

April 28

2012

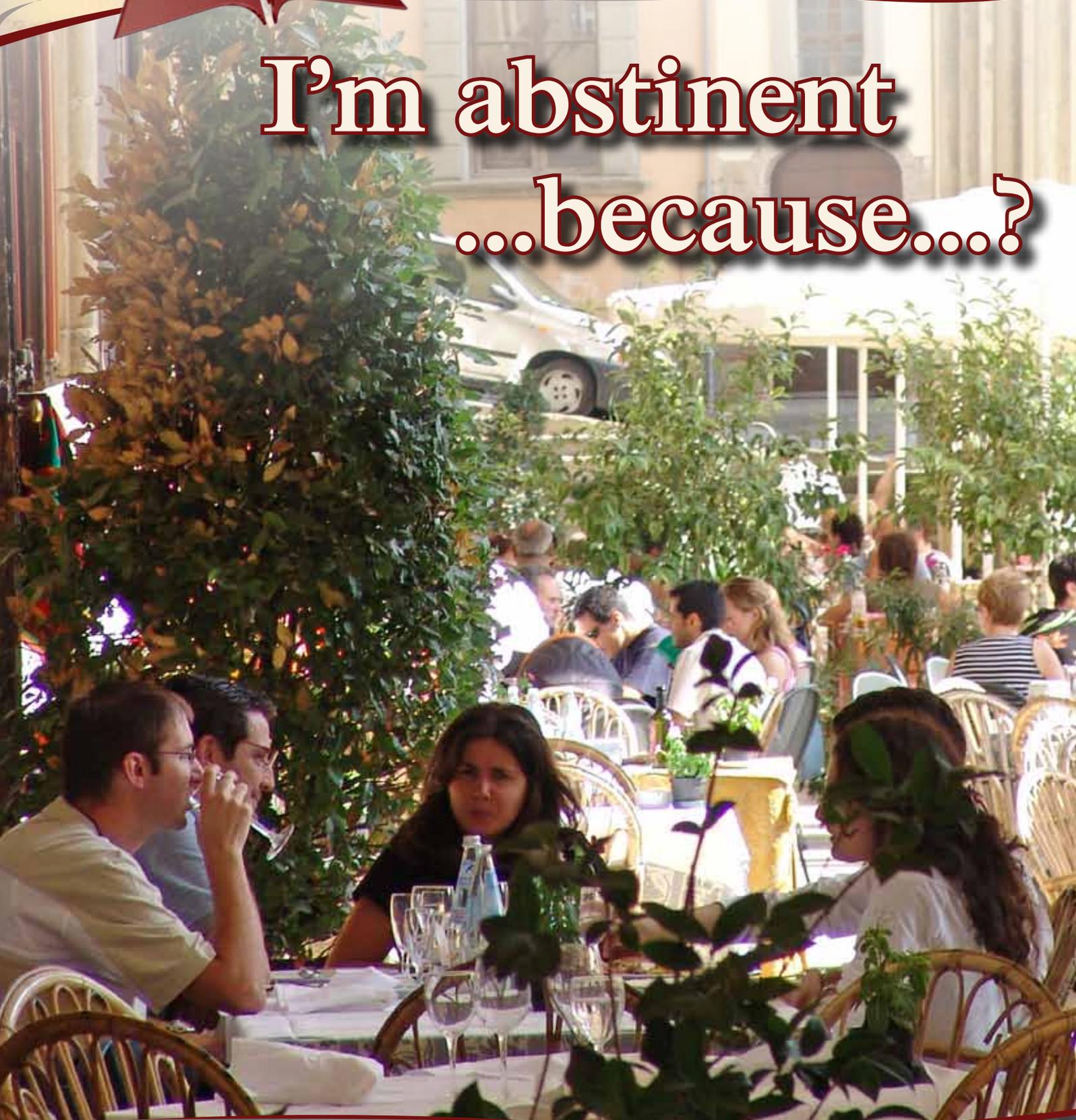
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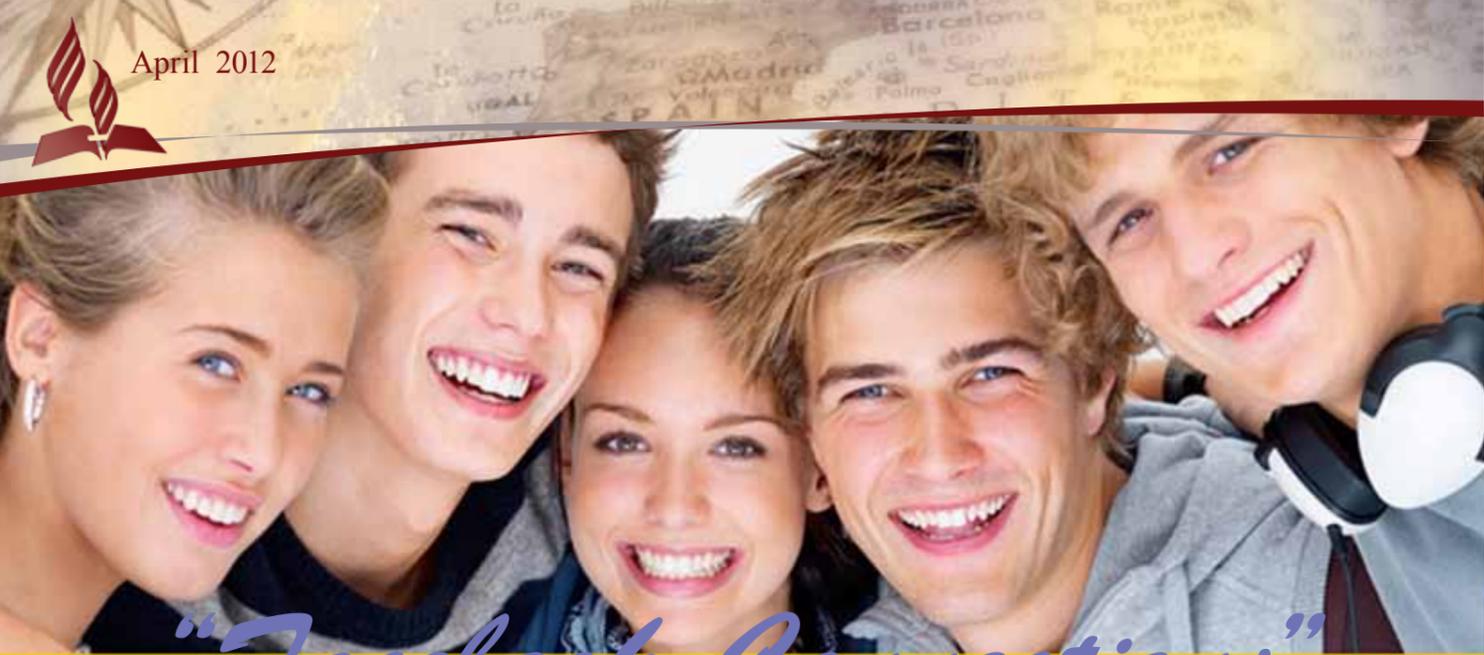
How can anyone put his faith in Christ if he's never even heard about Him? How can he hear about Him if no one tells?

Romans 10:14 (Clear Word)



I'm abstinent ...because...?





"Facebook Connections"

A program for guys & girls, aged 13-19

"God doesn't make mistakes. He has created each one of us to be His original masterpiece". Katherine & Stefan Darroch are trained relationship counsellors and will speak on how to see yourselves as God sees you.



Saturday 16th June

7.00pm until late

Wantirna SDA Church, 119 Mountain

Hwy, Wantirna

\$15 - Dinner and program

For further information or to make a booking, please phone Sylvia on 0401 219 037 or Danijela on 0423 371 841 or email mroberts@ncc.adventist.edu.au
mroberts@ncc.adventist.edu.au

HAS THE ADVENTIST CHURCH LOST MOMENTUM IN THE AREA OF TEMPERANCE?

I hear expressions of concern that we are not flying the temperance flag like we used to; that we are not addressing temperance issues like we should. In the past we used to have temperance leaders whose full time focus was to address only temperance issues. I am very concerned about how thinly our Adventist Health leadership is now spread. What we are able to do in the temperance arena is not nearly enough. Temperance is still an important, relevant and challenging concern. Alcohol consumption is a major community problem and we now know that it is a growing concern even within our Church. At last year's Australian Union Conference session in Melbourne the dangers of alcohol was one of three major areas of community concern highlighted. We are also looking to our Adventist health professionals to help us spread the Adventist temperance message. Last year we staged an Adventist Health Professionals Conference at Sydney Adventist Hospital and the last afternoon was set aside for an **Alcohol Summit**. Dr Chester Kuma and I have just returned from Port Moresby where we were joined by Dr Peter Landless from the General Conference headquarters in Washington DC. Together we staged another **Alcohol Summit** for PNG. In these meetings we promoted the big picture importance of temperance and the specific message of abstinence from alcohol. At each of these Summits eminent speakers presented the case for alcohol abstinence from physical health, mental health, relational, social, community, financial and spiritual perspectives.

Abstinence is in some ways an old fashioned term but it conveys a most relevant message. For example, the health benefits of red wine have been exaggerated in comparison to other less dangerous sources of antioxidant. The Australian Cancer Council maintains that, from a cancer perspective, there is no safe level of alcohol consumption. In the light of a move towards harm reduction and moderation being considered as acceptable we want to and need to make a strong case for total abstinence. We would like to see our young people see abstinence as the very smart choice. I believe that for Christians there are strong spiritual reasons to avoid mind numbing, decision distorting and judgment impairing alcoholic intake.

Abstinence from drinking alcohol is the theme for this year's Adventist Health Week. The Australian Union Conference, under Pr Chester Stanley's leadership, is supporting Adventist Health (SPD) with the development of resources in the area of combating the impact of alcohol. We have prepared **'Think Don't Drink'** posters for every Adventist church and school across Australia and New Zealand. These will be backed up with a new DVD that looks at the effects of alcohol on the brain. A number of special temperance articles and special features are appearing in the **'Record'**. We are also working on a **'Think Don't Drink'** web site and hope to start soon on developing a special youth DVD and iPhone app called **'How smart is that?'**

Momentum takes more than a handful of health conscious members. It needs an army of supporters. We need your help to spread the temperance and abstinence message as effectively and far afield as possible. Please stand up for temperance in what is good and abstinence from what is harmful.

Kevin Price
 Adventist Health Director (South Pacific Division)



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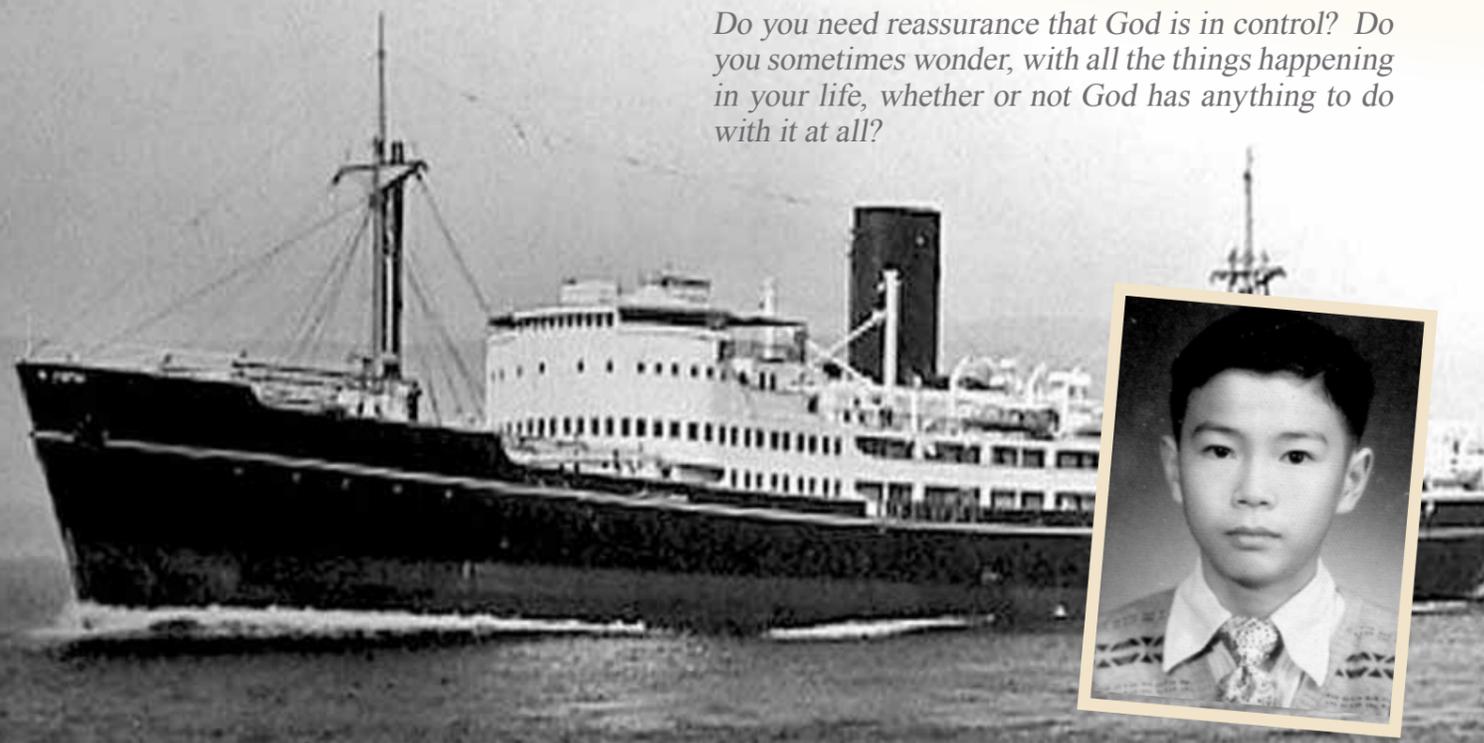
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a testimonial God Guided Me

Do you need reassurance that God is in control? Do you sometimes wonder, with all the things happening in your life, whether or not God has anything to do with it at all?



The devotional this month is a testimonial which Pr John Chan has kindly shared with us. As you read this, it is our prayer that you will be reminded how God does have plans for us that bring hope and a future, even when we can't see what that future could be... or when there seems no reason to hope. And that you will again see how He can use even the small things in our lives, to bring a greater good... small things like hives...

I was born in China, the second child in a family of seven children and like most of our countrymen in those days, we were Buddhists. With political unrest in our homeland, we found it necessary to move to Hong Kong. Later, our parents offered my brother Bob and I the opportunity to study in either the United States or Australia; we chose Australia.

And so, in 1952, the two of us left Hong Kong in an ocean liner. I missed my parents terribly but we soon became acquainted with three brothers travelling on the same ship, Adrian, Bertram and Christopher Chan. We referred to them as the ABC boys and became firm friends.

Upon arriving in Sydney though, we all said goodbye with no expectation of ever meeting again and not even exchange contact details.

Deep in my heart I desperately felt the need for guidance. Both in China and in Hong Kong our parents had sent us to a Catholic school, so I did have some concept of a Christian God and as I

stepped off the gang plank I prayed, "God, please help me to be a good boy and guide my footsteps in this new country." It was the first prayer I had ever prayed but it was very sincere and I know God had His eyes over me.

The next morning I awoke to the sweetest voices a homesick boy could hear - other children talking in Cantonese! I looked out of our upstairs window and who should I see but the ABC boys playing right next door to where we were staying. In the largest city in Australia, what was the chance we would end up living right next door to each other? No chance - only divine providence!

Bob and I were again enrolled in a Catholic school and the ABC

I already know the plans I have for you.

I will help you, not hurt you.

I will give you a future and a hope.

You will call on me and I will answer.

You will talk to me and I will listen.

You will seek me and find me as you search for me with all your heart.

Jeremiah 29:11-13

boys left to attend the Adventist school at Cooranbong.

We found that school was much the same as in Hong Kong and soon settled in. Early into our second term, the headmaster called me to his office. To my surprise, there stood the ABC boys! I could not believe it when I was asked to make them feel at home and show them around. Once outside the office, I bombarded them with a dozen questions. Why were they here? How did they know where we were? What made them change school?

They told of how, just weeks after starting at Avondale College, they all broke out in itchy rashes and blamed the vegetarian diet for their hives. The younger two were all for changing schools but Adrian loved Avondale and wanted to stay. Their father, however, ruled that if one moved, they all had to as he did not want them 'spread all over Australia'. The uncle they had stayed with when they first arrived remembered that Bob and I had gone to De La Salle College in Cronulla, so that was where they transferred to.

Adrian soon told me the Adventists were right about the Sabbath. I had no idea what the "Sabbath" was so he showed me from the Bible that the Sabbath was Saturday, a holy rest day.

Wanting to find out for myself, I bought a Bible and read it from cover to cover - a rather serious undertaking for a teenager and it took me nine months to get through it.

As I read, I prayed that God would guide me and when I was through, I was convinced Sabbath was indeed a holy day for worship.

In the meantime Adrian had moved back to Avondale College and was baptised as a member of the Seventh-day Adventist Church. He influenced me to change school as well and eventually Christopher moved back to Avondale too. Later both Bert and Chris became baptised members.

Avondale was simply wonderful; the living conditions, the food, the school program, the entire atmosphere.

I planned to study medicine but during my last year in high school the Lord spoke to my heart, convicting me that what I had been reading from the Bible was the truth. Along with that conviction there came a deep desire to dedicate my life to sharing this wonderful news with others. I was baptised at Avondale on September 17, 1955 and the following year I began my training to be a servant of the Lord Jesus, sharing His gospel with others.

I have been a minister for over fifty years now. I have worked in Hong Kong, Australia and in the South Pacific and am so thankful that God guided me to this wonderful truth and gave me the privilege of preaching and seeing people accept the Lord Jesus as their Saviour and Friend. Praise God for His amazing leading and grace.
John Chan

We know that God is able to bring something good out of every circumstance, as long as we trust Him and remain true to the purpose for which He called us.

God knows everyone born into this world. His plan is that all of us should be like His Son....

Romans 8:28,29





Alcohol

Defending Your STAND

Have you ever had work colleagues challenge you with question “Why don’t you drink... even Jesus drank alcohol?” citing as their evidence the wedding of Cana? Or perhaps a Christian friend has quoted Ecclesiastes 9:7 to you: “Go, eat your food with gladness and drink you wine with a joyful heart, for it is now that God favours what you do.”

Did you find yourself stumped, coming up with a reason for your abstinence, given the apparent acceptance - even encouragement - of the use of alcohol in Biblical times?

Moments like these can often leave us feeling sheepish; inadequate as we struggle to recall that specific Bible text. Or we may launch into an explanation of the meanings of words from a foreign ancient language, noticing as we do, they are no longer paying much attention and we end up sounding pretty lame, even to ourselves. But did you ever consider that perhaps you did not need to give an answer? They may be just making a passing joke, or if they are serious, mean it defensively, to excuse their own drinking. Words are not going to convince them.

Over the last year or so, my daughter has made me aware of various social issues on which young people are taking a moral stand. Such as a food company with suspect promotions in third world countries. We avoid buying its products now. We also choose our chocolate more carefully, reading the labels first, looking for fair trade. And having just started at university, she came home one day excitedly saying she had joined a club by pledging to only drink fair

trade coffee and eat more vegetarian meals. Now she doesn’t drink coffee and is a vegetarian anyway, so it was no hardship for her. But the point is, young people, not all of whom follow Christ, are out there are making lifestyle decisions based on social conscience. As you read these articles, I challenge you to think about it this way - perhaps social conscience is a better argument for abstinence, should anyone genuinely ask. And it is most definitely Biblical; coming straight from the basic Christian principles Jesus taught, as when he spoke to the young lawyer in Mark 12. Adding to that, the Biblical guidelines we have regarding looking after our bodies in 1 Corinthians 6, we DO have a compelling argument for abstinence. Sherrie Courtney

...To love your neighbour as yourself is more important...
Mark 12:32

...Honour God with your bodies...
1 Cor 6:20

the
photos by: Stock.exchng



Doctor Don McMahon discusses the latest information on preventable risk factors that cause illness and death, and how these can vary from society to society.

With this in mind, he then looks at the society of Biblical times and how alcohol may have been used back then...

Risk Factors & Alcohol Society

A health risk factor in one society may actually be beneficial in another! For example, if you live in a poor society and are chronically malnourished and someone gave you a fast-food burger it would be far better for you to eat it than if you live in a wealthy society and are overweight, where such eating is frowned upon. Similarly, consuming sugared fizzy drink may in some instances be far better health-wise, than drinking the local water, contaminated with... well, I will leave exactly what it is contaminated with to your imagination.

And – dare I suggest this – is it possible that this same difference could apply to the drinking of some alcoholic drinks, in some circumstances? The most recent figures published by the World Health Organisation (WHO) show that in wealthy countries like Australia, alcohol consumption is the second worst lifestyle habit behind smoking, while in middle income countries such as Eastern Europe, it is the greatest risk factor. This contrasts with poor countries where alcohol consumption has only just recently made it into the top ten lifestyle risk factors and

sits at a lowly eighth. The risk is partially due to cost; most people in poor countries cannot afford to drink more than a minimum of alcohol. However someone undernourished may obtain some nutrient value from drinking a fruit beverage that has been fermented in the production process, thus gaining some benefit which counterbalances in part, the potential harm and so reducing the risk. WHO however, now states that the overall impact of alcohol on the burden of disease is harmful in all groups in modern times. But what about in Biblical times; was it possible that for people living then, there was some benefit from a small intake of alcohol, a benefit outweighing the health risk?

At this point I would like to make it clear that in all circumstances drunkenness is harmful and is correctly condemned in the Bible. Also, when alcohol is freely available (as it is in Australia) and depending on family history and the age of first drinking, somewhere between 13 and 40% of people who start drinking just a little end up drinking to excess (Adventist Review Dec 2011).



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Why I Don't Drink

Professor Tom Shepherd was one of the speakers at Elmore Camp this year and is from Andrews University. He wrote this article* in answer to the common belief that the Bible approves the moderate use of alcohol...



IN THE OLD TESTAMENT several Hebrew and Greek terms referring to wine and beer are used. In Genesis, most references are negative: Noah got drunk; Lot’s daughters gave him alcohol so they could conceive children; Jacob deceived his father with food and wine.¹ Further into the Old Testament more negative references can be found² however there are also positive references to wine, usually in relation to an abundance of the typical food produce of Palestine.³ From this, some conclude that the Old Testament is only referring negatively to the abuse of alcohol. Then, IN THE NEW TESTAMENT we find Jesus makes an abundance of wine at a wedding⁴ – about 600 litres in fact! But like many of the references to wine within the Old Testament, the use of the Greek word in this context is within a description of a festival event, where an abundance of food and drink highlights a joyous

occasion. And if you look further into this story, the words of the superintendent sound much like a proverb: “Every person first puts out the good wine and when people have drunk well, the inferior”.⁵ He then continues tellingly “You have kept the good wine until now!” This proverbial saying is seen by many as a shrewd insight into the stupefying effect of alcohol. When people first begin to drink they can perceive the wine’s quality. But after they have become drunk, everything seems the same, so why waste good wine on drunken people? This, however, misses a key element in the passage, misinterpreting the significance of food and drink in a festive setting. It bypasses the fact that the superintendent of the feast could still tell the difference between good and inferior wine. He was obviously not drunk and just as obviously had been drinking what had been served earlier, since he noticed the difference. The significance is that setting an abundance of food and drink before guests was part of the rejoicing in the festive occasion and intimately tied to the deep traditional emphasis on hospitality. Further, there are instances in Greek literature where this same Greek word used is clearly non-alcoholic in nature and it is reasonable to believe that, in its context, this is exactly the kind of beverage Jesus provided.⁶



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But the society from which the Bible was written was very poor and most people were subsistence farmers in a semi-arid country. Very few fruits were available, with grapes predominating. The fruits were seasonal with long periods of time throughout the year where there was no fresh fruit available locally, and unlike today, no transportation system to bring it from elsewhere, nor refrigeration, canning or other preserving process apart from drying (which causes loss of nutrition) and fermenting, to preserve the fruit from one harvest to the next. Additionally, the alcohol levels achieved in the fermentation processes of that era were far less than that achieved with today's techniques.

Also take into account that subsistence farmers ration out their crop and eat it sparingly so it will last the whole year until the next crop has been harvested. There is strong incentive not to overindulge; to do otherwise would be foolhardy. I have spoken with older immigrants who lived as subsistence farmers in Eastern Europe just after the Second World War. With wine, they often labelled each bottle and did not open it until after that marked date, ensuring their supply would last the duration until the next harvest. They claimed there was no excess drinking and there were no alcoholics. Putting all this together, one can easily conclude that in Bible times there would have been a different health risk in drinking alcohol, to that of today. The same 'rules' just do not apply. And thus the historic Christian argument that

Risk Factors & Alcohol

CONTINUED FROM PAGE 7

the Bible justifies the drinking of wine may not be valid today. Don't think that I am advocating drinking a little wine, or that the Bible is in anyway incorrect. I do, however, believe that before someone can sit there and argue the Bible justifies the moderate use of alcohol, they need a good understanding of what it was like to live in a semi-desert country with no income and no machines or modern aids such as bottling to preserve food, existing off a very small plot of land producing one's own food from a few grape vines, an olive and a fig tree and a small plot of barley. And when they do grasp this, perhaps they would, well, not argue at all.

Dr Don McMahon



Glass per Day?

For years we have been told that a little daily wine is good for you... but is that really the case?

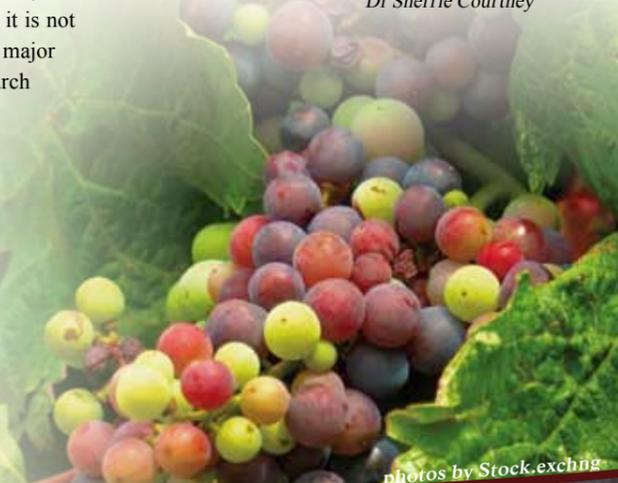
Apparently, a glass or two per day helps keep the heart healthy so long as it is red wine. In fact if you go on line, you will find many things red wine is supposed to be good for, from preventing some kinds of cancer to preventing tooth decay!

The same article emphasised that you should only drink two standard glasses of red wine per day as above that, the risk of excessive intake outweighs the benefits. In 2009 the National Health and Medical Research Council confirmed this when it recommended that people drink no more than two standard alcohol units daily (which, incidentally, was half that previously considered a safe threshold). Truths and part-truths abound and with the help of the internet, 'evidence' can be found to support your view, regardless of which side of the fence you are on. But interestingly, recent findings have led the Cancer Council of Australia to somewhat revise their recommendations. A media release² on the first of May last year stated that the impact of alcohol on the development of cancer was much higher than previously thought. Applying the international data to Australian figures, the analysis estimated that more than one in five of the nation's breast cancer cases were linked to alcohol consumption and while there has been a clear link between alcohol and some less common cancers, new evidence has also found a significant connection with bowel cancer in men. Professor Olver, CEO of the Cancer Council Australia, and co-author of the analysis, said that "clearly, alcohol was one of the most carcinogenic products in common use" and that "the more alcohol you consume over time, the higher your risk of developing alcohol-related cancer."

In a report by Barbara Miller,³ Professor Olver further expanded on the significance of the cancer-causing properties of alcohol when he compared it to those of tobacco and asbestos; just as it is a known fact that tobacco and asbestos can cause cancer, so can alcohol. Elsewhere he also said that people needed to understand there is no evidence for a safe alcohol dose below which cancer-causing effects do not occur - either from direct DNA damage, increased oestrogen levels or excessive weight gain. "If you want to reduce your cancer risk as far as possible (abstinence) would be the option you have," he said.⁴ So now the Cancer Council's advice is that to reduce the risk of cancer, you should limit your intake of alcohol to that recommended by the National Health and Medical Research Council, or better still, avoid it all together.⁵ Which brings us back to the glass a day of red wine being good for you. What about it's other benefits related to antioxidants and heart protection? While mention should be made that early this year, the news broke of the falsifying of data by one of the leaders in the field of resveratrol research (resveratrol being the anti-oxidant found in red grapes), it is not widely believed that this will be a major blow to the body of scientific research regarding this antioxidant.⁶ So let's look briefly at resveratrol. November last year, MailOnline reported on a study, titling the article 'Red Wine Ingredient Protects Against Heart Disease and Diabetes'.⁷ The article said it could now be scientifically shown that resveratrol did lower blood

sugar and blood pressure in humans, thus having a positive effect on the risk of heart disease. It was not, however the 'recommended' one or two glasses of red wine per day that did this. The lead researcher of this study, Dr Patrick Schrauwe noted that "resveratrol is found in very small quantities in red wine - around one milligram per glass - and two gallons of wine a day (over 9 litres) would be the equivalent of a concentrated dosage as used in the study."⁷ Many years ago, doctors were taught to advise their patients to limit their alcohol consumption to six glasses per day for men and four for women. Then in 2001 Australian Alcohol guidelines were issued where an average of four drinks per day for men and two for women were recommended.⁸ Several years later, these were revoked, and we now have the national guideline from 2009 of two standard units per day. Now, the latest suggestion from the Cancer Council, that it is perhaps wise to avoid drinking alcohol all together... Something we as Adventists have been saying all along!

Dr Sherrie Courtney



photos by Stock.exchng

So, given these explanations, some do believe they can logically support the value of a Christian life devoid of alcohol. *IS AVOIDING ALCOHOL A MORAL IMPERATIVE?* I believe several lines of evidence combine to suggest that it is. WHO statistics present the heavy toll alcohol produces. It accounts for 2.5 million deaths per year and is overall the third largest risk factor for premature death, disability and failing health. It contributes to cardiovascular disease, cancer,

liver disease, neuropsychiatric problems and impairs the immune system as well as contributing to accidents and homicide. Sadly, in poorer countries where there is not the infrastructure to deal with these, the use of alcohol is on the rise and constitutes a higher risk. But physical health of the drinker aside, alcohol use affects the health and wellbeing of the people around the drinker and is associated with the development and social issues of abuse, violence and neglect toward children.⁷ So then, don't we have a moral responsibility to preach and live total abstinence from alcohol, for no other reason than Christian concern for our neighbours? *BEING READY FOR CHRIST'S RETURN* Another pressing reason for supporting total abstinence is the soon return of Christ. He repeatedly warned his listeners (and subsequent generations) to stay alert and sober in light of His imminent return.⁸ In contrast, alcohol puts the mind to sleep and its use conflicts with Jesus' instruction to stay alert at all times. What is more, I believe that abstinence

Why I Don't Drink

CONTINUED FROM PAGE 7

from alcohol applies even more so today than in the cultures from which the Scriptures were written. In the ancient Mediterranean world, alcoholic produce was not, for most people, abundantly available and its alcoholic content was between 4 and 15%, and subsequently diluted one part to three for general use.⁹ Compare this to today's readily available alcohol of concentrations of up to 60%, drunk full strength. *I am a Seventh-day Adventist looking for the soon coming of Jesus. In light of this great event, I believe I must keep my mind and body ready and alert for action at all times. I believe I have a responsibility to help my neighbour prepare for our Lord's return and that a healthful lifestyle is consistent with Scripture and incumbent on the Christian.*



That is why I don't drink alcohol.
Pr Tom Shepherd

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FOOTNOTES ON PAGE 22



The Domino Effect: Each 1 Reach 1 GEELONG CHURCH

In today's society people are searching; searching for love and for relevance, for someone to care, to give hope and to listen. As Christians we know that this void can be filled with the love and knowledge of Jesus.

But knowing this and having the courage to step out and share it are two very different things. Sometimes we feel unsure, we hesitate, or we feel we are not equipped. Sometimes we want to win the world but we forget the one right in front of us, crying out for hope.

If you have ever thought that you were not able to make a difference, then think again! God calls each one of us to be His disciples. The young people at Geelong challenge you to make this year – 2012 - your year to become an active disciple and Each 1 Reach 1.

In recognition of becoming active disciples the Geelong youth took a leap of faith and organised another Domino Effect program which is happening this

very weekend, from 26th to the 29th April. The Domino Effect was founded by the youth as an initiative to start a chain reaction that sees people boldly sharing the truth about Jesus and the end times. This weekend's program is a free training opportunity for people of all ages, equipping people to feel confident in sharing their faith with others.

Why Each 1 Reach 1? When one domino touches the next, a chain reaction occurs, but in order for this chain reaction to work each domino must reach out and touch the next one. As we Each 1 Reach 1 we see the importance

Sharing Their Message BURWOOD CHURCH

The youth from Burwood recently shared a message with the members of Ferntree Gully Church. Titled their message Love, Serve, Connect, they helped lead out in praise, drama and preaching.

This same message had been presented at their own church, several weeks earlier,

where Ferntree Gully's pastor, Trevor Rowe happened to be. Impressed with

of sharing the truth through discipleship, keeping the chain reaction in motion. Pr Dan Vis from the Illinois Conference is the keynote speaker and he is talking about discipleship. Dan is the founder of FAST Missions - a discipleship program seeking to equip believers with the tools for memorising scripture, applying it to their life, and consistently passing it on to others. It is not too late to become a piece in The Domino Effect – head down to Geelong today for the workshops.

More information is available at www.geelong-adventist.org.au.

what they had to say, he invited them to share with his church. The youth had been on a StormCo early in December and as part of the program they gave a brief account of their experiences along with a slideshow of photos. A drama about using your spiritual gifts and not just talking about having them followed and then the sermon was presented in three parts. The girls presenting spoke about how love is integral, and that if you do not have love, your actions are worth far less; about service, and that service is love in action; and that through love and service, you can connect with people and that it is here, at this level, that we share Christ. The visitors then enjoyed a time of fellowship with the families of Ferntree Gully who provided soup and buns for lunch.



Witness at the Hat Parade... MILDURA CHURCH

"Do not conform to the pattern of this world..." (Romans 12:2) is advice that three young students took to heart last term when they decided to stand out of the crowd and stand up for Jesus at their school's Easter Hat parade.

Despite the bombardment of advertising for more secular Easter hat options and the influence of their friends, these young Kids of the Kingdom chose to adorn themselves with outfits which pointed to Jesus, His sacrifice and promise of His soon return. Brothers, Jack and Noah (7 and 8 years old) felt a hat was not enough and dressed in costume as Jesus and Simon of Cyrene, complete with cross and crown of thorns. When asked why they had made this choice, they responded with absolute surety, "Because the other stuff isn't real. We want people to know the

Real Truth." Six year old Reagan, sticking with the tradition of a hat, testified that, "Jesus is coming soon to take us to Heaven" with her depiction of the Second Advent, complete with King Jesus returning in the clouds surrounded by shining angels. The Message Bible says "Don't become so well-adjusted to your culture that you fit in to it without even thinking..." (Rom 12:2) Have we so 'adjusted' to modern culture that we are more likely to share an Easter egg than share the truth of Jesus' love with our



THE CHILDREN MADE A STATEMENT TO THEIR COMMUNITY THROUGH THEIR CHOICES

friends? Not these children. In fact there are already a handful of their friends who have decided that next year they too will do a hat that is about Jesus, not to mention the parents at the parade who were inspired to encourage their children to do the same. What a timely reminder that "unless we become like little children, we shall not enter the Kingdom of God." (Matthew 18:4)

Di Obst

Active Health Ministries NUNAWADING CHURCH

On March 25, the Health Ministries team operated a stall at the Nunawading Christian College Sunday Funday providing free health checks and vegetarian health information. Approximately 60% of students at Nunawading Christian College are from non-Adventist families, and the stall provided an opportunity to promote the Adventist lifestyle and health principles.

The day was a success with almost 100 health checks carried out and over 30 requests to attend or receive information regarding upcoming seminars on various health topics the Health Ministries team is planning to run at Nunawading Church.



Chair Massage is a Great Thing! WARBURTON CHURCH

Church member, Colin Spain is a remedial massage therapist at Spartan's Gym in Kilsyth. He also has a special interest in Meniere's disease, having this condition himself. So when the Conference's health director, Sibilla Johnson, asked Colin if he would be willing to be a part of the Village Square's health tent at Big Camp this year, offering chair massages, he agreed and with her permission, used this opportunity to increase awareness and raise funds for Meniere's Australia. Throughout the weekend, Colin was set up in the centre of the Village Square with his massage chair, and over 50 people took advantage of this opportunity to enjoy a head and neck massage, and

perhaps learn a little about this condition. Approximately 40,000 people in Australia put up with deafness, fullness in the ears, recurrent 'room-spin' dizziness and extended bouts of vomiting. As yet there is no known cure, although there is a plethora of possible treatments with varying results.

Over \$200 was raised toward providing wrist bands to the sufferers of this sometimes embarrassing condition. "Thank you for contributing to this project during Camp this year," says Colin. "This is great!" For help and more information visit www.menieres.org.au

COLIN SPAIN HARD AT WORK RELIEVING MUSCLE TENSION AND INCREASING AWARENESS OF MENIERE'S DISEASE



THE YOUTH INSPIRED THOSE PRESENT TO LOVE OTHERS, SHOW THAT LOVE THROUGH SERVING, AND MAKE CONNECTIONS FOR CHRIST





Reaching Out to India – Six Months On RINGWOOD CHURCH

Six months ago we told how Nigel Arul and his family were planning to go on a service trip with other church members from Victoria and New South Wales. Here he tells a little of what happened.

One of the highlights of the mission trip was visiting the underprivileged children at the Garmar Academy in South India where the volunteers were able to provide new bunk beds and cupboards in the girls' hostel.

The target set to raise the funds needed to provide bunk beds for the 200 girls who had been sleeping on the floor was surpassed when an Indian Cuisine lunch was held at the Parramatta church in Sydney, last November.

The bulk of the food for the lunch was donated by businesses from the wider community of Melbourne, Regional Victoria, Adelaide, and New South Wales. Surplus money was used to build the cupboards and while it was wonderful to see the finished items, it was more exciting to see the looks of joy on the faces of the girls. Your gifts have made a big difference to the lives of these children and we thank God for providing the means to help them and for the generosity of the

individual and corporate donors. In addition to providing these basic needs, the group also held a successful mission outreach at the Giffard Memorial Hospital in Nuzvid. Thirty-one team members representing Melbourne, Regional Victoria, New South Wales and New Zealand participated during an eight day evangelistic series. We were able to distribute over 3,000 Bibles funded by people across Victoria and New South Wales and at the end of the series 79 people gave their hearts to God and were baptised. We also participated in various health programs conducted in the local hospital, overseen by Dr Peter Trung of Victoria and other health professionals. These were well received by the hospital staff and the community, as was the one day health clinic where volunteers were able to assist the doctors with general health checks. It has been a great experience, volunteering our time and using our talents to serve the community – being God's hands and feet. I thoroughly enjoyed taking part in this project and would encourage young people who want to experience a spiritual blessing to get involved and do something for Christ.

Nigel Arul



THE NEW CUPBOARDS WERE AN EXTRA BLESSING - THE GIRLS WERE ONLY EXPECTING THE BUNK BEDS



Fellowshipping with New Members

CRANBOURNE SEVENTH-DAY ADVENTIST CHURCH FELLOWSHIP

In early March, three new members – all turning twelve this year - joined the church fellowship. Shanice D'Costa, Isamaela Willie and Tyran Wong Tung each made a personal decision to be baptised and are now maturing in Christ as members of their church.

Thanks to the generosity of the Filipino-Australian congregation, the service was held in their church in Dandenong.

Several weeks later, Lee Hartman also joined the church and was baptised at Frankston beach. His generous loving spirit is greatly appreciated by fellow church members.

Peter Hughes



CONGRATULATIONS TO SHANICE, ISAMAELA AND TYRAN, AND TO LEE



health... mind & body



SOME SWEET THOUGHTS ON GIVING UP SUGAR...

I have always had a sweet tooth. Chocolate, pastries.. I love it all! Needless to say I have also always struggled with my weight!

Another thing I have always liked is the idea of giving up something from my life such as TV, a certain food or other 'vice', just for a period of time, then examining the effect it has on body and mind.

So this year I decided that I would give up sugar in the time leading up to Easter, and then I would really enjoy it over the long weekend – particularly in the form of chocolate!

The first week it was awful and cravings nearly drove me mad, but then I found myself waking up feeling



more alert, my head clearer and I had more energy. I also lost weight.

This new found state led me to do some reading... What I wasn't prepared for was to be so inspired that I am now planning to give up sugar for life!

In the past I have used all the reasons why it's too hard and bandied words such as *Everything in moderation* and *sugar is natural* around with great 'success'! But hmmmph! I don't know about you, but for someone like me who has no problem scoffing a whole block of chocolate, moderation is not really an option, and well, arsenic is natural too! Just like arsenic, sugar can be poisonous; our bodies are not designed to cope with the amount we consume.

On average we are eating a kilo of sugar per week! Nutrition guidelines tell us six teaspoons a day is the max. And

Brought to you by

Cultivate
Sanitarium

Workplace Health and Wellbeing Services

that includes sugars in natural juices and hidden sugars in sauces, cereals and breads. Do some research into label reading, your hair will curl!

Did you know that an average serve of coke, iced tea or chocolate milk has around 10 teaspoons of sugar? Just saying.

So when the long weekend arrived, I did have a piece of chocolate (or two) because it is not about never, but truthfully I know I would have been ok if I hadn't. This former addict can't tell you how freeing that is!

Health and Wellbeing to me is about enjoying abundant life, free from those things that hold me back, not a slave to them. And that's pretty sweet.

Jane Kennedy
Program Co-ordinator
Cultivate Sanitarium

NO LONGER SLAVES...

I recently heard a sermon by Fran McCain, "The Redeemer's First Born." She talked about when the people of God were 'slaves' in Egypt. How they had gotten comfortable in their captivity.

'Oh man!' I thought, 'every addict knows that feeling!'

She explained how, in our craziness and dysfunction we survive and even thrive at times! We get "comfortable" in our twisted way of thinking... in our chaotic relationships... in our lies. We don't even seem to mind the slave master! We tell ourselves it's just how it is, deal with it... until something happens that wakes us up to the reality that we can't go on like this anymore and we become aware of the hope that God has provided a way out!

At that moment the battle begins as we surrender all our craziness, pain, and dysfunction. God does make a way for us to escape. The Bible calls him our Redeemer Kinsman. He buys us back from slavery, from our addictions, with the life and death of His own Son. He then, in

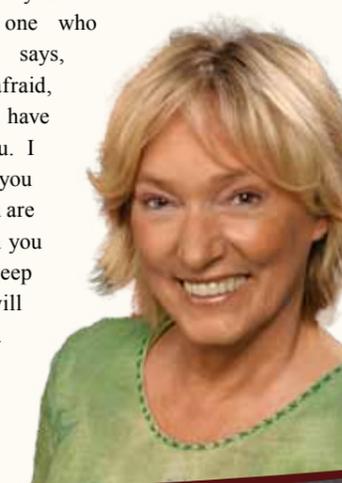
love, pursues us even through our doubts, fears, failures and discouragement.

It may feel like we are in a desert, but what's incredible is that God really does give us what we need to make it through that desert.

Fran went on to talk about the children of Israel coming out of Egypt and into the desert (of course I am thinking of all the addicts I know, having their own desert experience) and with a warning in her voice she said, "After you have been rescued, the slave master will still pursue you, just as Pharaoh did with the Israelites... but God has assured His people that He will fight for you and will perform miracles, He will provide ways of escape and guide you towards the promised land," towards recovery today and into eternity.

I would like to share with you a text that God continues to bring to me...it was even the text for Fran's sermon.

Isaiah 43:1-3 "Oh Jacob (put your own name here), listen to the Lord who created you. Oh Israel, the one who formed you says, Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters, I will be with you. When you go through rivers of



CONTINUED PAGE 22



WEIRD AND WONDERFUL

Children in the Lower Primary Division at Big Camp learnt that no matter how weird we may feel at times, God thinks we are wonderful! They also learnt about some weird animals such as the Aye-aye, the Leafy Sea Dragon and the Platypus, as well as about how wonderful our bodies are.

Match the animals up with their pictures. Each day at camp there was a different Bible verse and theme. See if you can match each verse with its reference and theme.

Psalm 139:14

God knows WHO you are

For I know the plans I have for you, says the Lord. Plans to prosper you and not to harm you. Plans to give you a hope and a future.

Jeremiah 15

YOU can serve God right here, right now

AYE AYE

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength

PLATYPUS

Jeremiah 29:11

I praise you because I am fearfully and wonderfully made

LEAFY SEA DRAGON

God made you exactly right

Mark 12:30

God has great plans for YOU!

Before you were born, I knew you

RUN FOR YOUR LIFE



THEREFORE SINCE WE ARE SURROUNDED BY SUCH A GREAT CLOUD OF WITNESSES LET US THROW OFF EVERYTHING THAT HINDERS AND THE SIN THAT SO EASILY ENTANGLES AND LET US RUN WITH PERSEVERANCE THE RACE MARKED OUT FOR US FIXING OUR EYES ON JESUS THE PIONEER AND PERFECTOR OF FAITH FOR THE JOY SET BEFORE HIM HE ENDURED THE CROSS SCORNING ITS SHAME AND SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD CONSIDER HIM WHO ENDURED SUCH OPPOSITION FROM SINNERS SO THAT YOU WILL NOT GROW WEARY AND LOSE HEART HEBREWS 12 VS 1 TO 3

The Upper Primary children at Big Camp learnt about Running the Race. With exciting activities such as Athenian Athletics, Corinthian Carfts, Galation Gastronomy, Thessalonican Theatre and Phillipean Feats, they learnt about the preparation and commitment necessary to win, the focus necessary to stay on the path and the reward awaiting them at the end.

- To be able to play by the _____ you need to know the _____.
- To win, you need to _____.
- If you do not _____, you don't even compete.
- Winning doesn't happen by _____.
- Run with _____.
- Athletes need _____.
- Carrying _____ will slow you down.
- Do not lose sight of the _____.
- Do not _____ just because the going gets _____.
- Don't let anyone or anything _____ you from _____.
- Keep your _____ on _____ so you do not _____ off the _____.
- If you _____ get back _____.
- At the end of the race you will _____ the _____.
- The reward is an _____.
- Run the race until the _____ of your _____.

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

www.WordSearchMaker.com



It is Happening...

Last year IntraVic shared with you the news of the official launch of the Beyond ministry, and how presenters, Geoff Youlden, Danielle Synot and Peter Watts were visiting church groups in preparation for the use of Beyond as a powerful evangelistic tool. Over this last week, commercial advertising was tested here in Victoria.

Airing on Prime from April 20 to April 27, the television ad was viewed in the Bendigo area. The Beyond program includes a 1300 number to ring and a dedicated Beyond response website. An SMS service

has also been developed so interested people can text a word to the advertised number to make their request - opening up involvement with a whole new demographic. The effectiveness of this new component was being tested for the

first time with this most recent advertising. The developers will continue to produce more commercials and test them in different Conferences throughout this year. We ask that you keep this evangelistic project in your prayers.



Back to the Conference

After five years in South New Zealand Conference, my wife Kimberly and three children, Chelsy, Jade and Zackery are all happy to return to Victoria Conference where we have spent the majority of our time in pastoral ministry over the past 20 years. My new role as the Conference Pastor at Large will allow me the opportunity to meet up with many friends in the coming years and work in a variety of situations and locations, so I am very much looking forward to the challenge.

Craig Gillis



Try Jesus

Do you enjoy going for a walk? Why not consider combining that with the enjoyment of doing something for Christ?

The Try Jesus Bible studies have new letterboxing cards that look beautiful. Ask your local church Personal Ministries director to order you some!

It is NOT Too late!

While Big Camp is over for 2012, the opportunity to continue to contribute to the mission offering continues. The World Changers Bible initiative is continuing throughout this year and you can make a contribution toward placing Bibles in the hands of those desperately needing them by visiting www.worldchanger.me It is estimated that the cost of this project is 1.1 million dollars and the South Pacific Division is aiming to place the order by April 2013. With the ongoing training recipients of these Bibles will receive, this is a unique opportunity to support the Lord's work.

With Sadness We Say Good-bye

Susie Potts, who has worked here in the Conference office for seven years, has recently made a difficult decision to move on. She has served us well in her role as Personal Assistant and her creativity,

efficiency and cheerfulness will certainly be missed. Susie, we wish you all the best as you enter your new field of work - our prayers go with you.



BIG CAMP 2012

I would personally like to thank all those who attended Big Camp this year - your presence at Elmore helped make this the best Camp so far. And to those of you who were unable to attend, we missed you being there.

Many people expressed to me their appreciation for the music and the fellowship as well as the speakers - whose individual messages each complemented the others. It was great to see so many friends and family of church members joining with us - our extended church family - and it was a pleasure to fellowship with you. I trust and pray that the spiritual mountain top experience of this weekend will go with you and give you strength in your daily role - that of being a disciple for Jesus.

Pr Wayne Stanley Conference President



A place to relax and enjoy a drink or a snack... A spot to let your children play while you enjoy the meridian program on a big screen... A meeting place for friends... Where departments had the opportunity to showcase their ideas... Where Elmore Family Camp Radio 98.1FM was broadcast from... And this year, as a new initiative, the location for a series of small workshops



Early each morning campers attended the Meridian where songs that took them back to their childhood were sung, led by Steve Piez and then Pr Dave had the children hanging off his every word as he involved them in the Bible story for the morning.

FAMILY WORSHIPS

SABBATH FELLOWSHIP

Sabbath was a special time at Camp. Family worship in the Meridian ushered in this sacred time and on Saturday campers were joined by their family and friends who made the trip to Elmore just for the day.



SERVICE TO THE COMMUNITY

On Friday, the youth and highschoolers joined forces and went to the community in the nearby town of Rochester, where residents had been hit by flooding. There they helped paint and do odd jobs around the homes - a practical way of sharing God's love



MEGA MONDAY



News from Heritage College COLLEGE JOY



Staff, students and family in our city's South East recently shared in a much anticipated and joyous event - the official opening of their new Multipurpose Centre. Here is an excerpt from Mr. Gallagher's address on the day:

...as Principal of Heritage College I would like to thank you for celebrating with us this very special occasion where we officially open our new Multipurpose Centre. With the completion of this building we now have available an all weather Sports Venue, Library, Music classroom, canteen and Performing Arts facility. This is truly a time to give thanks to God for our blessings and to the many people involved in this project. Projects like this take a lot of planning and coordinating, so I would like to take this opportunity to

thank some of those people: our Architects from Kneeler design; the builder, Mr. Alin Crisan; personnel from our Head Office, with special reference to Mr. Dion Harvey; and at the local level my heartfelt thanks to Mr. Robert Williams for his tireless efforts in coordinating and following through on the many actions needed to get the building to where it is now. Of course none of this would have been possible if not for the generous financial support from the Federal Government of Australia...



PARENTS AND STUDENTS TOUR THE NEW LIBRARY
DION HARVEY WITH PRIMARY SCHOOL CAPTAINS HEAVEN JARRA & SUNTOSH MUDALIAR
PRINCIPAL, COLIN GALLAGHER, STATE MEMBER, JUDITH GRALEY, WAYNE STANLEY AND SCHOOL COUNCIL CHAIRMAN MARK WATSON



PURPLE DAY CELEBRATED IN STYLE

PURPLE DAY...

...was held at the end of last term. All the students came dressed in Purple to increase awareness and raise money for Epilepsy. The initiative was started by Tamara Ryan whose brother who has been suffering from Epilepsy for many years and she feels very passionate about it. Epilepsy is the world's most common serious brain condition. Globally, approximately 50 million people are currently living with this condition and in Australia, half a million people will be affected by it at

some point during their lifetime. A huge glass jar was placed in the office and filled with coins from many little pockets over a period of five weeks in the run up to the event. On the day, Tamara was dressed in purple from head to toe. "It was good to be able to get together with children of all ages and create an opportunity not only to have fun, but also to help people affected by this illness," Ms Ryan said.

News from EAPS

Our School Captains were honoured to attend the 2012 National Young Leaders Day for Primary Schools at the Melbourne Convention Centre last term. Mr Dye and Mrs Gardiner accompanied them. Here are some reflections from the captains:



Young Australian of the Year – 2012, Marita Cheng told us she founded Robogals - a company that runs robotics workshops for girls. Her message was to believe in ourselves and to be passionate about what we do. But the reason she REALLY got my attention was because she founded "Robogals" when she was just 19! Only NINETEEN! I guess you can do big things when you're still young!

Brandon Green

Lorin Nicholson is a blind guitarist and he was a Young Australian of the Year nominee. He was one of the first blind people ever to ride across Australia! About 4100km! His message was "You can achieve your dreams if you never ever give up."

Catherine Gramaticu

Joy Smithers is an actress who started foundations called "Hope for Cambodian Children" and "Shades for AIDS". Her message was to speak up for yourself and listen to your own ideas.

Abbey Gardiner

North Melbourne Kangaroos captain, Andrew Swallow gave one lucky kid a football! He told us that if we couldn't see it, we wouldn't be able to do it. He also told us to dream big, work hard and to take opportunities as they come.

Luke Green

Plenty of challenges were thrown our way – challenges that apply to ALL students. "Dare to Dream" was a common theme, but will you "Dare to Do"? Challenge yourselves, because YOU CAN make a difference!

Mr Dye, Yr 6 Teacher

Mission in Action Concert NUNAWADING CHRISTIAN COLLEGE

This concert was held to raise money for the Mission In Action orphanage in Nakuru, Kenya where the wonderful Mrs Jakupec and Mrs James will be volunteering their time and talents.



MRS JAKUPEC AND MRS JAMES AND THE TWO COMPARES

For those who don't know who they are Mrs Jakupec and Mrs James are English teachers at NCC. The orphanage is a home for destitute and orphaned children offering them education, a safe environment and love. Some of the

infants there have been found in garbage bins because their parents are too poor to take care for them or they didn't want them. Others are there because their parents have died from aids or other incurable conditions.

The night was quite a success. The hosts, Larnelle Marsh and Jonathan Plewa, both in Year 11, were great. There was amazing music from past students who had returned to contribute to the evening and delicious food available for sale. Over 2000 dollars was raised, thanks to persuasive auctioneering by Nic Bolto and to principal, Mr Stiles who was 'convinced' to bid over 200 dollars for a Mars Bar Cake! I think what Mrs Jakupec and Mrs James are doing is an incredible gesture and we as a society should try to help the less fortunate. Even though sometimes it might seem as a small thing, it could make the biggest difference in someone else's life.

Michelle Kiriama
Year 9 student

www.missioninaction.com.au for more information.

Leading the Way ADVENTIST BOOK CENTRE

The annual Adventist Book Centre Marketing seminar was recently held here in Victoria at Jumbunna Lodge in Launching Place.

Managers and staff attended from around Australia, New Zealand, Papua New Guinea, Fiji, Samoa and the Solomon Islands, along with special guests Andy Nash and Dan Wegh from the US.

One of the main purposes of the event is to showcase new products from Signs, Review and Herald and Pacific Press but it also provides an excellent opportunity to share ideas with other store managers as well as stories of how Adventist products are helping people in their daily lives. It was also a time for spiritual refreshment and fellowship. Friday evening a special dinner was held followed by worship. Dr

Lyell Heise and Valmai Hill from the Institute of Worship led in praise and Pr Darren Croft shared some thoughts for worship.

The next day attendees worshiped with church members at Burwood Church, before going on a historical sights tour around the North Fitzroy area. The evening was highlighted by a visit to the Eureka Tower which was quite an experience for some of the island visitors. Another purpose of the seminar is the presentation of awards, where Nunawading ABC was presented with an award for the highest percentage increase in sales for the last year.



Safe Places, Safe People

Are you aware?
What would you do?
Where can you turn?

Visit Vic.Adventist.org.au

and click on the safe places tab in the menu

"TRICKY PEOPLE" ARE THE NEW STRANGERS
If you would like to view the powerpoint presentation from Big Camp given by Safe Places Coordinator, Sue Mercer, - visit the website.



Safe Places Services



Baby Congratulations

We would like to join with our Croydon and Plenty Valley church members in congratulating Pastor Anthony MacPherson and his wife Sheree on the safe arrival of their little girl on March 15, 2012. Welcome, Emelia Joy.

May the Lord bless you and keep you as you care for your precious little one... and never forget you are even more precious to your heavenly Father.



New Resource for Sabbath School

There is a new resource available written especially for your new church members.

It looks much like a Sabbath School lesson and follows the same daily study model as the regular quarterly. The first of the four 'In Step with Jesus' guides is called *The Journey Begins* and can be purchased for \$9.95 from the Adventist Book Centre.

It is also available in its entirety, online at

<http://www.instepwithjesus.org/>

Please bless your new members with this study guide. It would be a great small group guide too.

Do you have a small group for new believers?

If not, it is time to start one!

Dave Edgren

Sabbath School Director

NO LONGER SLAVES... CONTINUED FROM PG 13

difficulty, You will not drown. When you walk through the fire of oppression, You will not be burned up; The flames will not consume you.

I love that... God is telling us to trust Him right now, not ourselves. Throughout this series, I have been discussing the steps to recovery from a Biblical point of view. One of these steps goes like this: "We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

That sounds scary, but think of it this way. There are people, others addicts, who have come out of Egypt, out of their own addictions, all around you. They know the power of God's deliverance! When you are overwhelmed... feel like giving into temptations... when you are filled with doubt and

all you can see is the slave master and his army fast approaching. That is when you need to reach out to those who have gone before you, who have some recovery time under their belt, who can show you how to overcome. In recovery they are called sponsors or accountability partners. They can remind you the battle belongs to God, and He can be trusted.

One more thing about slaves and this is straight from Jesus himself, "I no longer call you slaves, because a master doesn't confide in his slaves. Now you are my friends..." John 15:14-16

The decision to step into recovery is yours but once you do, the battle belongs to God! Trust in Him to fight for you!

Cheri Peters TrueStep.org

Footnotes from Why I Don't Drink Alcohol

* THIS IS A CONDENSED VERSION. THE FULL ARTICLE IS AVAILABLE AT [HTTP://WWW.ADVENTISTWORLD.ORG/ARTICLE/635/RESOURCES/ENGLISH/ISSUE-2009-1010/WHY-I-DON-T-DRINK-ALCOHOL](http://WWW.ADVENTISTWORLD.ORG/ARTICLE/635/RESOURCES/ENGLISH/ISSUE-2009-1010/WHY-I-DON-T-DRINK-ALCOHOL)
1 GENESIS 9, 19, 27
2 SUCH AS IN PROVERBS 20:1 AND 23:29-35

3 DEUT 7:13, JER 31:12
4 JOHN 2
5 MY PARAPHRASE
6 FOR THE GENERIC USE OF THE TERM OINOS, SEE ARISTOTLE, METEOROLOGICA 384.A.4,5 AND 388.B.9-13
7 [HTTP://WWW.WHO.INT/SUBSTANCE](http://WWW.WHO.INT/SUBSTANCE)

[ABUSE/FACTS/ALCOHOL/EN/INDEX.HTML](#)

8 LUKE 21:34-36, 1 PETER 1:13

9 FOR REFERENCES TO WINE DILUTION SEE DAVID E AUNE, REVELATION 6 - 16, WORLD BIBLICAL COMMENTARY, VOL 52B (NASHVILLE: THOMAS NELSON, 1988) P 833

Footnotes from A Glass Per Day?

1 [HTTP://HEALTH.NINEMSN.COM.AU/WHATSGOODFORYOU/THESHOW/694576/IS-A-GLASS-OF-RED-WINE-A-DAY-GOOD-FOR-YOU](http://HEALTH.NINEMSN.COM.AU/WHATSGOODFORYOU/THESHOW/694576/IS-A-GLASS-OF-RED-WINE-A-DAY-GOOD-FOR-YOU)
2 [HTTP://WWW.CANCER.ORG.AU/NEWSMEDIA/MEDIARELEASES/MEDIARELEASES2011/1MAY2011.HTM](http://WWW.CANCER.ORG.AU/NEWSMEDIA/MEDIARELEASES/MEDIARELEASES2011/1MAY2011.HTM)
3 [HTTP://WWW.ABC.NET.AU/WORLDTODAY/CONTENT/2011/S3205322.HTM](http://WWW.ABC.NET.AU/WORLDTODAY/CONTENT/2011/S3205322.HTM)

4 [HTTP://WWW.SMH.COM.AU/LIFESTYLE/DIET-AND-FITNESS/QUIT-DRINKING-TO-CUT-CANCER-RISK-20110501-1E38G.HTML#ixzz10xOTohim](http://WWW.SMH.COM.AU/LIFESTYLE/DIET-AND-FITNESS/QUIT-DRINKING-TO-CUT-CANCER-RISK-20110501-1E38G.HTML#ixzz10xOTohim)
5 [HTTP://WWW.CANCERVIC.ORG.AU/PREVENTING-CANCER/AVOID-ALCOHOL](http://WWW.CANCERVIC.ORG.AU/PREVENTING-CANCER/AVOID-ALCOHOL)
6 [HTTP://WWW.THEHEART.ORG/ARTICLE/1340357](http://WWW.THEHEART.ORG/ARTICLE/1340357)
7 [HTTP://WWW.DAILYMAIL.CO.UK/HEALTH/ARTICLE-2056185/ACTIVE-INGREDIENT-RED-](http://WWW.DAILYMAIL.CO.UK/HEALTH/ARTICLE-2056185/ACTIVE-INGREDIENT-RED-)

[WINE-PROTECT-HEART-DISEASE-DIABETES.HTML](#)
8 [HTTP://WWW.NHMRC.GOV.AU/_FILES_NHMRC/PUBLICATIONS/ATTACHMENTS/ds9_0.PDF](http://WWW.NHMRC.GOV.AU/_FILES_NHMRC/PUBLICATIONS/ATTACHMENTS/ds9_0.PDF)

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

May 2012

Sabbath	Opening	Closing
Apr 28		5.36
May 4,5	5.03	5.29
May 11,12	5.23	5.22
May 18,19	5.17	5.16
May 25,26	5.12	5.12

Offering Schedule

MAY

- 5 - Health
- 12 - Education/Camping Ministry
- 19 - Disaster & Famine Relief
- 26 - Local Church Budget

JUNE

- 2 - Avondale College Higher Education
- 9 - Local Church Budget
- 16 - Pacific Island Advancement
- 23 - Education/Camping Ministry
- 30 - Local Church Budget

CHOSEN FOR SUCH A TIME AS THIS

Women's Conference
July 20-22, 2012

Applications available online at vic.adventist.org.au

North Fitzroy SDA Church presents:
Adventist Heritage Sabbath
5 May 2012

- Walk in the footsteps of early Adventist believers
- See where they lived & worked
- Hear their stories
- Find out how God led the early church in miraculous ways

Program Times

- 9:30am Sabbath School Program
- 11:00am Special Heritage Church Service
- 12:30pm Fellowship Lunch
- 3:00pm Heritage Presentation at the church
- 3:30pm Carriage* & Walking Tours begin
*Limited places available for Horse and Carriage tours.

27 Alfred Crescent North Fitzroy | Mel Ref 30 - B12

For information & bookings see our website: northfitzroy.adventist.org.au or contact Phyoona on phyoona@sws.net.au [click here](#)

Out-Reach Training
May 19

An opportunity for those wanting to build on skills to use for volunteer out-reach. Perfect training for kids club, Pathfinders, STORM Co and mission trips. Open to all! Register by heading to www.vicyouth.com

...all this and more

STORM CO
Service To Others Really Matters

Run by local churches and supported by VicYouth. CONTACT the Youth Department if you would like to be involved.

TRIPS RUN IN THE SCHOOL HOLIDAYS

The STORM Co mission is to send teams of trained young people to work for, learn from, and encourage individual communities, sharing God's love, by building bridges to all people in an adventure in service to others.

"Whatever you did for one of the least of these, you did it for me." - Matthew 25:40

VICYOUTH BASKETBALL TOURNAMENT

Profits will support ADRA Connections Trip to Tanzania-Africa

May 26th 2012 @ Dandenong Bball Stadium 7PM
Team Entry: \$220-\$300
Spectator Fee: \$2
Entries Close: May 21st 2012

Apply @ <https://events.adventist.org.au/Registration/Event/103>

For more information contact Josh Wood - Tournament Director
0407 094 371 / email: joshuawood@live.com.au [click here](#)

AdventistBookCentre

Worry, self doubt, questioning, inadequacy... we all experience these attacks on our minds in some form at some time. And we are not alone. Our children, our teens, they have their own version - it is an ongoing struggle. This world we live in is not an easy place - there is an ongoing war and our minds are the battle field. Who will you let win? These books by author and pastor, Joyce Meyer, take a look at overcoming negative thinking to win the battle.

May Special \$6.95 & 7.95

rrp \$12.95, \$14.95 & \$14.95

ADS & NOTICES
ADVENTIST SCHOOLS VICTORIA
is seeking to employ a **Marketing Coordinator** to oversee the marketing of its six schools. The position will be a 12 month contract with a minimum of 1 day per week (0.2FTE).

For further information please contact Fiona Thomas, Office Manager on 03 9264 7730 or by email at fionathomas@adventist.org.au.

YOUTH WORKER needed at St Albans Church
Located on the western side of Melbourne, this church is looking for a Youth leader/Bible worker, who is willing to spend six to twelve months with its young people. This is a part time position with good working conditions.

Please send your resume to dampir-posavac@bigpond.com. For more details call: 0432 593 299

From Buddhism to Christianity, the testimony of Pr. John Chan is in his autobiography---

"Amazing Stories from MY TWO WORLDS"



Now Available at ABC
OR Please contact John Chan at 03 9761 6131
Or email john@chantastic.net [click here](#)

CONNECT ADVENTIST SINGLES NETWORK

Events in Victoria 2012
Next event May 25-27
visit Vic.Adventist.org.au for more info

MALAMULO HOSPITAL CHARITY CONCERT

28TH APRIL 2012, 7.00pm

WANTIRNA SDA CHURCH, 119 MOUNTAIN HWY
WANTIRNA

Malamulo Hospital, in the southern part of Malawi in Africa was established by the Seventh day Adventist Church in 1902. With no government funding, this once thriving hospital now struggles to meet the medical needs of its people. Each year thousands of people in this region, mainly women and children are suffering and dying from treatable diseases such as malaria, measles, chest infections and diarrhoea.

For as little as \$6, doctors at Malamulo Hospital are able to treat a child for malaria. Every \$ counts, so your generous donation would save many lives.



How Can You Help?

Come to the Malamulo Charity Concert. A collection will be taken up following the concert, so be prepared to give generously.

If you can't attend the Charity Concert, give a personal donation through the Women's Ministries Victorian Conference.

No child deserves to suffer in this way, so please open your hearts and your purses and get behind this worthy charity.

For further information, please phone Danijela on 0423 371 841 or email Marie on marier@connexus.net.au [click here](#)

The Domino Effect : 2012

Each 1 Reach 1

Have you ever thought about reaching out to a lost person with a prayerful desire to lead them to Christ? What does it mean to be a disciple and how do you disciple a person? Come and find out what's involved with discipleship as we uncover how to EACH 1 REACH 1 through training and equipping from the Bible.



Pr Dan Vis is the founder of FAST Missions a discipleship program that seeks to equip every believer with the tools to memorise scripture effectively, apply it practically to their life, and pass it on consistently to others. Currently, he is serving as pastor of the Illinois Conference, USA.

What is the Domino Effect?

A chain reaction that sees people boldly sharing the truth about Jesus and the end times.

**FREE
EVENT**

April 2012

26th - 7:00pm

27th - 6:30pm

28th - 11:30am

2:30 - 5:30pm

29th - 8:30am - 1pm



SDA Church 6 Lt Myers St, Geelong. Ph: 52221153
www.geelong.adventist.org.au or Facebook: The Domino Effect Each 1 Reach 1 [click here](#)

TODAY!

TODAY!

The 2nd Grand Concert of Beautiful Music

AdventCare Whitehorse Auditorium
163-165 Central Rd Nunawading

TODAY - April 28

seating by 7.55 pm

· Featuring the Ring Family (Brass Quartet, flute and voice), Josh Potts (cello), Vivian Hill (voice), Mark Lambert (flute), Pawel Ustupski (violin) and pianists Lorraine Brody, Samantha Coupland, Danell Seenyen, Koivi Tasker, Judy Bottrell and Romney King (and organ) with compere Ken Mead.

· Free entry, with freewill offering toward AdventCare new grand piano fund.

· Car parking available in Nunawading Church grounds.

TODAY!



The Orchard

MELBOURNE
CENTRAL
CITY CHURCH

THE ORCHARD

Presenting the Bible as 'It is Written'
in the heart of Melbourne city.

Meeting every Saturday in Melbourne's CBD

CHURCH TIMES

Adult Bible Study (Sabbath School) - 2.30pm

Main Church Service - 4.00pm

LOCATION

VICTORIA UNIVERSITY - Level 9, Room 926
300 Flinders Street, Melbourne CBD

CONTACT US

Church Minister: Pastor Rod Anderson

[facebook.com/theorchardmelbourne](https://www.facebook.com/theorchardmelbourne)

[TheOrchard_Melb](https://twitter.com/TheOrchard_Melb)

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Photographs of minors must be accompanied by permission to use the photographs in print and on the web, signed by parent/guardian.

Bible verses are from various versions which may include NIV, JJV, NJJV & Clear Word.

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