



FOCUS

SOUTH QUEENSLAND CONFERENCE NEWSLETTER

Don't be Afraid!

BY PR BRETT TOWNEND

It's fascinating how often Jesus reassures people with the words, "Don't be afraid!"

After being overwhelmed by a supernatural catch of fish, Peter hears those words, "Don't be afraid, from now on you'll be fishing for people."

On the raging waters of Galilee's sea, again the disciples hear the words, "Don't be afraid!" (Mark 6:50 cf. John 6:20); then he calms the storm.

On the Mount of Transfiguration, faces to the ground in fear of his glorious image, Jesus reaches out and says, "Don't be afraid!" (Matt 17:7).

Pleading with Jesus, and then receiving news that his daughter had died, Jairus hears the words from him, "Don't be afraid!" (Luke 8:50).

Sent on mission, and hearing from Jesus the challenges they might face, the disciples hear the command, "Don't be afraid, you're more valuable than the sparrows" (Matthew 10:31).

Frightened by the appearance of the resurrected Jesus, the women at the tomb are told, "Don't be afraid!"

As disciples of Jesus we should take His words seriously.

There is much in what is happening in our world to generate fear. A pandemic, afraid of the vaccine, afraid not to have the vaccine, afraid of earthquakes, fires, famine, storm, disease and sickness. All these things tend to make us anxious and afraid. Jesus tells us that in the last days, "People's hearts will be failing them for fear, and looking at those things that are coming on the earth" (Luke 21:26).

While that may be true of people's hearts, it should not be the case for the hearts of Jesus' disciples. His very first words to John in Revelation (after receiving instruction to write) are, "Don't be afraid!" (Rev 1:17). What about your heart? Are you afraid? Let's choose to follow Jesus, listen to His words, and put our confidence in him. We have no need to be afraid.



From Retired Presbyterian Minister to SDA Church Member

BY REX FINEDON

My name is Rex Finedon. I was born a Congregationalist, blessed by the ministry of ISCF in schools and Scripture Union camps, baptised a Baptist at 16 and struggled until rebaptised in a reformed Baptist church at 19. As a young adult I enjoyed four years, training at MBI (now Bible College of Victoria) doing a L.Th. and Dip R.E, then eight years with Campaigners for Christ in Everyman's work in the Army, including 12 months in Vietnam in 1968–69. After some years as a Home Missionary with the Queensland Presbyterian Church, I completed three years, theological training and was ordained a Presbyterian Minister in 1985, then resigned eight years later. During that time, we started a Christian school and sponsored a Creation Science ministry (two things I value as supported by the Seventh-day Adventist movement).

During the time mentioned above, I was very confused about the various views of the millennium, starting with a Scofield Bible, becoming an amillennialist and then having a professor teaching post-millennial views. The Seventh-day Adventist view of Revelation 20 came to me as light indeed.



Upon retirement in Toowoomba, I was challenged by *Bob (not his real name), who was a former Seventh-day Adventist, to study the eternal hell teaching, which I believed but never felt comfortable about. I had read a book by Dr Desmond Ford on the Sabbath and was confused when preaching on Hebrews 4.

My wife, Desley, wanted better TV options so we had the Christian satellite dish installed by a Seventh-day Adventist named Shane. Desley loved the singing, especially the Homecoming, and I thought the preaching programs on 3ABN, Hope and Amazing Discoveries were by far the best. We had already become aware of the spiritualism of charismatic tongue-speaking churches, so found compatibility there on this issue.

A couple, Mark and Vivian, invited me to a Bible study at the University of Southern Queensland run by Adventists. One gentleman, Rafiki Mupenzi, invited me to Toowoomba Central Church. I found this church very welcoming and vigorously discussed doctrinal issues over the meal for visitors after the services. Keith Miller was very encouraging and loaded me with helpful literature and became a real friend. I also enjoyed the solid teaching of the Sabbath School.

Pastor Andrew preached lovingly and showed a zeal to share Christ. Soon after Pastor David Yeo became the new pastor for Toowoomba Central, he discussed with me the consideration of membership. This became a reality on Sabbath 28 May 2021, when I was received into the Seventh-day Adventist Church family on Profession of Faith.





Fear Not For I Am With You—Three Baptised at Toowoomba Central Church

BY EDDIE CRAIG

Three of our church family were baptised on Sabbath 18 September 2021. Pr David Yeo assured the candidates that they have NOTHING TO FEAR because God is always with us. The three people were Remy and Rachelle, who will soon become married, and one of our youth, Moise. All three came from Africa to Australia as refugees. Moise came from Africa with his parents and siblings and has been in Australia for several years. Moise is finishing high school this year at Harristown State High School and loves to tell his friends about Jesus.

While each person was being baptised, a group of our African members came up on stage and sang acapella from the bottom of their hearts, resulting in a moving experience as the rest of the congregation listened in awe. We all felt the presence of the Holy Spirit.

At the conclusion of the baptism, Pr David introduced us to the new members and invited each person to support and encourage them. They were given their baptism certificates and a special gift as a reminder of the special occasion.

Teens Commit To Christ

BY PR RUSS WILLCOCKS

On Sabbath 30 October 2021 four teens—Louka Willcocks, Peter Koolik, Giselle Dennis and Bella Green—were baptised, surrounded by about 150–200 members from Caboolture, Springwood and Refresh. Findlay Meighan will be baptised at a future date, choosing to wait so that interstate family could be present. It was a magnificent day for the teens, who each gave powerful personal testimonies surrounded by loving church family. It was a highlight to have Pr Casey, Joe and Caitlin pray over them too on behalf of the respective churches.







Learning from Home. . . The Good and The Bad—Reflections from two Noosa Christian College Students

“Learning from home is good and bad. These are some good points: you get to sleep in, you can stay in your PJs all day or wear whatever you want. When you’ve finished your work, you can watch some of your favourite movies and eat special snacks. You can have breaks whenever you want: a jump on the trampoline, a wrestle with your brother or go for a walk. I’ve been enjoying having my dad at home and playing soccer every afternoon.

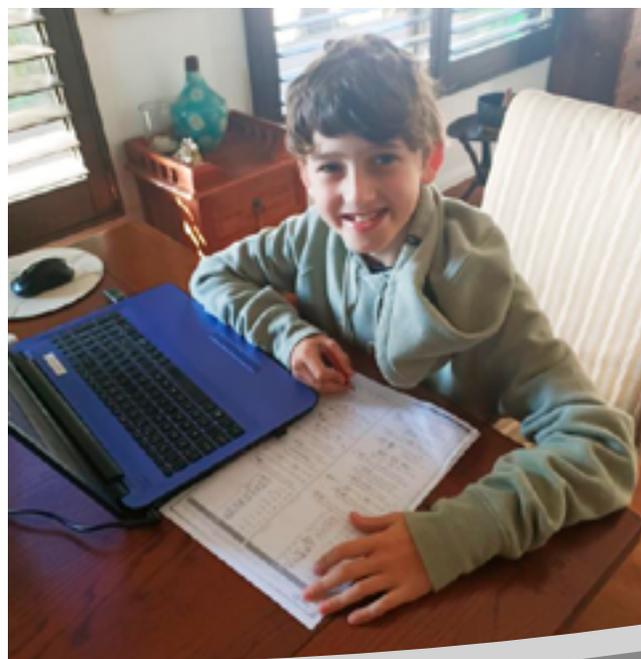


But the bad points of learning from home are many more, such as not seeing my friends every day and not playing soccer on the big oval. I miss going to Futsal lessons for sport and the bus ride. I miss not having as much fun and laughing. I can’t concentrate at home as well as at school, because my brother sometimes interrupts me and wants to watch while I’m on a zoom call with my class. I miss my teachers and the way they explain what we need to work on and especially Mrs Presecan’s jokes. I can’t believe I’m saying this, but I’d rather be at school—By Grayson Chambers in Year 4.

“COVID-19 affected many people’s lives, for example, not being able to go to work or not being able to get items from stores, but through all the chaos, we sometimes forget the effect the pandemic had on students’ lives. In the past week or so, all the students of Noosa Christian College and almost all other schools in Australia were subjected to another round of lockdown.

School-goers were forced to stay inside and learn to navigate their learning online, either by themselves or with their parent/guardian. It was still tricky to do. Being at home made everything more confusing and pliable. Without the usual consistent schedule of school, it was hard to set a healthy timetable. Instead it was tempting to procrastinate and not do your work. It was a lonely period of time, where we could only interact with our family instead of our friendly classmates and loyal friends.

So, home learning should’ve been this depressing time, and for some it was, but those people didn’t recognise the true dedication of teachers. The teachers put a lot of effort into making students’ education fun and thorough, and for that we should all be grateful for them. Lockdown was a learning period for everyone involved and though it could be damp at times, we should all learn not to let this pandemic get the best of us and move forward”—By Bethany Mayes, Year 6.



Next Gen Global Leadership Summit at Northpine

BY NEIL REDMAN, CHAPLAIN, NORTHPINE CHRISTIAN COLLEGE

On the last Friday of May this year, Darling Downs Christian School, Noosa Christian College, and Northpine Christian College partnered with the Global Leadership Network Australia to conduct NEXT GEN GLS at Northpine. NEXT GEN GLS is a leadership training day specifically designed for secondary students. Approximately 70 young people from the three schools attended, ready to learn and develop leadership and discipleship skills.



One of the core values of chaplaincy at Northpine is to develop true disciples of Jesus. By the time a student has graduated from Year 12, we strive to ensure they have had the opportunity to meet Jesus, make a decision to follow Him in a saving relationship, develop discipleship skills to share Jesus through actions and words, and had opportunities to put these values into practice. Northpine endeavours to give every student an opportunity to be prepared and experienced to change the world one life at a time.

The different schools who attended the NEXT GEN GLS day were able to follow up in different ways. For 20 of the Northpine students, this follow up involved boarding a bus and spending a couple of days at Camp Somerset, for what was titled "World Changers Leadership Camp." During the weekend students were able to process and reaffirm what they had learnt, further developing their discipleship abilities. This was the next step from the Week of Worship held earlier in the year with a similar theme, "World Changers."

This theme was inspired by Pr Nick Kross from the South Pacific Division Youth Department.

A comment from one of the senior students at Northpine, Brooke Howard, demonstrates how much joy it brings when we are able to team up with God, work through His power and see the possibilities of change amongst people we touch: "Our world changers leadership camp was so, so good. I loved connecting with people that I don't talk to very often and getting to know more about them. I also really liked how we were able to expand on what we heard on Friday and talk about how that is relevant to our school and how we can apply what we have learnt. I really think this definitely made an impact on everyone who was there, and I really hope that we can follow through with all that we planned. Thank you again (to the chaplaincy team) for making this camp happen. It was so, so good and eye-opening to the possibilities of what we can do at Northpine, so a HUGE thank you."



We pray these students will not sit back and wait for "the next program" to arrive or for someone to offer them a "better Christian experience," but instead choose to step up and be leaders in their communities. We hope that they continue to reach out to God daily, seeking opportunities to be "World Changers," changing one life at a time.



Northpine Christian College Primary Goes WOW!

BY PR MEL LEMKE

On the evening of Saturday 28 November 2020, members of the Toowoomba Central Seventh-day Adventist church, Nobby Branch Sabbath School and Millmeran Seventh-day Adventist churches and others said goodbye to Pastor Andrew Feaveai, his wife Aofaga and their 2 teenage daughters Moriah and Mael, in the Central Seventh-day Adventist church hall. The evening was not only a sendoff but also a social get together after the coronavirus lockdown.

After some closing Sabbath thoughts about God’s calling, a meal was shared together, followed by a fun time of quizzes and games for both young and old. It’s always good when a church can have fun and laugh together.

The highlight of the evening was the spontaneous tributes, reflecting a deep personal appreciation of Pastor

Andrew and his family. The tributes commented on how Andrew was active with the Pathfinders and the young people. The tributes also acknowledged that Andrew was a down-to-earth pastor who loved everybody. The focus of his ministry was to have the whole congregation active in fellowship so that the church could Grow Together and learn more about Christ. His favourite saying, was “It’s not about me, but about Him (Christ).”

The gifts presented by the Toowoomba Central Seventh-day Adventist church, the Nobby Branch Sabbath School and the Millmeran Seventh-day Adventist churches, were a big ‘Thank You’ to Pastor Andrew and his family for their ministry.

Young Adults Get Active!

BY PR CHRISTOS SPERO

Youth Rally

Despite COVID's best efforts, we praise Jesus that we were able to have a Youth Rally in September. Youth from across the South Queensland Conference congregated to praise Jesus, encourage one another, meet new friends and strengthen



old friendships. It was a celebration of intergenerational ministry. The Youth Rally was run by youth groups across the conference. It consisted of powerful worship, inspiring testimonies, fun ice-breakers and an encouraging gospel message presented by Pastor Greg Pratt—not to mention the pancake breakfast and a Sanitarium-sponsored sausage



sizzle for lunch. It was the fuel we needed to play at the Social Touch Football Competition after closing Sabbath. Keep an eye out for both Youth Rallies and Sports Socials in 2022.

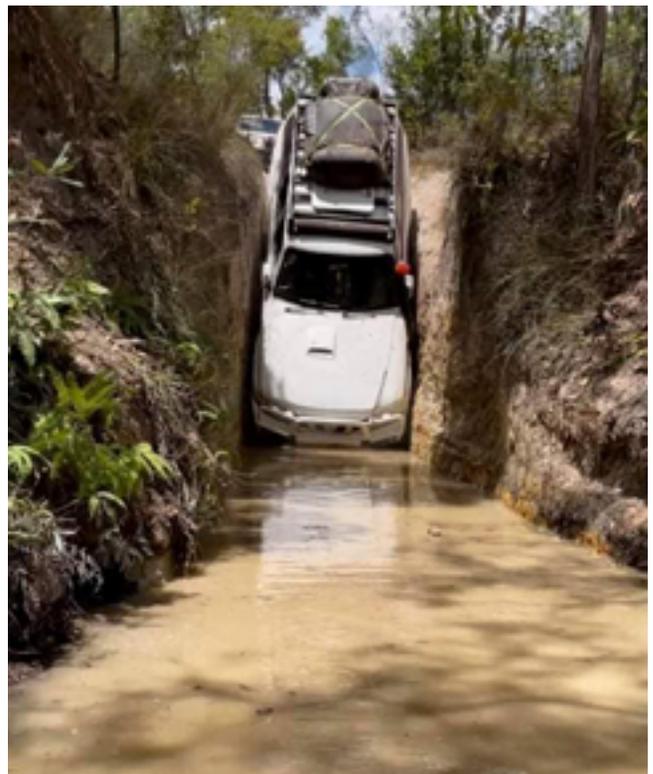


SQ Youth 4WD Tour

In the September school holidays, 15 cars across three groups left the South Queensland Conference on an epic journey to the tip of Queensland via the Old Telegraph Track. Car



loads of families, youth and the young-at-heart navigated their way through some of the most iconic 4WD locations in the country. What an amazing way to find fellowship, appreciation for God's creation, and create unforgettable memories with our young people.



Check out our photo gallery (following page)—you might spot yourself!







Care Packs for the Family Haven

BY LYN ASHBY

For their service project in 2021, the Caboolture Pathfinder Club chose to donate care packs to the Family Haven at Caboolture.

As stated on the Haven website, their purpose is

“to provide persons who are homeless and/or at risk of homelessness with accommodation support and assistance to re-establish themselves within the community, achieving safe, affordable and sustainable accommodation.”

The Caboolture Seventh-day Adventist Church has a history of supporting the Haven through various projects. This year Gail Torrens, Volunteer Manager of the Haven, alerted Antoinette Mattingly, the lead deaconess at the church, about the urgent need for care packs for their clients. They often do not have sufficient funds to purchase even basic personal care items like soap and toothpaste. Gail commented that, “These are luxury items when you don’t have any money.”

Over the past two months the Pathfinders have collected a generous supply of toiletry items such as shampoo, body wash, soap, toothbrushes, hand sanitiser and moisturiser. Families and church members donated enough goods to fill several large baskets and Antoinette sewed up colourful draw-string bags which the Pathfinders filled with a variety of toiletry items. Over 45 packs were filled and delivered to the Family Haven. One of the Pathfinder girls commented,

“It makes you feel better about yourself when you can keep yourself clean.”

Pathfinder leaders and counsellors took the opportunity to raise awareness amongst the Pathfinders about the issue of homelessness in our local community. They discussed some of the difficulties faced by homeless people and explored some of the reasons why people become homeless, often through circumstance beyond their control. They also explored reasons why having a place to call home contributes to health, self-esteem and general well-being.

Gail explained that the packs are distributed to people who come into her office, to people who move into the housing provided by the Haven, to families who have been able to secure a government social housing place and even to families who might be living in a car.

The Haven makes an amazing contribution to the well-being of the Caboolture community and is total organised and funded by volunteers. Gail says that the need is very great and is only going to get worse. The Haven is currently developing further care facilities on King Street where there will be a medical centre, a commercial kitchen and 24 townhouses as well as units for persons with disability. It is hoped that this facility will be in operation by the end of 2022.

The Caboolture Pathfinders really appreciated the opportunity to contribute in some small way to work of this caring organisation.



Toowoomba & Nambour STORM Co

BY EDDIE CRAG

During the first week of the school holidays in late June this year, a group of 13 teenagers from the Toowoomba Central and Nambour Seventh-day Adventist Churches enjoyed sharing Christianity with the community, especially school children, in a practical, hands-on way

Many interesting activities were enjoyed not only with the large number of children daily (88 on the last day), but also with parents and others. Activities included: face painting, balloons used to make interesting animals and other creations, games and sports (e.g. basketball), boomerang paintings and Lego creations of many shapes and sizes.

The team carried out several activities within the community, such as raking up leaves in the park, cleaning sporting equipment in parks, repairing an old seat and painting it, and informal discussions with interested bystanders surprised that a group of Christian young volunteers would give their time to be of service to others. The local Anglican Church

Hall provided comfortable accommodation. Delicious meals were prepared by Cristine Wills, while daily devotions on practical Christianity such as the character of Ruth by Clinton Wills, were enjoyed. As a result of the Roma trip, the message of Christianity was brought directly to an entire community, and lives were changed. Seventh-day Adventist Christianity was seen as something that meets needs in a practical way. Team members were motivated to continue the practical activities of helping others locally, at church, at school and in the community. The team took the Divine Service at Toowoomba Central Seventh-day Adventist Church, where Pr Steve Ward, Nambour Church and Clinton Wills stressed that “STORM Co” is an opportunity to better engage with enthusiastic young people of the church, and of the personal blessings from helping others. This was their experience this year as well.

STORM Co About to Turn 30

BY PR CHRISTOS SPERO

Service to Others Really Matters (STORM Co), is a community service initiative that sends small groups of teens and youth to meet the needs of a community. This is typically done through Kids Clubs (VBS) and a service project, however there is no script—it’s all about meeting the needs of a community no matter what it looks like.

The South Queensland Conference resourced each STORM Co group with \$1000 and T-shirts. South Queensland has seen 19 STORM Co groups go out with great enthusiasm this year alone from both schools and churches. . .



. . . Next year, 2022, is the 30 year celebration of STORM Co (originally called SWAMP). In 1992, Brisbane Adventist College chaplains and students had a vision to be the hands and feet of Jesus, visiting the NSW town of Moree, where they laid the foundation of what would become a worldwide movement known as STORM Co.

To celebrate 30 years of this powerful ministry we have the goal of sending a minimum of 30 STORM Co groups out of the South Queensland Conference next year. If you would like your church to be a part of this, please contact christosspero@adventist.org.au

ADRA Logan Turns a New Leaf

BY SIMON LEWIS, CENTRE MANAGER ADRA LOGAN

The ADRA Logan Community Centre has been assisting the people of the Logan area for a long time. During this time things might have changed with smart phones, tablets that can show movies, electric cars and social media being invented. There are other issues that still remain—loneliness, distressed families, poverty and vulnerable people. What has not changed with ADRA Logan are cheerful and caring volunteers and a listening ear.

There have been a number of changes to staffing at ADRA Logan with Henk La Dru taking up responsibilities for ADRA in South Australia, Yvonne Stalling retiring and Michelle Brown moving on to other opportunities. The new Manager, Simon Lewis, new Finance Officer, Janine Turner, together with Assistant Manager and Training Coordinator, Sam Luteru, are looking for ways to work with churches, schools and community groups to widen the positive influence within Logan.

ADRA Logan continues to support other churches who want to begin or expand their community outreach. Eden’s Landing church is beginning a program with a nearby Community Centre to provide a meal and food parcels to families. We are packing these parcels for them and allowing them to concentrate on the local relationships. Brown’s Plains are working to get additional funding from a local council for a program. We have four meal programs that use our facilities during the week. Members from Springwood, Tala Moni, Logan Reserve, Brisbane Fijian, Kingston Samoan, Logan City



Samoan and Eden’s Landing are involved in meals on Monday and Tuesday nights, Saturday morning and evenings. The ADRA Logan team often does the catering for church events using our hospitality trainees.

If you want to support ADRA Logan in the immediate future, the sixth Community Christmas Breakfast will be running Christmas morning. Special food hampers will be given out and we will also be giving Christmas presents to children of families who are doing it tough this year. If you want to collect food or gifts that could be used by ADRA Logan we would be very appreciative. We thank the students of Gold Coast Christian College for collecting and preparing toiletry gift packs that we will be sharing with people in need leading up to Christmas.

Toowoomba Central Participates in Annual TLC Festival

BY EDDIE CRAIG AND STAN STARKEY

The Toowoomba Central Seventh-day Adventist Church took part in the annual Toowoomba Languages and Cultures (TLC) Festival on Sunday 30 May at Queens Park, Toowoomba. The Toowoomba Languages and Cultures (TLC) Festival is a “celebration of the diversity in Toowoomba community” (<http://tims.org.au/>), where live displays and performances demonstrate the diversity of cultures.

The church stall had several displays with literature that promoted healthful living, a meaningful spiritual life, and books to introduce people to Jesus Christ. Some of the literature that was given away included: over 300 vegan recipes, numerous health books, many Bibles and Ellen G White’s books including the Great Controversy, Steps to Christ and Desire of Ages.

The volunteers, Stan and Gloria Starkey, John and Rosalie Steen, and Toni Coad, all enjoyed the interaction with the various folk who visited and discussed spiritual and health concerns. Many names were taken down for interest in



attending future cooking demonstrations at the church, which will be organised by Gloria Starkey. Gloria expressed her delight. Many people may be in heaven as a result of the church’s involvement in the Languages and Cultures Festival.

GIGI Ministry Update

BY ESTHER ESPINOZA

This year God has blessed the GIGI ministry abundantly. We were able to print a lovely 20-page magazine for teen girls, and we produced 100 radio episodes on our GIGI Teen Radio, which was aired daily from March till October. We had a GIGI rally in partnership with Mt Gravatt church, we reached over 120,000 downloads on the children’s podcast, and we’ve received testimonies of how the podcast is impacting lives.

We know that worldwide, our kids and girls are needing more spiritual and emotional stability, and we want to help bring serenity into their space through enriched spiritual content. This will enable them to find peace and most importantly point them to Jesus.

For 2022, the vision and plans are: digital audiobook library, story podcast, e-Book library, and a radio podcast. Throughout the year we have received testimonies that lift our spirits and bring us great joy. We would love to share two:

Dear Esther and Steph,

I am a bit embarrassed to admit this, but today’s episode really hit me close to home. I know there are things in my life leading me away from the Lord, and I hope you will pray for me.

I like how you said some things to look for that may indicate you’re moving away from God.

Love the show, and you guys!! (*14 USA)

“My daughter 5 * is listening to the stories over and over again and she has started asking questions that indicate she’s getting the spiritual message! We are so blessed! Thank you!” (Mum – Austria)

Please keep us in your prayers as we minister to kids and teen girls in 2022. You can read more on the projects: www.gigistorylibrary.com.au/donate-to-gigi/



A double blessing on a Sabbath afternoon

ARTICLE AND PHOTO BY ANDREW KOCHANSKI

Baby dedications and baptisms are very special occasions, and on Sabbath 30 October, Pr David Yeo of Toowoomba Central Church dedicated baby Reja shortly before baptising mother Sarah Juma.

Sarah has been missionary-minded while receiving Bible studies leading up to her baptism, and brought her neighbour and two daughters to Toowoomba Central Sabbath School and church services. They were present at the baptism and anticipate starting Bible studies in the new year.

Sarah has been attending Nobby Branch Sabbath School for some months, and enjoys the country feel of worshipping in a small country town. Nobby Branch Sabbath School leader, Kerry Wilmott, is working with Pr David Yeo and Toowoomba Central to achieve 'Group' status in the near future. Nobby regularly has 20+ people attending every Sabbath and its members are praying that God continues to bless their efforts of evangelism in the area.



The Big Lap—without leaving home!

BY KEN DOVE, CALOUNDRA SEVENTH-DAY ADVENTIST CHURCH

Retired Pastor, Eric Hursey, 91 years and counting, is no stranger to world travel, including international maritime shipping and walking many a mile as an Adventist colporteur in Australia and the South Pacific. No wonder then that when retirement threatened to impose an unwelcome restriction on his way of life, he should seek another way to extend his “travelling” days!



Finding a daily (slow) walk with his dog quite inadequate for the exercise of his body, Pr Eric elected to replace the daily dog-walk with a 40-minute exercise bike routine plus a workout with weights. Needless to say, even after a recent heart attack and angioplasty, he is in great shape. Still, something was missing—it was the passing countryside and sense of the outdoors, the “going somewhere”.

Pr Eric’s solution was to relate the kilometres recorded on his bike to the distances between cities and towns on his map of Australia! “Why not do the Big Lap while still at home?” he thought. So he “set out” to cycle from his Caloundra, Sunshine Coast home to Sydney. Once there, he continued to Melbourne, Adelaide and eventually Perth, a distance of 4,403.6 km via National Highway A1.

His imagination by this time was working overtime! So much so, that he likes to say he returned home on the semi-trailer of a Perth truckie friend!! Now he is heading north and has reached Townsville, bound for Cairns and plans to meet himself coming the other way! Do not be surprised to hear that, one day, he has published a book about his travels—real and imaginary. In the meantime, we wish him well in his continuing cycle of life. Bon Voyage, Pr Eric!



High Day for Albion/Brisbane Karen Company

BY PR RUSS WILLCOCKS

Sabbath 30 October was a high day for the Albion church as it celebrated the last of its worship services with Brisbane Karen Company worshipping alongside Albion church. From next weekend the two groups will meet separately. It was a wonderful day of celebration, worship, storytelling, wonderful messages from past pastors and a beautiful lunch at the trees. It was a chance to talk about what comes to an end when new beginnings form. I spoke about the power of the seed and affirmed leaders in both groups. It was a wonderful day for everyone, with a genuine sense that God has led powerfully to this point and will continue to lead into the future.

Janeen Knight, lead elder at Albion, reflected: "Yes a wonderful Sabbath full of praise, joy and blessings. Thanks so much for your involvement. You affirmed, supported and encouraged us all and spoke God's message of love and guidance into our futures. We left rejoicing in what God has done in the past and certain of His leading in the future as we trust and 'build' on Him. . . On Monday our morning prayer group discussed Sabbath and the message of the seed.

We prayed for God to renew us, individually and collectively, so Albion will again be rich fertile soil ready for Him to plant His new seed.

We don't want to "do" church but be available coworkers with Jesus. We need leadership. . . walking together with us, showing us how to fulfil God's mission for us. We are sure that God will provide that too."



Children's

Corner

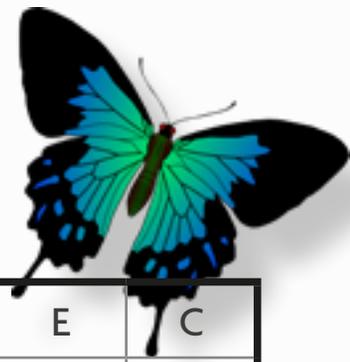


Hey kids, my name is Ave and I am soooo looking forward to Christmas—lots of presents!! Yay! But there is something more valuable than presents and that is knowing the value of giving. Let's explore what giving to others means and we'll see how we are blessed as well.

When we give to others, it is like starting off with an empty jar with some water in it. To increase the amount of water, our gifts, we have to give to others. Take a jar with some water and put that water into a cup. Now add some small rocks, then pebbles, then some sand or dirt until the jar is nearly full. Now put your water back into the jar. You'll see that the water now comes close to the top. We can give things like time, patience, and kindness. When we do, our gifts, like the water, will also increase.



Help Ave Find Words About Giving



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

- | | |
|---------|-----------|
| SHARE | VALUE |
| HELPFUL | CHEERFUL |
| GIVE | TIME |
| KIND | GIFT |
| SERVICE | LOVE |
| CARE | GRATITUDE |



We can give our time when we help others

2 Corinthians 9:7 – ‘God loves a cheerful giver’

Vegan Zucchini Brownies

BY JOANNE DONALDSON



Dry ingredients:

- 1.5 cup (300 g) granulated sweetener
- 3 cups (270 g) rolled oats, ground into flour
- 1 cup (180 g) dairy-free chocolate chips + more for the top

Wet ingredients:

- 2.5 cups (400 g) shredded zucchini tightly packed
- 1 cup (240 g) nut butter of choice
- 0.5 cup (120 ml) plant-based milk
- 2 tsp vanilla extract

Instructions

1. Line a 6x9 (15x23 cm) loaf pan or a slightly bigger pan with parchment paper or grease it with vegan butter or oil and preheat oven to 360 degrees Fahrenheit (180 °C).
2. Process all dry ingredients (except the chocolate chips) in a food processor.
3. Add all wet ingredients and blend again until the batter is smooth.
4. Finally, add the chocolate chips and stir with a spoon.
5. Pour the batter into the loaf pan and add more chocolate chips on top.
6. Bake in the oven for about 35–40 minutes. For fudgy brownies, I recommend a baking time of 35 minutes or less. And for cakey brownies, I recommend a baking time of 40 minutes or a little more. The baking time also depends on the size of the pan! You can insert a toothpick in the centre of a brownie after 30 minutes and if it comes out clean/slightly crumbly the brownies are done. If the toothpick comes out very sticky/wet, then the brownies need more baking time.
7. Let the brownies cool completely. They will firm up once they cool and taste even better on day two! Enjoy! Keep leftover zucchini brownies covered in the fridge. You can also freeze them!

- 1 cup + 1 tbsp (100 g) cocoa powder (unsweetened)
- 2 tsp baking powder
- 0.5 tsp baking soda
- 0.67 tsp salt
- 2 tsp instant coffee powder (optional)

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Attention *FOCUS* Contributors

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