

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

Saved With Amazing Grace

February 2015



Victorian Adventist
COMMUNICATIONS

IntraVic Newsletter
a publication of VAC



Victorian Adventists

A note from the Editor's Office



Worth the Effort?

It started small – just a few responded at first – and then it grew quickly. Were there sixty in the group, or were there eighty? It was hard to tell, but counting was the last thing on my mind.

Friday night at Teen Camp is always a special night – a night of commitment. In the worship service, Pr Luis Bermudez appealed to the teens to commit their lives to Jesus in a deep and meaningful way, giving options to ask for special prayer, to study the scriptures, to prepare to be baptised – and they responded.

The after meeting – outside on the deck – was a time of reflection, sharing and prayer. After allowing time for discussion and personal thought, conference Youth Director, Phil Hyland, invited those who would like special prayer with Pr Luis to join a circle near the steps. As the circle grew, I heard quiet sobbing – which increased as the numbers grew.

Many many young people had met Jesus that night.

I won't give you his name, but he'd been standing beside me throughout the prayer time, and as the group began to move away, he turned to me and gained my attention. "That was me sobbing last year" he said. "That's when I really connected with Jesus and this year my heart is overflowing with joy. I've been to three summer camps -- and they just keep getting better!"

After the prayer time, the group lingered to sing - a meditative and heartfelt time of commitment. I wondered, "What would a parent or grandparent, who wants their young people to be in the kingdom, be willing to do to provide a memory like that?"

You can't buy that - it isn't contrived nor programed! What happened on that Friday night was the culmination of morning worships - cabin by cabin - and a week of evening worships.

But above all, I believe it was the leading of our wonderful Saviour.

Big Camp is the next chance to provide significant memories like that, this time for all age groups. So I wonder... what are you willing to do to deepen your commitment, and develop an even closer relationship with God – for yourself and for your family?

See you at Elmore for Big Camp, Easter weekend, 2015.

Graeme Christian

IntraVic February 2015

In this issue...



04 Saved With Amazing Grace

Summer camps embody what VicYouth is about - empowering our young people in their relationship with God and service for Him. What were the campers and staff's favourite aspects of camp? When asked, the answers were overwhelmingly about spiritual and relational aspects rather than the fantastic activities and food...

08 Church News

Read about what our local churches have been up to over the last few months. From baptisms and anniversary celebrations to CHIPs and recipe clubs.

12 Children's Pages

God Loves Me

14 Conference News

Once again Pr Graeme Christian brings us a report on the work of the Conference administrative committees. Sibilla Johnson shares some interesting health facts and ADRA has a number of reports. The Pastoral Staffing list for 2015 can be found on pg 18, and we introduce a new conference role to you.



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July 25
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PRECEDING MONTH

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Cover Photo
Warren @ Summer Camp

Summer camp 2015
was GROUSE! - J.B

SWAG

Saved With Amazing grace

Each year our February edition of IntraVic shares stories and reports from our Summer Camps and discusses at length the VicYouth plans for the coming year. This year we are letting the staff and campers speak for themselves.

The camps came hard on the heels of the South Pacific Division's Camporee in Toowoomba, QLD, so numbers were down a little. But not the campers' responses: for Juniors, 54% said they wanted to participate in Bible study, and 34% requested baptism with 45% asking for someone to pray for them and in Teens, 51% wanted further Bible study, 32% requested baptism and 37% prayer.

And this is just the beginning for 2015...

"What I loved most about Summer Camp was ..."



..the love and friendship I have with my Juniors & Teens as well as seeing their individual relationships with God Blossom.



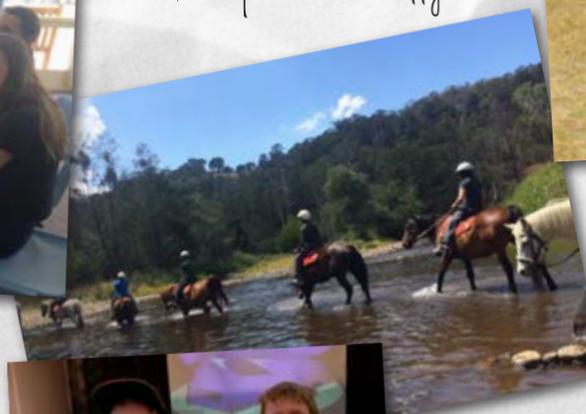
...speaking to my girls who don't have a Christian background & came only because of a friend, and are now willing to come back next year on their own ~Chi



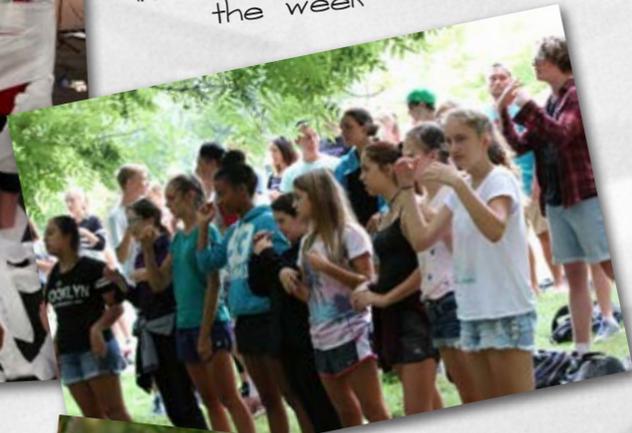
..seeing the excitement in camper's eyes when they try something for the first time and conquer it! - Nelly



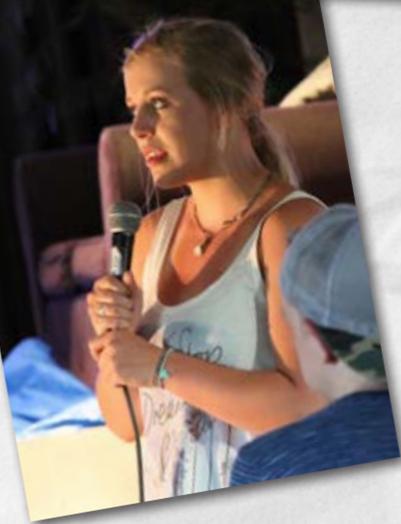
Our summer camp family ♡



...seeing one of my Juniors go from running out of the worship service on the first night - to singing all the songs, doing all the actions and engaging in the talk by the end of the week - Mitch



...the song worship and seeing all the kids get involved in pouring their hearts out to God. It was the most genuine worship I have ever experienced! - Jen





...when the teens begin talking about wanting to be cabin leaders. - Lui



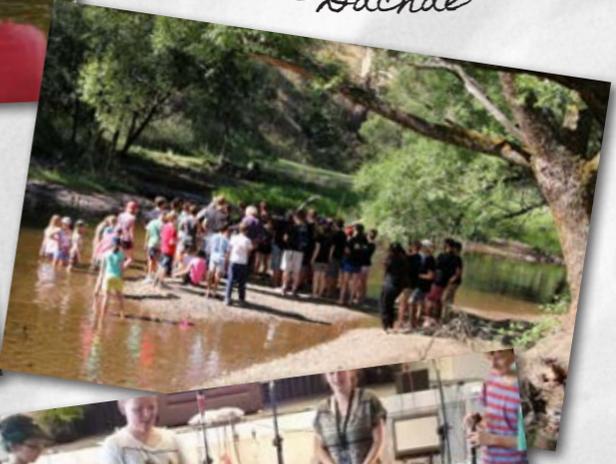
Friday night worship & commitment, swag camp, and returning to the summer camp family. - Derek



...seeing the growth and change in the kids all around you... and yourself. - Dachae



...seeing so many people absolutely giving them all on commitment night after Louis' sermonette. I think that it's been the most kids that have been physically and emotionally compared to other years. - Dat



...having kids come for the first time to camp and having them say that they are coming back.



...I loved it all! Becoming friends with a group of amazing, life-loving, Godly people, watching spiritual journeys & being a part of such an impacting, life-changing ministry.



...definitely the best time of 2015 so far, I really wish it lasted longer. I can't wait to come back next year. - Chan N



Celebrating 18 Years

Macedon Ranges

The mist was clearing on the mountain, a beautiful reminder that we were 18 years closer to Christ's return. So began our worship in sunshine and song, on the 29th November 2014, as the Macedon Ranges Adventist Church marked our 18th Birthday with a Homecoming Celebration.

Our church history, both of the building and the people, was remembered as we reflected on the marvellous contribution all had made to the development of our Church as a family of God.

Narelle Arthur blessed us with a beautiful rendition of Amazing Grace, and we said a sad farewell to Pastor Graham Sutherland and his wife Pauline, while welcoming our new minister Graham McNicol and his wife Lenise. Greetings from former pastors, Tihomir Kukolja and Chrissie Cooper, via letter and DVD, were appreciated.

Pastor Darren Croft (Conference Ministerial Secretary) presented a wonderful message entitled "18 years closer to Heaven."

Afterwards, we had a delicious lunch, including a cake decorated with the church logo and "Happy 18th Birthday."

Beautiful memories were screened on a slideshow, starting with the purchase of land through to the present Church building, and a special afternoon concert was held by Gavin Chatelier and family, who have been involved since the beginning of Macedon Ranges Church. Their music was loved and enjoyed by all.

The members deeply appreciate the people who came from far and wide to share fellowship, worship, friendship and love and to make the day very special.

All Honour and Glory to God.

Justin Martin



Macedon Ranges members celebrated together, praising God for His blessings

CHIPS at Casey Casey Church

When most people hear CHIP, they probably think salty, delicious, deep-fried potato but not Casey people. To them CHIP is about living healthier, happier and longer lives. This group recently completed the Complete Health Improvement Program (CHIP) and City of Casey Deputy Mayor Cr. Amanda Stapledon was present to congratulate them on their efforts.

The program is a lifestyle education curriculum designed to "reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications."¹ The group met regularly over four weeks to learn, taste new recipes and be motivated in their decision to live more healthy lives.

Councillor Amanda Stapledon, joined the group for their final dinner, called a commencement ceremony, on October 16. "It's not a graduation because that suggests the end of something, so we call it a commencement ceremony because it's the beginning of a new way of living," said Program Facilitator Fraser Catton.

The Councillor was impressed with the healthy and tasty food as well as the results achieved by the group. One of the participants, Chantal explained that "at the beginning of the CHIP program, we took a blood test and after a month I saw incredible changes."

Over the four week period the group averaged a significant drop in bad (LDL) cholesterol (17%). Some individuals saw this drop by a third

(33.3%) and others experienced a drop in total cholesterol of almost a quarter (23.8%). One participant, a diabetic, had their blood sugar drop by almost 15% and have maintained consistently low blood glucose levels since the program completed.

While these were the standout results, they came from participants who committed themselves to making a change in their life. They were part of a supportive, fun group who laughed and learnt at the same time. Participants will agree that this friendly, accepting environment is a big part of the success of CHIP.

There are plans to run more CHIP programs in 2015 and beyond and the Casey CHIP team look forward to seeing both their church and community experience the benefits of improved health. So next time you see a "chip," instead of deep-fried potato, think Complete Health Improvement Project.

Fraser Catton

¹ <https://chiphealth.com/About-CHIP/about-chip>

The CHIP team, the graduates and Cr. Amanda Stapledon



Baptisms and Barbecues Ararat Church

In 2012, at the Junior venue at Big Camp, Elissabetta Nicolaici made the decision to be baptised, and in early November last year, members of Ararat shared her joy as her desire was fulfilled and she declared her love for the Lord through baptism. And this day, being her 14th birthday, it was a double celebration.



continued →

Church News

Passion for Christ Ringwood Church

Josh Carnie shared a moving testimony at his baptism. His was not a story with an amazing life-changing event, but one of gradual growth and increasing awareness. He grew up in a Christian home, went to church and attended Nunawading Christian College. But maybe there was a turning point...



Pr Moe Stiles and school chaplain, Lili Panozzo with Josh Carnie at his baptism

It was the beginning of 2014, and Josh had started Bible studies with Pr Moe Stiles. "I told her I wasn't baptised, and Pr Moe was like 'What! Are you sure?' Then it was 'Why not? You already live like a baptised person!'"

"That got me thinking. Why wasn't I?"

Josh realised that he'd thought he needed to be on a perpetual high, spiritually. Pr Moe helped him realise that with God, there is no peak – the journey just keeps getting better. He also realised he had been lacking in faith, doubting God's love for him – he had done nothing to deserve it, why would God care?

"I guess even this week, I was doubting. What is the point? Why does God love me? Does He love me?"

But our loving God had some surprises in store. The day before his baptism, one of Josh's teachers gave him a book. As he read it, it spoke to him of

faith in God, and his doubts resurfaced. But he continued reading, and while he had been so right about his unworthiness, he realised he was so wrong about God's love. God DID love him. And the morning of the baptism, Josh was reading Acts 22, when a verse just stood out – 'What are you waiting for? Get up and be baptised! Have your sins washed away by calling on the name of Jesus our Lord.'

And so Josh was able to stand confidently before his church family and declare "I am getting baptised today because Galatians says that when we go into the water of baptism, we put on Christ. We start an amazing new relationship with Him. It won't be a perfect life, but God is going to be in it with us."

He then passionately declared that he was committing to both a relationship with his God AND to advancing His Kingdom.

"I want to fight for the people in this world who need to know the truth about Jesus. Who need to be liberated. Because if you know the truth about Jesus your life can never be the same."

Sherrie Courtney



Church members also had food on their minds... with a free vegetarian barbecue for the local community at the local market. 90 meals of Sanitarium hamburgers and hotdogs were given away, along with recipes and invitations to their Christmas Carol program. It was a fantastic way to engage with their local community and introduce them to some healthy food!

Justin Bone

Weekend of Nature

Warragul Church

To encourage and nurture its members, the church held a Camp Weekend at Toora, South Gippsland, last November. Of the 46 people attending, about half were children.

Tracy Boxshall took worship on Friday evening, introducing the camp theme of "Being Connected".

Oscar Sande was the main presenter for the Camp. He led out in Sabbath School, showing us that James was calling us to faith in a loving God, and that it is important that our works are motivated by love, not merely by duty or obedience.

During the worship service, Oscar used his story-telling style to illustrate that there are no degrees of sin, and that we should not consider ourselves better than others in the community. He warned us against having the pride and arrogance of the Pharisees, reminding us we are saved by our personal relationship with Jesus, not by our membership in the Church. At evening worship he used the story of the changing of water into wine as an allegory of how we can be changed into better people by accepting Jesus' blood shed on the cross.

On Sabbath afternoon, we went for a drive and a walk to Agnes Falls, at 59 metres the highest waterfall in Victoria. Also, the children divided into groups and mimed Bible stories in the picnic shelter.

At morning worship on Sunday, Pastor Andrew Jasper used the theme of "Close Connections" and pointed out that after 120 years of preaching to his community, only Noah's close family chose to enter the Ark.

The parents and children made use of the activities available at the camp park before heading for home after Sunday lunch. They felt that the informal atmosphere of a camp had helped to strengthen their connections to each other.

Allan Woollard

Recipe Club Warragul Church

A successful year culminated in a special banquet early in December and was a wonderful lead into the Christmas season.

The Warragul Vegetarian Recipe Club finished a successful year with a special banquet on Tuesday, 2 December 2014. The Church hall was carefully decorated, and the night had a spiritual theme "No greater love." The guests were told of God's great love for them in giving his only Son and Susi Scali read out a love letter from God. The musical accompaniment was provided by the pleasant voice of Gavin Chatelier with help from daughter Jessika. About 15 guests from the community shared the event. One lady commented, "I loved the atmosphere here, I felt at peace."

The Recipe Club has had contact with 60 people from the community during the year. The Church women have also assisted at the Pakenham Church Health Expo and supported Pastor Andrew's CHIP program.

The Recipe Club Team has worked diligently for two and a half years, ably assisted by a number of other ladies and some of the men. The Club has provided useful community service and a fine bridge connecting us to new evangelical contacts.

Allan Woollard



ABOVE: Guests enjoyed the Banquet Night in 2014

RIGHT: Gavin Chatelier and daughter, Jessika, provided music for the evening



Any one for Cake? Seddon Church

Who said you can't have your cake and eat it too?

The analogy often used to describe heavy spenders implies that you can't possess and eat a cake at the same time. Once eaten, the cake is gone. However, when it comes to a cake auction charity fundraiser, you can eat your cake and have over \$11,000 to show for it. How?

Once again Seddon youth have decided to head off to Thailand for two weeks of sacrifice on a mission trip fly-n-build. There has been a real sense of commitment to the cause all year, and members who couldn't go physically decided to put their skills and ingenuity to task by making tasty cakes.

Saturday night, November 15th was a night filled with immense heart, a great deal of fundraising, selfless giving and yes with over 30 cakes being auctioned off, a little bit too much sugar. All proceeds of the auction will go to fund projects run by International Children's Care helping communities break the cycle of poverty.

Knowing and seeing the very real needs of others, reminds us of Jesus words in Matt 25: 40: Assuredly I tell you, in as much as you did it to one of the least of these my brethren, you did it to me.

Part of God's Family Ferntree Gully Church

Prior to the Sermon on 15th November, Pastor Trevor Rowe dedicated Lyn, Kane, Ava and Conner Spencer to God. The two older children, Lyn and Kane have expressed a desire to be baptised at a later date.

Judy Spencer, mother of the children, and her mother Maria Venema were baptised in their homeland some years ago and were voted into church membership at Ferntree Gully on



The Cake Auction was a huge success

Mahatma Gandhi once said: "There are people in the world so hungry that God cannot appear to them except in the form of bread." According to Gandhi, we still have the opportunity to live as Jesus did. Meeting the real needs of people, reaching out to the suffering and pointing to God through bread (or cake). Because genuine love for God reveals itself in love for his suffering children.

To paraphrase David Metzler, we need not visit Nazareth, Capernaum or Bethany to walk the footsteps of Jesus. His footprints are found "beside the sickbed, in the hovels of poverty, in the crowded alleys of the great city and in every place where there are human hearts in need of consolation"

May each of us find the time and opportunity to experiences the blessings that come with the gift of giving and receiving.

Velina Jakovac



Pr Rowe welcomes a new family to Ferntree Gully Church

profession of faith. Oh, Happy Day!
Elayne Standford

RTB to Jesus Casey Church

Frazer, Jahred and Roza, surrounded by some of their church family after their baptism



Church members were blessed to finish the year with a big Sabbath. Juan and Ingrid Bustos dedicated their son, Sebastian, to the Lord. This was followed by three baptisms. Two youth, Jahred & Frazer, made a public commitment to serve and follow Jesus along with Roza.

They shared their spiritual journey with the congregation of over 200 and told of the struggles they faced: bullying, depression and a sense of emptiness. It was during difficult times that they searched for Jesus.

Roza discovered the Adventist Church when she was going through a difficult period of her life. It was at this time that she visited the Road to Bethlehem. After being blessed by the event, she found an offer for a free DVD inside the gift bag. This led her to begin a series of Bible studies through the Discovery Centre at Adventist Media. During this time, she responded to more DVD offers and met the local Adventist Church pastors, Fraser Catton & Michael Mohanu.

Roza's interest in the Bible continued to grow as she learnt more and more. She was particularly interested in prophecy and what would happen at the end of time. After several Bible correspondence courses, Roza attended a Dinner with Geoff and the following evangelistic series, Life after Life. She followed this up with a Prophecy Seminar series and made a decision to give her life to Jesus in baptism.

When asked what had changed in her life since her journey to Jesus

began, Roza was quick to respond, "I feel happy." Compared to before knowing Jesus when she was often sad and down, Roza says she wakes to each new day with a sense of joy and purpose.

Jahred, one of the young men who was baptised, would agree with this. When asked what he would say to someone who hadn't yet decided to follow Jesus, Jahred responded, "If there was someone who hadn't yet made the decision for Jesus, I would tell them to start off by putting God first in their lives. Praying and reading your Bible regularly will draw you closer to him, and you'll soon begin to see a difference in your life."

Frazer, Jahred & Roza each expressed their love for Jesus and their commitment to serve him. They were warmly welcomed into membership and the occasion was celebrated with a combined lunch.

This special Sabbath confirmed that the Holy Spirit is at work in our communities. When we work together, united in our purpose to share Jesus, we will see more Sabbath celebrations like this, in churches across our city and across our country.

Fraser Catton

Drought Broken Werribee Church

Across Victoria the spring rains failed to eventuate, leaving the state in the grip of a drought. Only one municipality seemed to have escaped the punishing effects of the lack of precipitation. Werribee church was again awash in baptisms, with an abundance of water overflowing from the font.

Five candidates were baptised, being fully submerged to arise to a new life, a life they each dedicated to Jesus.

In a preceding address, Pastor Geoff Youlden preached on the significance of full immersion baptism, that we are following Christ's example, given to us by His own baptism in the Jordan River. Geoff made the valid theological point that Jesus didn't need to be baptised in that way, but that He was modelling how to be reborn in Him through the power of the Holy Spirit.

Geoff was visiting Werribee in the wake of his very successful seminar series, Life after Life, which was held at the Werribee campus of Victoria College over the winter months.

One of those who attended, searching for answers, was Andrew, who during his testimony described how he journeyed from Richmond twice a week to listen to the presentations. It was a journey that eventually led him to find Christ and to his life-changing decision to be baptised at Nunawading Church. His inspirational story was a fitting prelude to the baptismal service.

Pastor Nick Trajkov baptised the candidates, and as each arose from the rather cold water (the heater had failed - a comedian in the congregation called out that at least the candidates won't be lukewarm!) he or she was greeted with cheers from the congregation. Dripping wet, Pritchard, Sean, Primrose, Nicole and Josh had begun their journey.

Robert Bryson



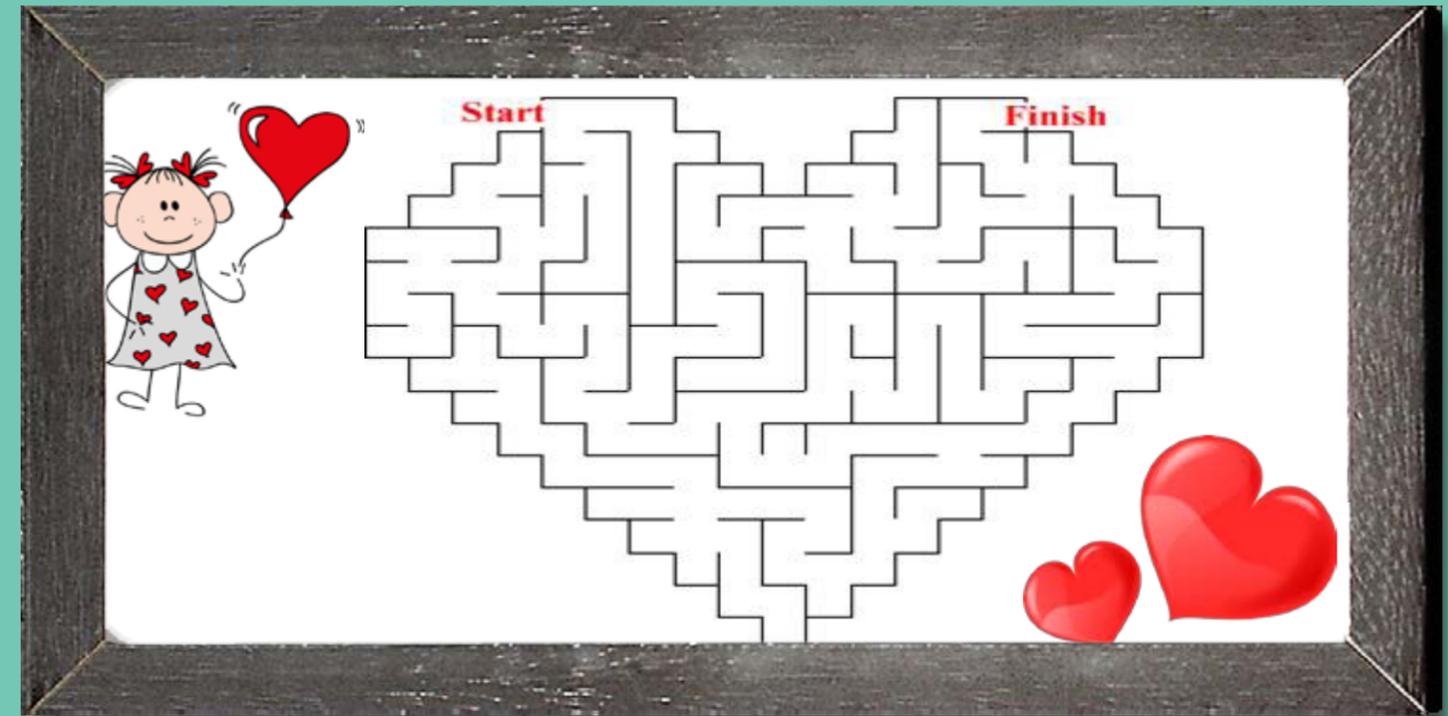
Pritchard, Sean, Primrose, Nicole and Josh were welcomed by Prs Danijela and Nikola Trajkov

GOD LOVES ME

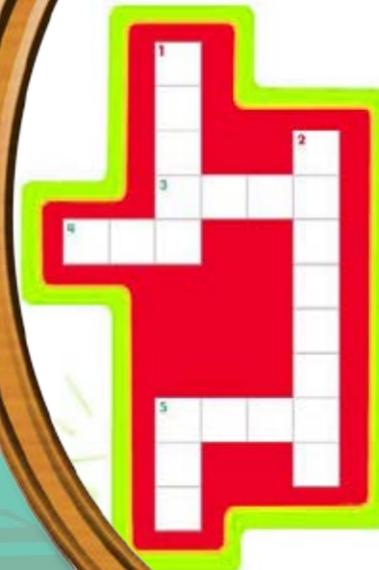
How many words can you
make from
GOD LOVES ME?

Did you see lots of
red love hearts, flowers and
teddies in the shops recently?
Around this time of the year
many people like to buy gifts
and cards for people that they
really love. A long time ago
God sent us a really special
gift to show us how much he
loves us, Jesus, the greatest
gift of all!

Draw a picture of a way that God shows his love to us



John 3:16 - 17



across

- 1. Shall not perish but have eternal _____
- 2. For _____ did not send his son into the world
- 3. To condemn the world, but to _____ the world through him

down

- 4. For God so loved the _____
- 5. That whoever _____ in him
- 6. That he gave his one and only _____

Look up
Romans 5:8 and
fill in the blanks

But _____
shows His

for us in that
while we were still

Christ

for us.

Communicating in Victoria

Victorian Adventist Communications

As you know, in 2014 VAC trialled printing every second edition of IntraVic and distributing it by email on the alternate months. We reviewed this process and felt that while the email version is a viable alternative way to receive the IntraVic, it is not a suitable replacement. 90% of our readers were missing out on the news every second month.

So this year, each edition of the IntraVic will be BIMONTHLY but distributed in BOTH print and by email. If you would like to receive it by email you can sign up at Vic.Adventist.org.au. (For deadlines see inside front cover of this issue)

WE have also made other ways of receiving news and announcements available:

- You can join us at Facebook (Victorian Adventists);
- If you go to Vic.Adventist.org.au and follow the link to the latest news (under the News and Announcements tab) you can access our news and announcements any time at the IntraVic website;
- While there, under View More Announcements, you have the option to subscribe to a RSS feed, and the same under View More Articles. These RSS feeds can also be linked into your local Church's website.
- Also at the IntraVic website, any advertising posters received are loaded there so if you church needs to print off a poster or use them on a screen they are available.

And while you are online, check out our VictorianAdventist.TV website, where we are continually adding more content.

Sherrie Courtney

Victorian Adventist COMMUNICATIONS

From the President

Let me share a little on where we are going in 2015. On what our priorities will be...

On the first day the office opened for 2015, I was privileged to be able to focus on Mission. Kerina-Lee Joy, Church Planter and Evangelism Facilitator, arrived for her first day of work with our Conference and we talked mission, vision and strategy, with one key question in mind... how can we do more to further God's work here in Victoria.

It was an excellent way to start the year!

BIG CAMP IS ON: Before I report on our recent administrative committees, I would like to thank church members for their help with the special Big Camp Offering last year. Bringing in \$70,000, it has made camp affordable. Please be assured we are aiming at excellence in a cost effective way as we finalise plans for Big Camp 2015.

CONFERENCE TENTS ARE AVAILABLE

The planning committee has listened to what church members said regarding conference tents, recognising the first decision was not the best. As camp came closer, it became abundantly clear tents are needed by a number of people, and we have responded to that need. We also sincerely apologise to those of you who have already purchased tents for this year and for any hardship this has caused.

We are anticipating a wonderful time of spiritual refreshing, fellowship and all that camp brings. So plan to attend and if you haven't already, book you site. We want to see you there.

CONFERENCE COMMITTEE: Steve Whitson reported on Trust Services. He will be in attendance at Big Camp to help more people attend to this important aspect of life. This is a no-charge, obligation free service to our members. Steve reported that some have voluntarily chosen to direct funds to an aspect of church work, so thank you for making such a practical difference.

Kerina-Lee Joy shared an enthusiastic report on plans already underway for evangelism in 2015. Elsewhere it was reported that a number of ministers recently attended a Church Planting Conference. Melbourne is the fastest



growing city in Australia – we have a lot of work to do. Please keep praying that God will open the way forward.

AdventCare CEO, Alex Bolek gave a comprehensive report, and there were many expressions of thanks for his openness and transparency. Please continue to pray for AdventCare.

Prayer is also needed over the future of the Nunawading Estate. This matter is now scheduled to be addressed at VCAT in March this year.

We are grateful for what God is doing through Justin Bone's ministry and it was with pleasure we received the AUC approval for Justin's ordination. This will take place on March 14 at Ararat Church.

With a vacancy on the Executive Committee, Pr Paul Kotanko has been appointed to replace Pr Brian Lawty, and on the Appointments Committee, Pr Gavin Row replaces Pr Bruce Manners.

And finally, our finances were discussed. CFO, Graeme Moffitt reported a modest surplus in the December operating statement. This turnaround from early 2014 is significant and represents the faithfulness of many. Thank you!

The 2015 draft Budget was presented, balanced, including the cost of Big Camp! To achieve this, cuts have had to be made, and that is never easy, but we are committed to living within our means AND staying mission focused.

I believe, as 2015 unfolds we, as leaders, have an obligation to keep our focus on the mission Jesus gave us – to put into place processes and structures that will further the mission of the church in Victoria – both city and country. I am inviting you to regularly make this a matter of prayer, as you keep on track with your own relationship with God, asking that He will open the way and that we will have courage to follow.

Yours in Christ,

Connections Cambodia

ADRA

Last year in December, 18 dedicated individuals spent two weeks on an ADRA Connections trip to Cambodia.

The team raised an amazing \$26,223.53 to assist two ongoing ADRA programs. In the first week, the team supported The ENHANCED Project in the Baray District of Kompong Thom. This program works with community groups to ultimately increase their sustainable incomes through improved agricultural activities and better access to income generating opportunities.

In the second week, the group supported ADRA's Adventure Learning Centre (Jombok Haos) in the Preah Vihear Province. The team were inspired as they worked alongside the local community to help Phnom Dyke Community Forest (CF) Committee establish additional infrastructure to support environmental protection and education activities of ADRA and the Community Forest Committee.

"The ADRA Connections Cambodia trip was a time in which I realised the importance of creating community. We



Rebecca Auriant
ADRA Director, Victoria

are a people designed to share in our joys and struggles, and it was such a privilege to establish this connection with the beautiful people who live there." – Amy Pitt

On the last day, our eyes were opened to the atrocities of the Khmer Rouge regime, as we visited the prison and killing fields. Our team will be forever impacted and moved to share their experience - that we cannot be silent to injustices and that Micah 6:8 which was the basis for all our worships, will forever be in our hearts, minds and ultimately in our actions.

"I have been privileged to lead and partner with an amazing team and community. We have seen that in order to sustain a community, it is as simple as a selfless act by one or more, to deny one's self, reaching beyond the comfort zone with a willingness to grab hold of what others have disregarded or ignored and moulding change into a world that so desperately needs it." - Will Tai Tin

*Join the ADRA team at the 2015 Justice Conference in Melbourne on April 17-18 by registering here: www.thejusticeconference.com.au

Emergency Management Training

ADRA

Last year, on November 30th, 20 individuals were trained at Plenty Valley Adventist Church in the new 'Meet and Greet' role with the City of Whittlesea. This partnership will see ADRA and our volunteers at the forefront of the Emergency Relief Centre with council and other emergency services staff, ensuring affected people are attended to immediately and directed to the most appropriate service.



L-R: Kellie Massouras and Gail Cumming from City of Whittlesea and Rebecca Auriant

Rebecca Auriant

Graeme Christian

VIC/YOUTH

FEBRUARY

20 to 22 - Leadership Weekend

MARCH

21 - Global Youth Day

APRIL

2 to 6 - Easter Camp

MAY

16 - High School Rally & Outreach Training

23 - Basketball Tournament

JUNE

5 to 8 - Pathfinder Expedition

JULY

17 to 19 - OneProject

AUGUST

14 to 16 - Winter Recharge

SEPTEMBER

12 - Children's Ministries Training Day

OCTOBER

17 - Youth Rally

NOVEMBER

21 - Pathfinder Rally Day

22 - Pathfinder Fairy Day

RECLAIM
LOVE WINS

EPH 4:23-24



Want to know more about Global Youth Day?
« Scan here or visit gcyouthministries.org and click on the GYD banner

For an overview of VicYouth's plans for 2015 scan here » or visit vic.adventist.org.au and go to News



CHIP Facilitator's Training

The next Complete Health Improvement Program Facilitator's training program will be toward the end of April. Bookings are essential. The cost is \$180pp and you will receive all resources necessary to conduct a CHIP in your church or community. Scan qr code or go to <http://intravic.adventistconnect.org> for more information.



Delicious Berry Sorbet (Serves 6-8)

- 375 g frozen blackberries, partially thawed
- 2 tsp of honey
- 1 punnet of strawberries
- 1 punnet of blueberries
- ¼ cup slivered almonds, toasted

 1. Puree frozen black berries, or mixed berries, and honey.
 2. Pour puree into serving bowl, gently fold through fresh berries.
 3. Sprinkle with toasted nuts and serve with yoghurt.



Keeping Your Brain Tip Top Health Department

Health is much more than life without pain or disease. It is a state of complete physical, mental, social and spiritual wellbeing.

Our ability to make decisions is one of the most important gifts we as humans have, and choice is the first step to improving health and wellbeing.

Lifestyle habits can have a significant influence on brain health. A very intimate relationship exists between the body and the mind; when one is affected, the other responds and it works BOTH ways! The condition of the mind can affect the body to a far greater degree than many realise, operating in such a way as to cause disease.

As with most parts of the body we take the brain for granted until something goes wrong...

Antioxidants and Brain Aging and Disease

Dr Jim Joseph, Research Physiologist at Tufts University has found:

- Numerous studies indicate a diet high in fruit and vegetables may prevent age related diseases such as Alzheimer's.
- Fruit and nuts high in antioxidants (eg blueberry, blackberry, cranberry, raspberry, grape juice, strawberry, walnuts) can reduce oxidative stress, and showed improvement in cognitive behaviour, learning and memory signalling; neurogenesis;
- Other mechanisms involved, other than antioxidant and anti-inflammatory activities: enhanced neuronal communication; Therefore, additions of colourful fruits (berries) and nuts (walnuts) may increase "health span" in aging, slowing the aging process by reducing incidence of neurodegenerative diseases.
- The addition of blueberries or other dark red and purple fruits can increase neurons in the brain. (benefits come from the colour cells, pigments)
- Oldies with a degree of Alzheimer's did better on a memory list when consuming a berry shake each morning, compared to the control group who did not have berries on a daily basis.

Five Tips for Tip Top Brain Condition

- Manage Stress - It is harder to remember things and create new memory files when your stress level is high on a constant basis.
- Exercise is Vital - Regular aerobic exercise is vital to improve blood flow to the brain and enhance memory. It is very important for every other part of your body as well.
- Elevated Blood Pressure -When present during mid-life can result in a loss of cognitive function in later life. (Cognitive function is a group of mental processes that includes attention, memory, learning, reasoning, problem solving and decision making).
- Get sufficient Sleep – This is important to maintain cognitive function. A regular loss of 1 – 2 hours of sleep a night can impair brain function.
- Important Food Choices - Fruits, vegetables, legumes, nuts and seeds definitely influence brain function and cognition. Deficiency of certain nutrients will interfere with brain function.

Sibilla Johnson



ASVAC 2015 Victorian Education

This year's Adventist Schools Victoria Annual Conference (ASVAC) saw a record number of attendees with over 250 teachers participating in the two-day professional learning program. Brian Mercer, Education Director, began the event by welcoming and challenging staff and visitors 'Be The Change' (the ASVAC theme for 2015) and discussing how that reflects the role of each teacher – the role model, change agent, re-frame of ideas, the cultural modifier, facilitator and of course a learner, and all to improve our students journey and change their lives to become committed to Christ.

Guest speakers included AUC's ministerial secretary Brendan Pratt who delivered a number of presentations including 'Pictures of God' and 'Consumer Culture and Ideas for Growing Healthy Worldviews'. As teachers and leaders highly valued these presentations, we also invite you to view Brendan's messages on www.VictorianAdventist.TV.

Jacques Calais, as the current Quality Adventists Schools Project Officer & Recruitment Officer for Adventist Schools Australia further shared on schools creating better learning environments and how this has a clear, measurable and profound impact on student learning. The Quality Adventist Schools Framework is this process of improvement our schools engage in nationally.

The educational focus on Day Two was facilitated by two main addresses.

Emma Scott, a Senior Project Officer for the Learning Frontiers initiative at the Australian Institute for Teaching and School Leadership (AITSL) relayed the complex challenges for 21st century citizens, employees and entrepreneurs. This was further

supported with Ray Trotter (Wooranna Park PS) and Mandy Whitworth (Toorak College) who gave examples on this topic with their own school narrative.

Ravinder Grewal on "Enacting a New Story of Learning" delivered the final address. Ravinder from Bialik College, has worked closely with Ron Ritchart and Mark Church from Harvard Graduate School of Education. She gave insightful understandings, and proven practical methods with how to 'make thinking visible' to create or maintain school cultures of thinking.

In what has become a tradition, the afternoon workshops also featured ASV's own teachers presenting to their colleagues. We acknowledge the wealth of knowledge and expertise 'in the room'. This is the result of Action research inquiries carried out in schools throughout the year, best pedagogical and reflective practice, as well as further studies our Adventist teachers professionally develop in. Why not then be active stakeholders and share in the professional community of faith and learning?

Betty Lakovic



This year's ASVAC was well attended at Nunawading Christian College

Class of 2014 Health Department

Each year the Victorian Conference offers a nine month training course for people who would like to be involved in sharing our healthy eating and living principles with the community. This course is accredited with a Certificate IV in 'Presenting Community Health Education Programs', which is recognised nationally.

Food, nutrition, and a healthy lifestyle, play a very important role in our health and wellbeing, and is one of the most important ways of preventing chronic disease.

The course covers the spiritual principles on which our health message is based. As well as how to plan for a successful Community Health Education program, which includes implementation and evaluation. Also basic nutrition, the lifestyle connection in reducing our risk of disease. With practical subjects: How to plan and conduct a cooking demonstration, safe food handling principles, as well as effective communication.

On the evening of October 28, friends and family attended a graduation service for Sixteen people who faithfully studied through the year to complete the training course requirements.

This course not only teaches basic nutrition, planning, and communication skills, but also encourages a closer walk with God, and how to share His love in a practical way with people in the community.

If you are interested in joining this course, contact the Health Department at the Victorian Conference Office for an information pack.

Sibilla Johnson



Back Row, L-R: Jared Warden, Ronald Ringrose, Lee Binette, Alain Binette, Blazenka Borkovic, Jenny Liang, Bronwyn Nilon, Jessica Brown, Rose Delac, Jasminka Lesic. Front Row, L-R: Jolanta Patryarcha, Auxillia Madhuvu, Pastor Graeme Christian, Sibilla Johnson, Angel Lau, Marlyn Manners, Bernadine Archer, Suzanne Lau.

Victorian Pastoral Church Staffing 2015

| CHURCH | 2015 MINISTERS |
|--------------------------------|--|
| ACADEMY | Pr Darrell Croft |
| ARARAT | Mr Justin Bone |
| ASCOT VALE | Mr Ainsley Wagner |
| ASIAN (MASDAC) | Pr Terrance Sim |
| AUBURN | Pr Pawel Ustupski |
| BAIRNSDALE | Mr Andrew Wilson |
| BALLARAT | Pr Mike Collum |
| BAYLES | Pr Roman Chalupka |
| BENALLA | Mr Quinten Liebrandt |
| BENDIGO | Pr Chrissie Cooper, Mr Eh Puang (Karen Group) |
| BURWOOD | Pr Andrew Kapusi, Pr Moe Stiles |
| CAMPERDOWN | Mr Luis Bermudez |
| CANN RIVER | Mr Andrew Wilson |
| CARRUM DOWNS & PAKENHAM SAMOAN | Pr Aitui Fanene, Mr Penese Faletasi, Pr Eddie Erika |
| CARRUM DOWNS COOK ISL | Mr Tuakana Pere |
| CASEY | Pr Michael Mohanu, Mr Ryan Vidot (Intern) |
| CASTLEMAINE | Mr Graham McNichol |
| CLAYTON COOK ISLANDS | Mr Tuakana Pere |
| COLAC | Pr Frank Boniface |
| CRANBOURNE | Peter Hughes |
| DANDENONG POLISH | Pr Roman Chalupka Mr Ryan Vidot (Intern) |
| DARETON | Mr Matej Vrancic |
| EAST PRAHRAN | Pr Wayne Stanley |
| ECHUCA | Pr Russell Bryan |
| FERNTREE GULLY | Pr Trevor Rowe |
| FILIPINO AUSTRALIAN | Pr Mebzar Quinto |
| FRANKSTON | Pr Errol DeSilva |
| GATEWAY | Mr Vikram Panchal, Mr Steven Liu |
| GEELONG | Pr Frank Boniface (Snr), Pr Ben Townson |
| GEELONG HUNGARIAN | Pr Andrew Kapusi |
| GILSON | Pr Mau Tuaoi, Pr Hensley Gungadoo |
| GLENHUNTLY | Mr Fraser Catton |
| GREENVALE | Pr Rod Anderson |
| HAMILTON | Mr Justin Bone |
| HEALESVILLE | Pr Harold Waldrip, Mr David Maxwell (Intern) |
| HERITAGE | Mrs Fay Stothers |
| HORSHAM | Pr Georges Latchman |
| HUGHESDALE | Mr David Pearce |
| KAREN BURMESE | Mrs Nan Myat Kyaw |
| LATIN AMERICAN | Pr Miguel Flamenco |
| LEONGATHA | Pr Andrew Jasper |
| LILYDALE | Pr Rob Steed (Snr), Pr David Erickson, Robyn Stanley, Mr Fraser Catton |
| LONGWARRY | Pr Errol DeSilva |
| MACEDON RANGES | Mr Graham McNichol |
| MACEDONIAN | Pr Nikola Trajkov |
| MARYBOROUGH | Pr Chrissie Cooper |
| MELB. CITY PROJECT | Mrs Jinha Kim, Mr Roy Kim |
| MELTON | Pr Peter Rollo |
| MERNDA CHURCH PLANT | Pr Tini Rimoni |
| MILDURA | Pr David Butcher (Snr), Mr Matej Vrancic |
| MOE | Mr Gavin Rowe |
| MONT ALBERT | Pr Paul Kotanko |
| MORNINGTON | Pr Errol DeSilva |
| NHILL | Pr Georges Latchman |
| NOBLE PARK | TBA |
| NORTH FITZROY | Pr Wayne Stanley |
| NORTHPOINT/Rockbank | Pr Loren Pratt, Mr Roy Kim, Mrs Jinha Kim |
| NTH MELBOURNE SAMOAN | Pr Aitui Fanene (Snr), Mr Ben Faletasi |
| NUMURKAH | Pr Russell Bryan |
| NUNAWADING | Pr Brian Lawty (Snr), Josh Wood (Intern) |
| OAKLEIGH POLISH | Pr Pawel Ustupski, Pr Jan Krysta |
| PAKENHAM | Mr Kojo Komeah |
| PLENTY VALLEY | Pr Anthony MacPherson |

| CHURCH | 2015 MINISTERS |
|----------------------------------|--|
| PORTLAND | Mr Luis Bermudez |
| PRESTON | Mr James Kent |
| RINGWOOD | Pr Denis Hankinson |
| ROMANIAN | Pr Paul Boeru |
| ROWVILLE/LYSTERFIELD | Pr Paul Kotanko |
| SALE | Mr Andrew Wilson |
| SEDDON | Mr Boriss Soldat |
| SHEPPARTON | Pr Russell Bryan |
| SPOTSWOOD | Pr Peter Rollo |
| SPRINGVALE | Pr Malcolm Reid |
| SPRINGVALE SPANISH | Pr Miguel Flamenco |
| SPRINGVALE SUDANESE | Mr Gatkuoth Chol |
| ST ALBANS CROATIAN | Pr Damir Posavac |
| STAWELL | Mr Justin Bone |
| SWAN HILL | Mr Eh Puang |
| THE OASIS & Croydon Group | Pr Malcolm Reid |
| THE ORCHARD | Pr Rod Anderson |
| TRARALGON | Mr Gavin Rowe |
| UNIVERSITY CHAPLAINC | Pr Moe Stiles |
| WANGARATTA | Mr Quinten Liebrandt |
| WANTIRNA | Pr Chris Stanley (Snr), Pr Lilian Panozzo |
| WANTIRNA POLISH | Pr Pawel Ustupski |
| WARBURTON | Pr Murray Thackham, Mrs Jody Eddie |
| WARRAGUL | Pr Andrew Jasper |
| WARRNAMBOOL | Mr Luis Bermudez |
| WERRIBEE/ SouthWest Church Plant | Pr Nicola Trajkov, Pr Danijela Trajkov, Ms Kerina Haora (Global Mission Pioneer) |
| WEST MELBOURNE SAMOAN | Pr Aitui Fanene, Mr Ben Faletasi |
| WESTALL | Pr Damir Posavac |
| WESTERN SPANISH | Pr Miguel Flamenco |
| YARRA VALLEY | Pr Harold Waldrip, Mr David Maxwell (Intern) |

| CONFERENCE APPOINTED SCHOOL CHAPLAINS | |
|---------------------------------------|--|
| Edinburgh Primary School | Mr Fraser Catton (0.25) |
| Gilson Taylors Hill | Pr Mau Tuaoi (0.8), Pr Hensley Gungadoo (0.8) |
| Henderson College | Pr David Butcher (0.1), Mr Matej Vrancic (0.3) |
| Heritage College | Mrs Faye Stothers (0.8) |
| Edinburgh College Secondary | Pr David Erickson (0.5) |
| Nunawading CC Primary | Mrs Karen Horsley (0.275) |
| Nunawading CC Secondary | Pr Lilian Panozzo (0.5) |
| Gilson Mernda | Pr Tini Rimoni (0.25) |

| CONFERENCE APPOINTED ARV CHAPLAINS | |
|------------------------------------|--------------------------|
| Whitehorse | Mrs Lindy Sperring (0.6) |
| Whitehorse | Ken Cheong (0.4) |
| Yarra Ranges | Pr Murray Thackham |
| Bendigo | Pr Chrissie Cooper |

| UNIVERSITY CHAPLAIN | |
|---------------------|---------------|
| UNIVERSITY CHAPLAIN | Pr Moe Stiles |

| HOSPITAL CHAPLAINS | |
|--------------------|--------------------------------------|
| Hospital CHAPLAIN | Pr Harold Waldrip, Mr Ainsley Wagner |

OFFERINGS SCHEDULE: MARCH - APRIL

18 | IntraVic
 MAR 7 Local Church Budget • MAR 14 Adventist World Radio • MAR 21 - Education/ Camping Ministry • MAR 28 - Local Church Budget • APR 4 - Big Camp offering • APR 11 - Session Project • APR 18,25 - Local

World Day of Prayer

Department

The gift of God to man is the ability to come before Him and express the needs and desires of our hearts. This can vary from specific deeply personal outpourings of our own need, to intercession for needs we are aware of in our own communities or to the wider needs of our country and other nations.

Matthew 18:19 speaks of the power of agreement in prayer to move the heart of God to action - it is amazing that our agreement has influence in heaven, that there are eternal consequences to our decision to pray as a group.

There are many movements that take God at His word on this and dedicate a time of prayer with purpose for a particular need. One of these is World Day of Prayer, which aims to have a

worldwide prayer circle covering the globe scheduled yearly on the first Friday in March.

This year on March 6 there will be scheduled services in churches of many denominations, where Christians of different faiths can join together and pray for needs of women, children and families in the Bahamas. You are invited to join in this opportunity to change the world by attending one of these services, praying as a group in your own church or remembering the Bahamas specifically in your own personal worship time on Friday March 6 and Sabbath March 7.

For more information about prayer needs or services near you, please visit www.worlddayofprayeraustralia.org.

Lyn Bolto
 Conference Rep on the World Day of Prayer Committee, Victoria



Op Shop News

ADRA

The ADRA Op Shop in Mitcham, having had a clean over, was rearing to go when it reopened mid-January with a staff of 25 volunteers. Sadly we said good bye to two of our volunteers last year. Josie Paterson, who first worked at our Bayswater shop when it opened in 2001, and has supported us for 14 years. Great job Josie. Lindsay Loone started in 2005 and has worked almost 3 days a week, filling in whenever needed. We thank him for his valuable time and wish him well.

Without our volunteers, the shop would not be able to run. So to you all who help us this way - THANK YOU. You have enabled us to support the local



community and ADRA projects like Asher Housing, Vive Café and the Migrant and Refugee Project.

"I have enjoyed working with the other volunteers at the shop and serving the community. It is inspiring to know that so many individuals and families have been supported through the ADRA Op Shop," says Lyndsay Loone

Ruth Loy, Manager

NOTICES

Visit Vic.Adventist.org.au and click on the tab News & Announcements for notices

A New Role:



We welcome Kerina-Lee Joy to the Victorian Conference, who has joined our ministry team this year to assist in the role of Church Planter and Evangelism Facilitator.

Kerina-Lee is contributing in the area evangelism project management, co-ordination, pastoral and local church support in regard to the implementation of the Victorian Conference five year Urban Mission Plan for Melbourne (2015-2019).

As a church believing that the spreading of the gospel is core to our existence as a people, it is our desired outcome that the church in Victoria may exemplify our love of Christ and have a passionate ongoing connection with the Lord as we strive to be a vibrant disciple-making movement that reaches all community with the Gospel of Jesus as a way of life.

Repentance An LE Story



Sandra Wipiiti shares an amazing story of remorse, repentance and transformation that occurred before her very eyes as she visited with 'Precious'.

Here is an excerpt:

"...I heard her whisper something. 'Excuse me,' I asked, 'What did you say?' Amazingly, she said 'Seventh-day Adventist!'"

"Why did you say that?"

"I dont know..." And then she asked me "What church do you go to?" To her amazement I told her I am a Seventh-day Adventist!

"We sat down, and it was at that point I realised Precious was not slurring or tired... Her face now glowed and she was in a clear mind..."

To read the full story, and more like it from our Literature Evangelistic team, click on the News & Announcements tab at vic.adventist.org.au or scan here >



2015 Junior Youth Week of Prayer

by *Debbonnaire Kovacs*



God Wants You Back

March 21 - 28

Visit www.VicYouth.org for readings

2015 YOUTH/YOUNG ADULTS WEEK OF PRAYER SERMONS

March 21 - 28

Visit www.VicYouth.org for readings

Reclaim!

God Wants You Back

We have listened...
Conference Tents
WILL be available
Book early
Conference tent & site - \$225
Site only - \$160

Inspired
to
Serve

An inspirational experience not to be missed...

Make your booking now!



Trafford Fischer



Gary Kent



Brendan Pratt



Reggie
&
Ladye
Love
Smith

Elmore Fields Centre

Application Forms at your Local
Church NOW
or register online at

Vic.Adventist.org.au

Camping Registration closes
March 23

Day Visitors please
register before
the weekend

Elmore Family Camp
2015

The Editor reserves the right to edit and include or exclude all articles submitted. Those not included or heavily edited due to lack of space may be posted on Facebook and the Conference news website. The Editor also reserves the right to restrict advertising – generally commercial advertising is not accepted and accommodation notices must be accompanied by a reference from the local Pastor. If accepted, notices will appear on Facebook and the Conference website. Neither the Editor nor the Seventh-day Adventist Church is responsible for the quality of the services advertised and posting of them does not indicate endorsement. Photographs of minors must be accompanied by parental/guardian permission to use the photos in print and on the web. Bible verses are from various versions which may include NIV, NKJV and Clear Word.

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