



# FOCUS

Newsletter of the South Queensland Conference of the Seventh-day Adventist Church

## Why Not LIVE More?

The 10 Day “LIVE MORE” Spirituality & Health Initiative: January, 2015

by Pastor Neil Marks, Director of Health Ministries

It was August, 2012, and the height of the London Olympics when the BBC decided to screen its *Horizon* program, “Eat, Stop, Live Longer.” Some had expected the program to be lost to the viewing public by the media frenzy surrounding the Games but the program generated a media frenzy all of its own, with more than 2.5 million viewers and hundreds of thousands more watching it on YouTube. Dr Michael Mosley’s Twitter account tripled overnight! The British press ran with stories on the program the next day and, before long, news of the program had featured in major newspapers all over the world. People everywhere, it seemed, wanted to hear more about *intermittent fasting*, the theme of the “Eat, Stop, Live Longer” program.

### Rediscovering An Ancient Practice

The awakening that’s been generated by this program is fascinating as fasting has been around and practiced for thousands of years by the world’s great healers,

thinkers and spiritual leaders and by the millions who have followed them. Hippocrates, long considered the “father of medicine,” used the practice of intermittent fasting as a way to treat his patients around 400 BC. Around 1000 years later, Paracelsus, the great physician of the Middle Ages, came to regard fasting as, “the greatest remedy—the physician within.” Pythagoras, the Greek mathematician, required his students to undergo lengthy periods of fasting to sharpen their minds, and it is noteworthy that those considered to be the founders of the world’s great religions—Jesus, Moses, Buddha and Mohammed—all fasted and taught their followers to do the same. The BBC’s screening of the program during the London Olympics and the worldwide interest it generated has catapulted this ancient practice into the 21st century and science is discovering the power of fasting to repair and restore the body back to health.

In recent years, there has also been an awak-

ening to the power fasting has to restore and renew **the soul**. In a 2008 best-selling book, *Fasting: Opening The Door To A Deeper, More Intimate, More Powerful Relationship With God*, Jentezen Franklin speaks of accessing the power of what he calls **biblical fasting** to transform people’s lives. On the back cover of the book it states:

When you fast, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God. Once you’ve experienced even a glimpse of this and the countless rewards and blessings that follow, it changes your entire perspective.

Franklin is the pastor of a 10,000-member church in Gainesville, Georgia, plus another growing congregation in Orange County California. In 2011, he followed up his earlier book with another bestseller entitled, *The Fasting Edge: Recover Your Passion, Recapture Your Dream, Restore Your Joy*.

Considering the success of the BBC’s “Eat, Stop, Live Longer” program and the bestselling books by Franklin, perhaps we are beginning to rediscover what the ancients have believed and practiced for thousands of years, the power of fasting to renew and restore both body and soul.

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## Intermittent Fasting And Biblical Fasting—What Are They All About?

Fasting at its basic level is about voluntarily abstaining from food, and the 2012 BBC program with Dr Mosley outlined the practice in a most captivating way—it clearly portrayed the healing potential of relatively short but regular periods of fasting to dramatically improve one's health.

Mosley has also published a bestselling book on the topic entitled, *The Fast Diet—The Simple Secret Of Intermittent Fasting: Lose Weight, Stay Healthy, Live Longer*. In his book, Mosley recommends that a person cut back their calorie intake on two days of the week to just 500 to 600 calories, that's about 25 per cent of a normal daily calorie intake. For Mosley this means eating breakfast and, then 12 hours later, a low-calorie evening meal. For the other five days of the week he suggests eating normally.

“Biblical fasting on the other hand is not simply going without food for a period of time. That is dieting, maybe even starving. Biblical fasting is refraining from food for a spiritual purpose” (Franklin, 2008, page 32).

Franklin goes on to outline three types of fasting in the Bible;

1. Absolute fasting where neither food nor water is consumed, such as Moses' 40 day fast on Mt Sinai when he received the Ten Commandments (see Exodus 34:27, 28).
2. Normal fasting where one typically goes just without food for a period of time, such as Jesus' 40 day fast in the wilderness prior to the commencement of His public ministry (see Matthew 4:1-4, Luke 4:1-4).
3. Partial fasting, where only certain foods and drinks are given up, such as the prophet Daniel when he requested to abstain from the royal food and wine of the Babylonian court for a

period of 10 days (see Daniel 1:8, 12, 13), or where he ate no rich foods or took wine for a period of 21 days in order to seek the understanding of a vision that pertained to the future (see Daniel 10:1-3, 12).

## A Blind Spot?

Sadly, the practice of *biblical fasting* has been largely neglected in the modern Christian church. Jesus spoke of fasting in the Sermon on the Mount (see Matthew 6:1-18) and this was associated with praying and helping the poor, both of which no committed Christian would ever consider ignoring! He also mentioned that His followers would fast, like the disciples of John the Baptist and the Pharisees, once He was no longer with them (see Matthew 9:14, 15).

In the book of Acts, we read of the apostles Peter and Paul fasting, and the leaders of the church at Antioch “worshipping the Lord and fasting” just prior to the



Holy Spirit directing them to set apart Barnabus and Paul to the special work of taking the gospel to the Gentile world (see Acts 13:1–3). Again, after a season of fasting and praying, the leaders of the church in Antioch laid their hands on Barnabus and Saul and then sent them off.

Has it come time to revive this spiritual practice? It appears that if it is done wisely and in accordance with biblical principles, it can be a source of blessing to both body and soul.

## Ten Day “LIVE MORE” Spirituality & Health initiative:

In view of the above, I would like to propose that individually and corporately we set apart the 10 days from Wednesday, January 7, to Sabbath, January 17, as a period of partial fasting where we abstain from those more rich and pleasurable

items in our diet (perhaps meats, sweetened foods, sweet drinks, refined foods, caffeinated foods and beverages, etc) and return to a more simple, natural, plant-based diet as an act of worship and dedication to God. The aim here is to promote a corporate faith experience at the beginning of the year and to seek God’s blessing and direction for the rest of the year. I also propose that this would also be a good initiative to do on an annual basis.

In conclusion—and in accordance with the concept of *biblical fasting*—let us also make this a special time to LIVE MORE in prayer (see Nehemiah 1:4; Ezra 8:21, 23; Daniel 9:3; Acts 13:1–3) and to LIVE MORE in the Word (see Matthew 4:1–4; Jeremiah 36:6) so that we are better able to LIVE MORE in the Spirit!

I don’t know what you have planned over January 7–17 of next year, but these days I am going to especially devote to

fasting and prayer and “feeding” on the Word of God as an act of worship and dedication to Him.

I have personally experienced the sense of spiritual renewal and physical restoration that comes as a result of fasting and I am looking forward to this faith adventure. I hope you will join with me in this, so that with one spirit, we can travel this journey together.

*NB. This initiative comes with the support of the Conference administration.*



## IT WAS JUST A FLYING VISIT – BUT IT WAS GOOD TO BE BACK

by Lachlan Kent

October saw a small devoted group of people board the “mission plane” and fly off into the wide blue yonder. They were headed for the small outback community of Dirranbandi. It was a ministry experience that was both adventurous and exciting. For me, flying to Dirranbandi was something wonderful as I had lived out there for four enjoyable but challenging years and only ever driven the long road to and from there at times during my stay. It was surreal walking into town from the airport. I called a few of my non-churched friends prior to my arrival and told them the purpose of the visit; we were there to meet with a small faith

group (two individuals from Dirranbandi itself and several others from the surrounding districts). It was a wonderful experience fellowshiping with church friends and for my “unchurched” friends to witness the depth at which our small “congregation” collectively and intentionally cares for each other.

I eagerly look forward to my next opportunity to return and rekindle my friendships with the wonderful people of Dirranbandi.

(Dirranbandi is a small Queensland community approximately 650 kilometres south-west of Brisbane.)



# MISSION POSSIBLE



by Kaitlyn Mitchell

**O**ur Conference Youth Department deemed this year their “Year Of Mission.” The Department therefore focused its efforts on inviting members of the community into fellowship with our church youth.

Mid-year saw the second Youth Rally focusing specifically on the ways individuals have connected with Christ and the community throughout the year.

Several community-orientated departments, including DreamTrack and STORMCo spoke about their ministry and some of their interactions with community people.

Praise and worship, musical items, scripture readings and prayer were shared by youth groups from Glenala, Mt Gravatt, Cornubia, Park Ridge and Kingston. As part of the group activity, each person attending the rally was given a piece of Lego. Young people from Edens Landing youth encouraged people to find another person with the same coloured Lego piece and “connect” with them by answering questions about their nationality, the church they attend and who they are looking forward to meeting in heaven.

The program was well received with one of the highlights being several of the youth sharing how they personally connect with Christ on a daily basis.

Kingston youth shared how they connected with their community simply by running a “Beyond The Search” mission and letterboxing “GLOW” tracts.

Nelson Laconi spoke about what it means for him to connect. He shared the thought that we often create our own picture of God based on what we have been told by others at church and that there is a danger that we can lack a clear understanding of God as outlined in scripture.

Nathan Fraser connects with God through nature. Nathan maintains that time spent with God in the great outdoors is the perfect avenue to marvel at how creative and amazing He is.

Latisha Iosefa uses music to forge her connection with Christ. Being able to worship and commune with Him in such a personal way allows her to give her all to God. Latisha’s music is her main source of connection and she feels He is able to help strengthen her resolve

against anything she may be facing.

Kiran Roberts related that he connects with God in times of silence, seeking the voice of Christ and intentionally listening for it. Just as Jesus connected with His heavenly Father through times of quiet, Kiran believes silence is a way of removing the distractions of everyday life and focusing solely on God.

Danika Poland uses service to connect with God. “Doing the work of the Lord for people who are in need,” Danika outlined, “is what God calls His people to do. He is constantly looking for workers who make acts of service their personal mission.”

Chaplain Alina Coccetti connects with God through adoration. Alina sets time aside each day to spend with God, giving Him her undivided attention. “Relationships take time and effort and by spending time in Bible study and prayer, you are better able to develop a deep connection with Him,” said Alina

The message to those at the rally was clear—take time to make connection with Christ. Regardless of how you personally connect with God, it is important to keep that connection constantly open.



## A Big Deal At Big Camp

by Pastor Trevor Mawer

**B**ig Camp is always a blessing to so many! It offers prime time to catch up with family and friends. It is a time to reflect on the grace that God offers each and every one of us daily, and for some, it is a time to take those first important steps into formalising a life-long walk with Jesus.

At the conclusion of the last Sabbath service in the High School Tent, Violet Evans from Warwick Church declared Jesus as the Lord of her life by being baptised in front of her family and friends. At the same time, in the Big Tent, Reniet Johnson from Stanthorpe church likewise declared Jesus to be her Lord and Saviour.

May God continue to lead in the lives of these lovely ladies and may they always find contentment and joy in His company.



# ATSIM Ministry Continues To Be Well On Track

by Emma Parnell

The Aboriginal and Torres Strait Islander Ministry (ATSIM) of the Seventh-day Adventist Church has run an exciting program for youth in Brisbane over the past four years.

DreamTrack provides mentoring to Aboriginal and Torres Strait Islander youth in and around south-east Queensland and it has successfully brought together local youth aged 8–16 on a monthly basis to engage in fun, safe and friendly social, cultural and spiritual activities.

DreamTrack opens up a world of opportunity to young people and is now ready to expand its influence! To continue delivering programs, there is a need to train and develop more

leaders from varied backgrounds who can support and make a difference in young people's lives.

Well-trained staff from every walk of life can develop meaningful mentoring relationships to make children feel significant and secure. The Conference ATSIM team would like to invite you to consider joining the DreamTrack team to help our young people get "on the right track" to achieving their goals and dreams.

If you're interested in making a difference in the lives of others, please visit <[www.dreamtrack.org.au](http://www.dreamtrack.org.au)> or email <[emma@dreamtrack.org.au](mailto:emma@dreamtrack.org.au)> for more information.



## BRAD'S MINISTRY OFFICIALLY GOES GLOBAL!

by Dr Joseph Webb

Recently Brad Melville was ordained into the gospel ministry at the Southpine Adventist church where he is currently serving. Many of his colleagues were there to support Brad and Rochelle at this exciting time in their lives. Special guest Pastor Wayne Krause, who baptised Brad and performed Brad and Rochelle's wedding ceremony, was also at Brad's ordination to deliver the Ordination Charge.

We praise God for Brad's ministry and congratulate him on his ordination to the ministry of the worldwide Seventh-day Adventist Church. We also acknowledge his wife Rochelle as his most valuable partner in ministry.

Picture submitted by Jim McBride





## IN THE EVENT OF AN EMERGENCY

### ADRA EMERGENCY MANAGEMENT VOLUNTEERS – CONTACT DETAILS UPDATE

**A**DRA is currently updating the contact details for all their Emergency Management volunteers trained in the emergency accommodation role.

Significant recent changes in the Emergency Management sector in Queensland have required ADRA to reformulate their program.

To keep volunteers informed of what is happening, ADRA requests that trained volunteers contact their local Emergency Management team leader with their current contact details.

## WHAT'S BEEN GOING ON AT WATSON?

by Tim Hutton, Assistant Manager

**A**s most of you will already know, the new “Taj Mahal”—the name no longer fits!—amenities block has been completed at Watson Park! It was quite an arduous operation, but now it has been completed, Camp Management is very happy with the results.

In other news, the Kindy and Primary Halls are now fully air-conditioned which will make camp meeting for our younger children much more comfortable from now on. These halls have also been refitted with brand new ceilings, insulation, lights and ceiling fans.

Watson Park Convention Centre continues to be a place blessed by the Lord! The Camp Management wishes to thank our Conference church members for their continued support and encouragement.



## Pastor Honourably Discharged After Gallant Tour Of Duty

by Pr Joseph Webb

**P**astor Geoff Donovan recently decided to retire from ministry after many years of devoted service. Geoff and his wife Glenise have decided to live out their retirement years in Victoria where they will be close to their daughter who is in ministry there.

Geoff received an engraved medallion together with a declaration of his “honourable retirement.” The medallion was provided by the General Conference Ministerial Association.

The South Queensland Conference Administration wishes Geoff and Glenise much of God’s blessing for the future.

## BRISBANE ADVENTIST SPANISH

### SECRET INTELLIGENCE FINALLY REVEALED



Brisbane Adventist Spanish Church recently concluded its "The Last Empire" evangelistic presentations. The church is pleased to report that one of the faithful attendees—a visitor from the community—attended every meeting and was baptised on July 19. Mr Jeider Lazo Verones originates from Cuba where he served as a Military Intelligence Service Officer. Mr Verones is now a proud member of our Adventist church and loves his Lord and Saviour Jesus Christ.

—Article and picture by Pastor Walter Flamenco



## CALOUNDRA ASTOUNDED

Like many of the other churches in the South Queensland Conference, the Caloundra church has been presenting "The Last Empire" series each Sabbath since the beginning of May. Many of the local church members faithfully supported the 14-part series.

The series was also well supported by a number of non-Adventists. One gentleman gained an interest in prophetic teaching through listening to the local Christian radio station and as a result began weekly Bible studies. When he heard that "The Last Empire" series was scheduled to be held in the Caloundra church, he decided to attend and was most impressed with the presentations.

Many who have attended the programs have expressed their gratitude in learning that the church has a clear and understandable teaching of Bible prophecy.

Caloundra church praises God for the way His Spirit is moving on the Sunshine

Coast and looks forward to many more positive responses as the gospel message continues to spread throughout the area via its members.

—Article and picture by Pastor Steve Ward

## CHINCHILLA TESTING TIMES



Earlier this year, our Chinchilla Church ran a Health Tent at the local annual show. "The interest and engagement shown by show patrons was truly amazing," reported those who ran the tent.

Health Age and Stress Tests were offered and were conducted by Dr Don Pitchford, together with nurses Jennifer Wallace and Neil McGrath. A number of Chinchilla church members also assisted in the 120 tests conducted over a two-day period.

From names collected, the church was able to run a Stress Seminar and a Vegetarian Cooking demonstration mid-year. Neil conducted the Stress Seminars and Jennifer lead out in a number of wonderful vegetarian cooking demonstrations. More than 40 people attended the classes and expressed their gratitude to the church for running these special classes for the community.

The church wishes to acknowledge the efforts of the AAA team who consistently give their time and resources to support these types of outreach programs.

The Chinchilla church is a small membership with a big heart and big plans for the future. They continue to count it a privilege to do small things that will enable people to live better and healthier lifestyles.

—Article and picture by Cameron Young



## COASTLIFE THINGS GET MESSY

"Let's not just child mind but create ministry!" said Melissa Tolhurst to the team. "Let's create an event that children can invite their friends to!" And so began Coastlife's exciting foray into children's evangelism.

Designed to run parallel with "The Last Empire" mission program, this children's outreach initiative was a resounding success. Nearly 60 per cent of the children who attended were non-Adventist and either came from the community or our own Gold Coast Christian School. During the last three weeks of the mission program, attendances averaged 80 children plus numerous parents.

Chatting with the Messy Church team, one could sense the excitement:

"It has created so much community!"

"It's great to see so many families from school."

"It has been great to see the 10 to 15 year olds involved."

"It has been a wonderful mentoring program for the teens and youth."

The Messy Church children's outreach at Robina was a truly intergenerational event, with a total of some 25 families from the church and 43 families from the community in attendance. High school students, university students and adults worked tirelessly together over the five weeks of "The Last Empire" program to stage a weekly Saturday morning program for the children of the Gold Coast. Both the high school and university students invited their friends to come along and assist, and as the parents from the community brought their children along from week to week, they began offering to help out with morning tea. Other parents, as they felt comfortable, drifted across to hear Anthony Kent present "The Last Empire" presentations.

On the final Sabbath, the program began with some games and activities to engage the children and these were followed by lively singing and a puppet show. The children were then invited to choose from a variety of crafts and activities in which to participate.

Each week always featured:

- A food table where kids could make delicious sandwiches, etc.
- Activities and crafts specifically designed to engage boys.
- A messy event—where the kids could involve themselves in all sorts of supervised "havoc"!

The Messy Church major event on the final Sabbath was a massive game of Twister played on a mat covered in shaving cream! It was obvious the kids loved it!

The Coastlife Messy Church and "The Last Empire" administration teams were "a little weary" at the conclusion of the program, but all agreed the program format should continue and therefore a decision was soon made that Messy Church should operate on a monthly schedule.

The goal of the program is to enable each child, "to walk away with a little

# AROUND THE CHURCHES

picture of Jesus." Themes such as "Jesus, the Water of Life" and "Jesus, the Bread of Life" continue to incorporate exciting and innovative activities.

Pastor Wes Tolhurst, pastor of Coastlife, is delighted with the overall outcome of the events thus far and relates that Messy Church is without a doubt one of the great success stories of the 2014 South Queensland Conference's "The Last Empire" outreach programs.

Perhaps the secret behind the success of the Messy Church initiative is best summed up by one of the school teachers on the Coastlife team: "These days it seems to be the relational thing that wins people and Messy Church provides opportunity to build relationships."

Messy Church remains a simple but effective approach to children's ministry. It is a way of "doing" church for families that involves fun, creativity, hospitality and celebration. It is a program where the underpinning values are Christ-centred.

—Article and picture by Pastor Wes Tolhurst

## COASTLIFE TAKES THE PLUNGE



On Sabbath, July 19, Peter and Heather Mitchelhill were baptised at the Coastlife Church after attending "The Last Empire" series. "It's such a rare privilege to baptise husbands and wives together, but when it happens, it is an incredibly powerful witness and example to their whole families," said one church member. Over the Easter weekend, Greg and Megan McKensie, parents at the Gold Coast Christian College, were baptised together at the Somerset Dam church camp.

—Article and picture by Pastor Wes Tolhurst

## THUMBS UP FOR QUILPIE



For the past seven years Coastlife church has carried out a STORM Co mission in Quilpie—1100 kilometres west of Brisbane. The focus of the trip this year

was to once again become immersed in local community activities and initiatives.

Most of the STORM Co team took two days to travel the 1100 kilometres to Quilpie where they finally were to "give rest" to the hundreds of garden plants that had been collected at certain venues along the way. The team worked in partnership with an Outback organisation called "Green Thumb Express."

After finally unloading the green cargo, the team spent four days visiting residents of the aged-care facility, providing some stiff competition for local netballers, visiting with local horsemen and archers, and running a vacation Kid's Club program for the Quilpie Council.

'Green Thumb Express' was created to provide relief for properties stricken by drought who had lost their precious house gardens when water in the area ran out. The team was guided by "Green Thumb Express" to the well-known "Trinidad" station, which has been known for its beautiful and expansive garden. The garden is still beautiful, but because of some unfortunate circumstances it desperately needed a trim, and the 20 strong team members were privileged to spend a number of days working with property owner Margaret Peglar in the garden and visiting with her daughter's young family who live nearby and who help run the station. The family's regular run to town for medicine, school needs and groceries is a four-hour each-way trip to Longreach!

The STORM Co team eventually returned home after 10 days, one town, three properties and more than 3000 kilometres on the road, with a greater connection to the Queensland Outback, a greater appreciation of the people who live there and an eager desire for more Outback STORM Co experiences in future.

—Article and pictures by Jerry and Karen Unser

## EIGHT MILE PLAINS OUTBACK IT'S ALL SMILES



The little township of Surat showed it has a big heart as it happily welcomed

the 24-strong Eight Mile Plains (EMP) STORM Co team back for the fourth year running! The first community service project saw the EMP team and some local young people arm themselves with shovels, rakes and seedlings in order to revitalise the school's indigenous gardens. The STORM Co team's Kid's Club activities soon had older children from the community joining in on the game of Oztag, while the younger ones relished having their faces painted before engaging in some creative ceramic animal painting.

The EMP team ran a tennis tournament, worked on Youth Zone improvements, played bush laser tag, and hosted movie and pizza nights.

The Maranoa Regional Council kindly gifted the team with free lassoing lessons and a game of lawn balls at the local RSL. The team was overjoyed to receive from the Council eight huge food parcels to give to the community of Surat.

Team member Emilee Lovett said, "We were delighted to hear that STORM Co has become a household name here in the town of Surat—a town of approximately 430 people. We are constantly humbled by their friendship, generosity and warmth, and we can't wait to return to serve the community next year."

—Article by Emilee Lovett and pictures by Emilee Lovett & Pastor David Gillespie

## EMERALD CHURCH RECEIVES INTERNATIONAL ATTENTION



Recently, Emerald Church held its International Food Night in order to celebrate the diverse nationalities that make up their membership. Members shared in food from across the globe with recipes originating from Australia, Japan, China, Germany, Italy, Romania and various tropical countries.

Between main courses a fun and hilarious game of "Identify The Flag" was played where people's knowledge of the world was wholly tested!

It proved to be a very successful evening, one where church members were given opportunity to celebrate their unity through their diversity.

—Article and picture by Karen G

## GLADSTONE

### GLAD HEARTS IN GLADSTONE



Along with many other churches in South Queensland, our Gladstone Church also ran "The Last Empire" outreach program. Church members eagerly letterboxed the town and announced the programs on the local radio station. Quite a number of interested people attended the meetings regularly and plied the presenters with many questions at the conclusion of each program. Local church members also attended and greatly appreciated messages that refreshed their minds on some of the basic beliefs of our church.

Not long after the "Last Empire" programs concluded, Dr Espinet visited the Gladstone church and conducted some special morning and afternoon Sabbath meetings that centred around biblical health principles.

The church also embarked on a series of cooking demonstrations for the church members and the community. They enjoyed a good turn-out with many people excited about implementing their new knowledge and recipes into their regular lifestyles.

The local church pastor, Ernie Wojnar says, "We have had a very busy and fulfilling year for the church and I remain busy studying the Bible with a number of people who have asked for baptism in the near future."

—Article and picture by Pastor Ernie Wojnar



## GLENVALE

### CHURCH WILL GET UNDER YOUR SKIN—IF YOU LET IT

Glenvale church has a vision to set up a Health, Wellness and Lifestyle Centre (HW&LC) on its 5.5 hectare property. To help fund this ambitious project, a business called "Necessity" has been established, making therapeutic and toxin-free skin care products under the "Necessity" brand. Attendees at Big Camp may have noticed "Necessity" products on sale at the ABC shop and, on the Monday, a promotion on the walkway in front of the Book Centre.

"Necessity" brand products are made from essential plant oils and are effective in promoting one's skin health. All proceeds from the business (which started under the name "Accent Body Care") go toward the establishment of the HW&LC and the support of Darling Downs Christian College's health-related programs. We invite all our members across Queensland to try "Necessity" Natural toxin-free products—Fixaderm Skin Repair, Cold Sore Relief (also good for shingles), Deodorant, Zit-Stik (for acne and pimples), and Organic Lip Balms (orange, lemon & mandarin flavours). "Necessity" products are sold through pharmacies, health shops, independent grocers and clinics, and are available on-line at <www.necessity.net.au>.

"Necessity" offers a great fund-raising opportunity for schools.

We apologise if this news item looks like a commercial, but we so much want to see all our people enjoying great skin health and we would love to see the Toowoomba community blessed by a state-of-the-art Adventist health centre!

—Article by Dr Allen Sonter

## GYMPIE

### GOLD RUSH IMPACTS LOCAL SDA CHURCH



Gympie church recently embarked on a major renovation of its church and church hall facilities, including the ladies' and gent's toilets.

The church approached the financing a number of different ways:

1. They approached the South Queensland Conference for a loan.
2. They agreed to dedicate their December 2013 Conference Wide Offering to the project.
3. They took the project to the Lord in prayer and sought His blessing.

The net result was the Lord has truly blessed the Gympie church!

The Conference Wide Offering came in as one of the largest ever recorded. Offerings from the local church members poured in, members gave most generously!

To date, work on the church facilities has been completed with the total cost being a little more than \$80 000. The great news, says church Pastor Ted White, is that, "The

Lord has blessed us so much that we owe not a cent on the project! We wish to acknowledge the generosity of the Lord and also thank the South Queensland Conference Administration and church members for their support and big-heartedness."

Pastor White says the project included a complete painting inside and out (the local painter contracted to do the inside work decided to paint the outside free from labour and materials cost). The church and hall had new carpet and six new air conditioners (four in the main church body and two in the hall) installed. An extension to the ladies' and men's toilets also took place.

Unexpected financial blessings meant that the church was also able to purchase new chairs, a new organ and a new PA System!

The last word from Pr Ted White: "The Gympie church members wishes to offer a huge 'thank you' to our brothers and sisters of the South Queensland Conference."

—Article and pictures by Pastor Ted White

## HERVEY BAY

### FLOWER POWER



This year marked the 25th anniversary of the Combined Christian Churches Floral Art Display in Hervey Bay. The display was officially opened by the Deputy Mayor, Stuart Taylor, on August 1 in the St James Lutheran Church. The display was open to the public until August 3 with donations going to a local charity. In the past 25 years, \$12,116 has been donated to 24 different charities. This year, \$420 was donated to the Dundowran Rural Fire Brigade.

Heather Paynter (pictured) from the Hervey Bay Church has been co-ordinator of this event for the past 10 years and says she really enjoys this event as she can do something in the community to bring churches together. Margaret Dempster (also from Hervey Bay church) is a dedicated helper to Heather and her team.

Every year a different Bible theme is chosen to accompany the display. This year, the 11 churches and two schools who contributed to the event with creative displays decided to have a 'Thanksgiving' theme.

The verse chosen for the Seventh-Day Adventist Church display was taken from

Nehemiah 12:17; "During the dedication of the new wall of Jerusalem, the Levites . . . were to take part in the joyous occasion with their songs of thanksgiving and with the music of cymbals, lyres and harps."  
 —Article and picture by Antonia Ludwig

## LOGAN ARMY IN ACTION



"With such an army of workers as our youth, rightly trained, might furnish, how soon the message of a crucified, risen, and soon-coming Saviour might be carried to the whole world!" wrote Ellen White.

What a challenge for our youth! What a challenge for the church to demonstrate that they have the confidence to allow their youth to lead out.

With this in mind, the Logan Reserve church invited its youth to lead out in their recent "The Last Empire" program, and they did—expertly! From planning to implementation the youth were involved in the discussions, the decision making and in the delivery of the first program that opened at the Butterbox Theatre, Logan Butter Factory on May 2.

The local church and its pastor showed complete faith in the abilities of the church youth when they stepped aside and handed over the delivery of "The Last Empire" presentations to a young lady of the congregation, Kimberley Davey, aged 23. Kimberley presented 12 public lectures and spoke with boldness and power as she delivered the prophetic messages of Daniel. The church believes that Kimberley has set an example for other youth from other churches to follow.

The church also chose to use a further two speakers who worked in tandem to present programs. This enabled a gender balance and a sharing of the workload, and although not originally planned this way, an age balance to cater to the differing needs of the young and old attendees. Finally, to cater for the hearing impaired, an Auslan sign language interpreter was provided at each presentation.

The seminar finished at the Logan Reserve church June 20 with a Soup 'n' Buns evening followed by the screening of the "Jesus Film" with closed captions.

The church is following up on a number of new friends who were made during the seminar series.

—Article and picture by Mark Davey

## MT GRAVATT A FLOOD OF SUPPORT TO DISASTER VICTIMS



Earlier this year the worst-ever flooding to hit the Balkan countries resulted in the death of many people and tens of thousands were left homeless. In some areas, three month's worth of rain fell in just three days.

Hearing of this tragedy, Mt Gravatt church's social committee decided that all the monies raised in their annual International Food Fair would be donated to ADRA in support of the humanitarian aid work done there.

Approximately 26 nationalities are represented in the Mt Gravatt church family and therefore the selection of food on offer for the evening was superb. Exquisite dishes from Yugoslavia, South Africa, Korea and the South Pacific islands were presented to those in attendance. While the adults indulged in the culinary pleasures, the children were entertained with a jumping castle and face painting.

In addition to the International Food Fair, the church enjoyed having a large number of people attend their Mt Gravatt Church High Tea. It was an event that entertained with live music and poetry, while those attending relished the wonderful selection of scrumptious food. With the dire situation still existing for people living the Balkan region, the members of the social committee decided that the proceeds for the evening would once again be donated to ADRA to assist the ongoing work there.

—Article and pictures by Pastor Zeny Vidacak



## MAROOCHYDORE THE SON SHINES ON THE SUNSHINE COAST



Pastor Steve Ward presents the final "The Last Empire" Presentation

Maroochydore church was hard at work between May and August presenting "The Last Empire" series. The church chose to run all the 24 programs twice per week over a period of 12 weeks to an audience who enjoyed exploring the depths of Bible prophecy. The series proved to be an invaluable outreach tool.

Many church members faithfully supported each program and most nights averaged between 15–30 church and community members. At the conclusion of each session, organisers distributed literature and handouts for attendees to take home to further their knowledge of the topic presented.

The relevance and message of the topics proved timely as they highlighted the events unfolding in world news, further supporting the truth and accuracy of Bible prophecy.

The series continues to generate positive responses with regular views on the Maroochydore Church website where all presentations have been uploaded.

—Article and picture by Pastor Steve Ward

## PINE RIVERS BLESSING—HERE AND ABROAD



Warren Bailey from the Pine Rivers Church led a team of 52 people, made up from several Queensland and interstate churches, on a Fly-and-Build mission project to Vanuatu in July. More than \$42,000 was raised for the project from Pine Rivers Sabbath School offerings, private donations and proceeds from the Big Camp Pie Shop.

Work included painting and repairing the Luganville Adventist School, building an interdenominational chapel for the Vanuatu Mobile Forces on Santo, extending the Bethel church that was erected as part of last year's Fly-and-Build project and

# AROUND THE CHURCHES

completely renovating the church on Malo. Various community projects were also undertaken: delivering first aid courses to local community and Pathfinder groups, the running of several Kid's Clubs and the distribution of gift and toiletry packs to patients at the Santo hospital.

Planning and fundraising is currently underway for a Fly-and-Build team to visit Vanuatu in July, 2015, to undertake various renovation, repairs and refurbishment projects at the Aore Adventist Academy. If you would like to assist with donations or are interested in being part of the team, please contact Warren Bailey on 3886 6573.

In addition to the church's Fly-and-Build programs, work is well underway to extend the seating capacity in the Pine Rivers church. With an increasing regular worship attendance surpassing 80 per cent seating capacity on many Sabbaths, the members decided to extend the church building. Often with large numbers attending church, many people have had to sit in the church hall and watch the worship service on closed-circuit television.

Internal walls and rooms have been removed to extend the ground-floor seating capacity. A mezzanine floor has also been constructed. With the additional building work, the number of available seats will increase by around 120. Additional renovation projects to the rest of the church complex will also be undertaken in the future. Current building works should be completed before the end of this year.

Pine Rivers church is definitely a growing community! Recently, surrounded by family and friends, six young ladies decided to publically pledge their desire to follow their Lord by being baptised at the church. "It was amazing just watching the girls mature in their spiritual growth and passion for God," says Pastor Andre Hamilton who baptised each of them.

—Article and pictures by Charles Russell



## SPRINGWOOD NEED TO ADD SPICE TO YOUR MINISTRY . . . JUST ADD CHILE

Some time ago the Springwood Church embarked on a new project called "Our Message Is Jesus."



The first phase of the program was to build a church in Tolten, Chile. Following the construction of the Tolten church, the project finalised the building of another church in a different province.

The second phase of the project saw 25 volunteers from Sydney, Brisbane and Colombia travel to the Sacred Valley of the Incas in Peru. While there, "Our Message Is Jesus" team managed to construct three churches in socio-economically poor areas. The team successfully ran various ministry and evangelistic programs such as health campaigns, English as a Second Language instructional classes, vegetarian cooking classes, and basic hairdressing classes. These programs were enthusiastically received by many people from the local communities.

Pastor Walter Flamenco delivered a series of "The Last Empire" presentations. Those from the community who attended these meetings were greatly impressed with their content and many declared that they are interested in learning more about Jesus as King and Saviour.

"Our Message Is Jesus" wishes to express their heartfelt thanks, firstly to God, secondly to the brothers and sisters of the Springwood Church, and thirdly to all people who have supported the project thus far.

With the help and guidance of the South Queensland Conference President, Pastor Jorge Munoz, the next goal for "Our Message Is Jesus" will be to visit Ecuador in 2016 to conduct further missionary and building programs.

If you wish to support the work of the "Our Message Is Jesus" project, please do not hesitate to make contact via the following: Email: <nuestro-mensaje-es-jesus@hotmail.com>

Phone: 3208 3272

Facebook Search: Our Message Is Jesus

—Article and picture by Juan Rebollo



## SOUTH BRISBANE CHURCH GOES GLOBAL



On Saturday evening, October 4, the Children's Ministries Department at South Brisbane Church held an International Food Gala Evening. Families were invited to bring traditional dishes from their home countries to share. Those present were lucky enough to sample delectable Zimbabwean, Ethiopian, Australian, British, South African, Croatian, Japanese, New Zealand and Italian dishes. It was exciting to see how many cultures make up the church family at South Brisbane. With such an array of cultural cuisines to partake of, no wonder it was deemed a great night for all who attended. It was also a most valuable cultural learning experience for all the children there on the night.

—Article and picture by Claire Tih

## SAVED TO SERVE GOES SOUTH



On Sabbath, July 26, South Brisbane Church members and visitors witnessed the baptism of two brothers, Amos (20) and Ben (13) Auina Figarski. Pastor David Gibson, along with Pastor Mark Pearce conducted the baptism. Pastor Gibson preached an inspiring message entitled, "Saved to Serve." All in attendance were treated to a very special rendition of "I Surrender All" performed by Amos and Ben, with their mother Juliette. Following the baptism, a church luncheon was held in the hall to welcome both brothers into the church family.

—Article and picture by Claire Tih

## DARLING DOWNS CHRISTIAN COLLEGE

### STORM HITS DUARINGA!



A STORM Co team of 21 members from Darling Downs Christian College, comprising of four teachers, three young adults (past students who can't stay away from STORM Co trips!) and 14 current students, made their way to the little outback town of Duaringa to serve.

Each morning the team ran a Kids' Club for the locals, the theme of which was Dr Seuss. The local hall was decorated accordingly. Stories, puppets and crafts were all directed to themes that the team thought were worthwhile sharing with attendees, such as caring or the environment (*The Lorax*), and being happy with who you are (*I Wish I Had Duck Feet*). As always, the puppets were a huge hit with the younger children and this year the puppets helped to lead singing as well.

The "Ladies Pamper Afternoon" (foot, hand and neck massages; lacquering fingernails and toenails) was well received again, but sadly the team missed five of the regulars who normally enjoyed the attention in the past, as two of them were sick and out of town and the other three had moved away from Duaringa within the past 12 months. That being so, it was nice for the team to get to know some new women and make more friends. The aim of the team is to eventually get to know everyone—probably not an impossible feat considering the town only has a population of around 400 people!

One of the highlights of the gardening adventures was when Year 12 student Jamie offered to remove a large

dead stump from the front yard of an elderly woman. She was a bit doubtful that Jamie could do it but an hour later, after much huffing, puffing and muscle and crowbar straining all were very impressed when the old stump was finally removed. Jamie was elevated to hero status in the eyes of the elderly lady and the team alike!

The team was kept busy all week but they found their work very fulfilling as they made many new friends in Duaringa and were warmly welcomed back by old ones. Olive, one of the team's old friends, was absolutely thrilled by the work done in her front yard and wrote the Team Leader a note expressing her heartfelt thanks for the work the team had done. She described the thrill she felt when walking out onto her front verandah and seeing everything cleared away and clean.

—Article by Debbie McKay and pictures by Pastor Willie Strickland

## NOOSA CHRISTIAN COLLEGE

### CHECK YOUR PULSE

More than 50 students attended Noosa Christian College's first ever "Pulse" event. The event featured a variety of activities including ice breaker/sharing activities, singing, a spiritual message, games and fellowship. In addition to social interaction, the students also enjoyed cooking damper and giant marshmallows around the bonfire. Students led out in all the activities under the guidance of the Noosa Christian College Chaplains Amy Turner and

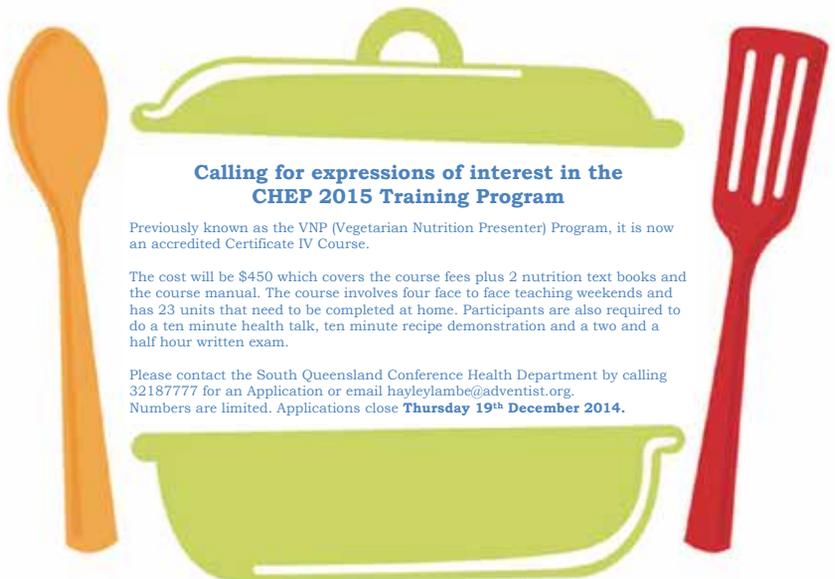


David Reilly. "I was really excited by the turnout—over half the high school came. This is fantastic for our first event!" says Amy Turner. Other teachers also supported the event with food preparation and supervision.

"Pulse" is a new youth program for the College and will feature a variety of ongoing events designed to connect church youth to their unchurched friends. "The name, which came from the students, is based on Jesus' words in John 10:10. The only way to have a meaningful pulse and be fully alive, is living in partnership with Jesus," says Pastor David Reilly.

Both the chaplains and their student ministry team are excited about the opportunities this new venture will allow to connect unchurched students and their friends to a community of faith.

—Article Noosa Christian College Administration and pictures by Amy Turner and David Reilly



### Calling for expressions of interest in the CHEP 2015 Training Program

Previously known as the VNP (Vegetarian Nutrition Presenter) Program, it is now an accredited Certificate IV Course.

The cost will be \$450 which covers the course fees plus 2 nutrition text books and the course manual. The course involves four face to face teaching weekends and has 23 units that need to be completed at home. Participants are also required to do a ten minute health talk, ten minute recipe demonstration and a two and a half hour written exam.

Please contact the South Queensland Conference Health Department by calling 32187777 for an Application or email [hayleylambe@adventist.org](mailto:hayleylambe@adventist.org). Numbers are limited. Applications close **Thursday 19<sup>th</sup> December 2014**.

Community Health Education Presenter Training 2015

## NORTHPINE CHRISTIAN COLLEGE ROLL CALL FOR LATHEY NORTHPINE STUDENT



**Dakabin RSPCA manager Sarah Watt receiving a sizable donation.**

Recently students at Northpine Christian College proved once again that entrepreneurialism and giving back to the community go hand in hand!

Year 9 students at the College were given a \$20 note together with the challenge, "be responsible for it, and double it!"

"We gave this money to the students after sharing with them the Parable of the Talents outlined in Matthew 25. They could decide whether to invest it, bank it or bury it, but we encouraged them to be entrepreneurs for the benefit of their community," said Mr Lynden Chester, a Year 9 teacher at Northpine.

The challenge was taken up with much enthusiasm as the students set out to double their money. Selling food items, such as chocolates, muffins, lollies and drinks, were popular ventures. Some took a more physical approach by washing cars and mowing lawns. There were some even more adventurous investment schemes that included the buying and selling of computer parts and old cars!

Brody, a Year 9 student, came up with a brilliant initiative: "I wanted to do something other than selling chocolates, so I spent my \$20 on hardwood blocks. Using a lathe I made rolling pins, which I sold in my local area, raising \$80. The challenge was a great opportunity to use my skills to make a difference."

At the end of the challenge, the class decided to donate \$400 to the local RSPCA. The Northpine Christian College's Administration team arranged for the boys to visit the Dakabin Animal Care Centre so they could present the donation in person.



"It feels really good to be able to do something to help. Being able to visit the RSPCA and see how it provides a second chance to animals convinced me that the effort was well worthwhile and we had chosen the right charity to donate to," said Year 9 student Justin.

Northpine Christian College has students involved in various activities within the community, and the teachers are dedicated to inspiring and encouraging their students to make a difference.

"We continue to be very proud of our Year 9 boys here at the College and we feel they deserve to be congratulated on their hard work, creativity and willingness to show compassion to animals," said Mr Chester.

—Article and picture by Lynden Chester

## STUDENTS FLOOD IN TO SUPPORT COMMUNITIES



Over the past three or four years, STORM Co at Northpine Christian College has been getting bigger and bigger. In 2011, Northpine saw a single team pack up and head out to be the hands and feet of Jesus and to live out the desire to be more like Him. At the beginning of term 2 this year, the chaplaincy staff at Northpine gauged the interest of the senior student body by announcing that they were planning to run an additional STORM Co mission to Outback Queensland. Immediately there was a flood of students looking to complete an application form to secure a spot on the team. Interest was so great that Northpine had too many applicants for one mission trip. It didn't take long to realise that three trips were needed in order to accommodate for all those wishing to participate.

This year, Northpine returned to Blackwater in Central Queensland. The additional trips were organised for the towns of Eidsvold and Murgon/Cherburg.

Many inspiring acts of service took place in each community and team members enjoyed forging new friendships.

As soon as they saw STORM Co turn up in town, Eidsvold locals became very excited to have them back to their community.

In Blackwater, there was a buzz in the community, particularly from the families of younger children who have loved attending past Kids Club programs. "We



were so excited to have the group of students back to run Kids Club this year. "It has become an annual event looked forward to by our local young people," said Joshua Clutterbuck, a Youth Worker and resident of Blackwater. The Kids Club program attracted more than 170 local kids each day. The Northpine students also engaged in a number of different projects while in town, including the building of a deck at the local Information Centre, helping out at the Council pound and cleaning up the PCYC. Some students even found themselves at the local nursing home fixing tyres on wheel chairs!

The Murgon/Cherburg team also had a wonderful time sharing and serving, and by the end of the week, the team and the community leaders had already begun their plans for next year's visit!

"We believe that young people who are empowered to serve can make a huge difference in the community, which in turn can make a significant difference in their own lives," said Northpine principal Graham Baird.

—Article and pictures by Cheryl Davies and Pastor Neil Redman



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## A Letter From Caloundra

Recently Care Manager, Sharon Dunn, and staff, improved the dining experience for Residents. Her efforts were appreciated and did not go unnoticed.

Dear Sharon,  
The dining room was set up today. The ambience makes a huge difference to the enjoyment of

whatever activity is going on. We, the Residents, wish to assure you that the beautiful set-up was noticed and appreciated. We wish to sincerely thank any and all who were involved in this lovely charming arrangement—the thought that went behind it and the actual work done in realising.

Thankyou most sincerely,  
**Signed by the Residents of Caloundra Aged Care**

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### Essential criteria:

- At least 6 years of aircraft engineering experience.
- Experience in a professional part 145 maintenance facility.
- An aircraft maintenance engineering licence.
- Turbine engine experience.
- Managerial experience.

### Desirable but not essential criteria:

- Previous experience as a Maintenance Manager, Director of Maintenance or Chief Engineer.
- P750XL aircraft experience.
- PT6A Turbine engine experience.

Please forward all applications or queries, including a copy of your resume, to either or both of the following email addresses:

Nathan: <mm@aas.org.pg>

Korey Dowling:

<koreydowling@adventist.org.au>

## ICT GENERAL MANAGER—SEVENTH-DAY ADVENTIST SCHOOLS (SOUTH QUEENSLAND)

Our school system here in the South Queensland Conference is seeking an ICT General Manager to head up its services. The position is full time and will have a strong focus on supporting the education ministry of the South Queensland Conference.

As a key member of the senior management team, the ICT General Manager will provide leadership to the existing ICT engineers and technicians while providing valuable advice in relation to the future direction of ICT within our system. The ability to communicate



with key stakeholders at all levels is essential.

The successful applicant must be a practicing baptised member of the Adventist Church with a strong commitment to education ministry. It is envisaged that the person will have completed a tertiary degree and have significant experience in the ICT environment, including recent managerial experience. For a full position description, please contact Tony Kent CEO Seventh-day Adventist Schools LTD (South Queensland) via email: <tkent@adventist.org.au>.

**Applications close November 24.**

## SHARING HEALTH AND HOPE FOR A BETTER LIFE



Sanitarium Health Foods is currently seeking a highly motivated person to join the Northern Region sales team based on the Sunshine Coast. This position is one that offers exciting challenges and scope to develop a career in the food industry. Some overnight travel will be required in order to fulfil the requirements of this position.

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- Previous sales experience is a definite advantage.
- Computer literacy and ability to use the Microsoft Office suite.
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For further information, please visit:

<www.sanitarium.com.au>.

**Applications close: Friday, November 28, 2014.**

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## TOP BRASS NEEDED



The Vanuatu Mission is seeking second-hand brass instruments for a brass band on the island of Tanna. Anyone willing to donate instruments to this great cause please contact the South Queensland Conference Director Of Communications; Phone: 07 3218 7777 Email: murrayhunter@adventist.org.au Vanuatu remains a sister mission to the South Queensland Conference.

## MADE IN CHINA YOUR CHANCE TO VISIT CHINA IN 2015



Dates Tour 1, April 27 to May 11, 2015  
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**Tour Availability:** Only 3 places remaining on Tour 1 and 7 places remaining on Tour 2.

**Tour Price:** \$3540 AUD per person twin share.

**Contact:** <davidfernlawson@hotmail.com>

www.sqbooks.com.au



### Attention FOCUS Contributors

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