  
9am - 4:30pm  
\$295 includes morning and afternoon tea  
For more information on how to register, contact Josie Freer on 1300 300 361

*~Restore My Spirit ~  
Women's Conference 2011  
July 29 - 31  
Speaker - Cheri Peters  
Phillip Island Adventure Resort*

This series will reveal how God can heal the pain of the past and present to recreate us into new women. God wants to remove the bandages in our life so we can live to the fullest and experience a deeper walk with Him. To do so, we need a deeper understanding of the battle that rages within our minds and hearts. God wants to prepare each of us to live a life that we never dreamed was possible... a fulfilled life for Him.

**ADS AND NOTICES**

**ACCOMMODATION NEEDED** – A family from the Gold Coast will be requiring accommodation or are willing to house sit, for three weeks in February from the 4th to the 26th, next year, for the duration of the Union Conference's Lay Pastor's Assistant course. Close to Ringwood preferred. If you are able to assist, please phone Shane Blomfield on 0421 517814 or 0404207719  
**DO YOU LIKE OPERA?** Here is your chance to enjoy an evening of favourite opera arias for soprano. Soprano Sarah Lobbeiger, with Amir Farid on piano, will perform an Operatic Soiree Fund-raising Concert

on Sunday June 5, at St Ambrose's Church, 287 Sydney Rd, Brunswick, commencing 6:30pm. Entrance is by donation and funds raised will assist Sarah with her study expenses as she relocates to Bulgaria to complete a Master of Opera later this year.

**FORGET EBAY!** Forget Hard Rubbish - there's free stuff at Burwood! Yes, the "deal of the year" is available now to a discerning person or church. FREE to a good home, one church organ, used very sparingly over the past 10 years. As is, where is - view at Burwood Adventist Community Church. Note this is a "first in, best dressed" offer - there is only one item

to give away. Don't delay, do it today! Contact John Stevenson at john.s105@bigpond.com

**PLEASE READ THIS AD!** The Mont Albert church is seeking a bilingual pastoral worker to assist the evangelistic work of the pastoral team to the local community. This position includes working for 10 hours per week and being involved in: friendship evangelism, in particular to a Chinese group bible studies supporting small group ministry some translation from English to Mandarin To find out more about this opportunity contact church pastor, Jody Eddy on 0412 381 515 or jodyeddy@adventist.org.au

**ATTENTION PRESENTERS IN THE BOOK OF REVELATION.**

The 2011 version of the "Rev Head" website is now available to aid those giving systematic studies in the book of Revelation... [www.revhead.info](http://www.revhead.info)

On this site you will find Powerpoints, Presenter's Scripts, and Attendee's Sheets for the first seven sessions (more to be added over the next few weeks). They can be used on their own or as complimentary tools to the South Pacific Division's Revelation studies - [www.revelationhope.com](http://www.revelationhope.com)

The tools in the Rev Head website include: A Presenter's Script that allows you to deliver the main topics of each session- Each component is numbered and synchronises with the Powerpoint slides and "Attendee's Sheet"; A Powerpoint slide resource; A simplified "Attendee's Sheet" Rev Head will have updates and revisions added regularly. If you'd like to be emailed when major updates are posted then please leave your details on the feedback page - [http://web.mac.com/driley200/Rev\\_Head\\_2011/Feedback.html](http://web.mac.com/driley200/Rev_Head_2011/Feedback.html)

IF YOU WOULD PREFER THE RESOURCES IN A PDF FORMAT OR WOULD LIKE MORE INFORMATION, EMAIL [DAVIDRILEY@ADVENTIST.ORG.AU](mailto:DAVIDRILEY@ADVENTIST.ORG.AU)

**Sunset times**  
Bairnsdale time is 10 minutes EARLIER & at Hamilton the time is 12 minutes LATER

Sabbath	Opening	Closing
May 28		5.11
June 10,11	5.08	5.08
June 17,18	5.08	5.08
June 24,25	5.09	5.09

**OFFERING SCHEDULE - JUNE**

- June 4 - Pacific Adventist University
- June 11 - Local Church Budget
- June 18- Pacific Island Advancement
- June 25 - Education/ Camping Ministry



**Bible Workers Course  
Commencing June 2011  
Melbourne City Church  
(Age is no barrier!)**

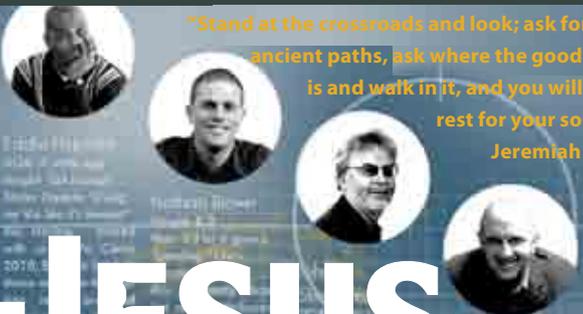
Do you have a personal and loving relationship with your Creator and Saviour? Do you desire to share your faith with those around you? Would you be interested in joining the Melbourne City Church Plant team as it seeks to gain a presence in the Central Business District of Melbourne?

Melbourne City Church Plant is looking for people of all ages to be trained at no cost...

...A great opportunity to work for the Lord.

For more information contact Pastor Rod Anderson (0439 615250), download the application form from the Victorian Conference website [vic.adventist.org.au](http://vic.adventist.org.au) or collect one from the reception desk at the Conference Office.

“Stand at the crossroads and look; ask for the ancient paths, ask where the good way is and walk in it, and you will find rest for your souls.”  
Jeremiah 6:16



# JESUS

who, what, where and how?

**VicYouth Conference@  
Nunawading Christian College**  
161 Central Rd  
Applications available at [www.vicyouth.com](http://www.vicyouth.com) and close July 11 as workshop spaces are limited

Friday and Saturday Evening Worships with Eddie Hypolite are open to all - no registration required Friday @ 7:30 and Saturday @ 5:30

**July 22-24 2011**

IDENTIFY

# LET KIDS REJOICE

## FUNDRAISING CONCERT

Featuring

- The Joyful Singers Childrens Choir
- Instrumentals by Local Artists
- Rejoice Children Musical Ensemble Video
- Various Vocal Performances



Oakleigh Polish SDA Church  
Willgison Court, Oakleigh  
Saturday July 30th 6pm

www.jacobswell.org.au

All funds raised will go towards Jacob's Well Rejoice School Project India

Date: 2nd July

# Cambodian Fundraiser Concert

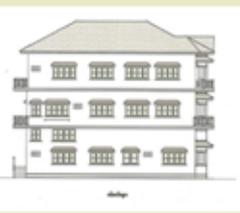
Proceeds will be used to build a community centre in Kampong Thom province for educational programs to upskill local villagers.

Venue: Dandenong Polish Seventh-day Adventist Church, 100 James Street, Dandenong

Melway: 90 C3

Free Entry  
Fundraiser collection

Time: Seated at 6:20pm for 6:30pm start

Cakes and refreshments for purchase after the program  
For further details call Samuel on mob: 0422 050 624

# why?

Extracted from *Signs of the Times*, *Why?* looks at the spiritual dimension to recent tragedies in Japan, New Zealand and Australia. Designed to share—personally, with your community or to letterbox. To view content and order, visit: [www.signsofthetimes.org.au/why](http://www.signsofthetimes.org.au/why)

Packs of	100	1	2-9	10+
\$AUD		\$22	\$20	\$18
\$NZ		\$28	\$25	\$22

For information: ph 02 9847 2296  
<[leedunstan@adventistmedia.org.au](mailto:leedunstan@adventistmedia.org.au)>

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