

# AUSTRALASIAN GOOD TIDINGS

E-NEWS – 31 May 2014 #30

## Cooking Demonstration – Schofields NSW

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### *“The Vegetarian Way”*



“The Vegetarian Way” health outreach is a program run by the Seventh Day Adventist Reform Movement.

During the first three Monday evenings of May 2014, the Schofields Church ran this program catering for the local community. These health lectures and cooking demonstrations were geared to educate and encourage the community to pursue a healthier lifestyle and also to bring an awareness that true happiness only comes from our wonderful, loving God.

For the first night an eager audience of 74 people gathered, followed by increasing numbers as it progressed. Many known faces returned from previous sessions, and many newcomers.

The evenings were divided in two sections. The first section comprised a health lecture given by our Naturopaths, Amos Thiel and

Alasdair Pow; and the second was the practical food preparation demonstration presented by Lidia Voncina, Rosetta Ilic, Amy Gules, Stela Gules, Vivian Ilic and Alyssia Thiel.

The first lecture taken by Amos was about “The Fat Family”. He spoke about good and bad fats and the importance of the Omegas 3 and 6 in our diet. In the second week Amos spoke about the importance of having “whole” foods. The last health segment for this series was taken by Alasdair, and he spoke about being slim without dieting! He stressed the importance of having a plant-based diet which is very high in fibre.



A practical demonstration was given comparing the amount of kilojoules found in one take-a-way meal (a double quarter pounder meal with McFlurry and Coke) and trays of raw food. It was surprising to hear that for a healthy recommended diet the daily kilojoules intake should be around 8,700 kilojoules per day. The double quarter pounder meal demonstrated had 9,816 kilojoules which was more than the daily recommendation, and that can be easily eaten in one meal. We would never be able to eat so much raw food as that in one sitting, and yet we don't have a problem eating the take-a-way meal. This is why we put on weight without realising it. The meal demonstrated would be the equivalent of eating: 2kgs tomatoes,

1kg mandarins, 2kgs cucumbers, 1kg apples, 1kg green capsicums, 3 bananas, and 1 lettuce. All the fresh produce demonstrated together equaled to 9,498 kilojoules which is 200kj less than the meal. Some food for thought!

The second part of each week's workshop was the food preparation demonstration. For the first week it was decided to let “millet” shine! Some of the benefits of using millet in the diet are:

- A good source of some very important nutrients, including copper, manganese, phosphorus, and magnesium. Magnesium has been known to reduce the risk of heart attack and lower high blood pressure. The magnesium in millet can help reduce the effects of migraines and heart attacks.
- Millet is also known to help lower the risk of type 2 diabetes and due to the high fibre content it also aids in the prevention of gallstones.
- Millet is an excellent gluten-free and non-allergenic grain but as everything else it should be used moderately.

The second Monday evening's food preparation program focused on proteins.

Proteins, and more importantly complete proteins, are needed for growth, development and manufacture of hormones, antibodies and tissues. It is also needed for the development of bones, muscles, skin, cartilage and blood. Hair and nails are also made up of proteins. Lack of proteins in the diet can cause serious problems for the smooth functioning of the body.

The dishes demonstrated during these sessions were:

Potato Soup	Raw Tomato Sauce
Zucchini Soup	Choko Salad
Green Bean Soup	Millet Pineapple Pie
Millet & Vegetable Croquettes	Simple Pie Crust
Baked Creamy Rice	Banana Crumble Slice
Savoury Bean Casserole	Apple Pecan Cake
Pasta with Not-Meat Balls	



Cooking demonstrations very much involve team work. Behind the scenes were some very awesome busy people who we could not do without: from the full-time washing-up job to cooking and dishing out of samples, setting up of the hall, recordings, web uploads, book sales and health food sales to the cleaning up at the end of the day. A huge thank you to all those who tirelessly worked so hard in making this outreach such a success.

For those who are interested, these health lectures and cooking demonstrations can be viewed on YouTube by searching for Schofields Church: <http://www.youtube.com/watch?v=2LzaeuNWxBw> and selecting The Vegetarian Way – Cooking Demo 1, 2, 3

Below is one of the recipes demonstrated. For more recipes please visit:

<http://www.sdarm.org.au/?p=5579>

## Millet and Vegetable Croquettes

### INGREDIENTS

2 cups millet – cooked, cold  
½ cup plain flour  
½ cup almond meal  
2 tablespoons arrowroot flour  
2 tablespoons olive oil  
1 cup onions chopped  
2 cloves garlic crushed  
1 cup carrots chopped  
¾ cup celery chopped  
1 cup red capsicum chopped  
2 cups zucchini chopped  
3 Massel chicken-style stock cubes  
2 tablespoons parsley finely chopped  
¼ teaspoon sea salt



### METHOD

To cook millet, use 2 cups water per 1 cup dry millet. Cook 20 minutes, and let it cool.  
Mix cooked millet, plain flour, almond meal and arrowroot together. In a medium saucepan add olive oil and sauté onions and garlic.  
Add carrots and celery to mixture and cook until semi-tender.  
Add remaining vegetables, and sauté for a couple of minutes more.  
Break up the stock cubes, and add with the salt and parsley into the sautéed vegetables and mix well.  
Remove the veggies from heat and add to the millet-flour mixture.  
Roll it into balls, using 1/8 - 1/4 cup for each ball.  
Bake the balls at 200°C for approximately 30 minutes until nicely browned.

Serve plain or with sauce or gravy.

Cold leftover croquettes keep 4-6 days refrigerated. Can be used crumbled as sandwich filling.

Bon Appétit

# Optimal Health Outreach

It was a good turnout for the Optimal Health Seminar and workshop held at Schofields Church Sunday 18th May 2014, with about 50 people attending.

Brother Alasdair Pow gave the first presentation on "Optimal Nutrition" inspiring us to eat well of the healthier foods and avoid the harmful foods that add centimetres to our waistlines. This was followed by a presentation by Amos Thiel on "Optimal Detoxing". He showed us all the organs of the body that help us eliminate toxins and some simple ways to assist in detoxification.

A workshop followed with Br. Alasdair demonstrating a nutritional shake which tasted yummy, and everyone was able to sample it.

During the afternoon a refreshing green drink made by Sister Susan Lausevic was enjoyed by all those who attended the lectures. Sister Susan also demonstrated an Energy Green Smoothie as a good breakfast alternative to boost the body's energy and nutritional intake. All enjoyed sampling these drinks.

Enjoy taste and nutrition mixed together! For those who are interested, here are a couple of recipes:

## Nutrition Shake

1 cup of soya milk (Vitasoy)  
7 nuts  
1 tablespoon linseed  
½ tablespoon sunflower seeds  
½ tablespoon pumpkin seeds

**Add fruit:**  
1 apple; or  
1 apple + ½ cup mixed berries; or  
1 frozen banana + 1 mango; or  
½ cup mixed berries  
Added flavour - cinnamon or ginger

Vitamise ingredients in blender for a thickshake.

## Dry Mix Nutrition Shake on Fruit Salad

As above, minus the milk and fruit. Dry mix up in blender and sprinkle over bowl of fruit salad.

## Nutritious Cream over Fruit Salad

1 cup of soya milk (Vitasoy)  
7 nuts  
1 tablespoon linseed  
½ tablespoon sunflower seeds  
½ tablespoon sesame seeds  
½ tablespoon pumpkin seeds  
1 tablespoon sultanas  
¼ cup coconut milk  
1 teaspoon of natural vanilla essence  
(add genuine maple syrup or honey if needed)



## Refreshing Alkaline Chlorophyll Drink

Juices from greens have tremendous health benefits and are used as a great detoxifier. Chlorophyll is both a potent oxygenator and helps alkalize our blood; it thus helps our bodies fight off disease. All these benefits strengthen our immune system and enhance overall energy levels and wellbeing. Chlorophyll binds with toxins and helps remove them from the body. Chlorophyll can also stimulate bowel movements and is a great aid in colon cleansing; it's also delicious, even children will love it.

### Immune Boosting Green Drink Recipe



Serves 2-4

#### **Ingredients:**

3 cups loosely packed baby spinach (about 3 large handfuls)  
1 sprig fresh mint leaves  
2 cups water or coconut water  
juice of 1 small lemon or lime (about 2-3 tablespoons)  
4 to 6 ice cubes  
Unsweetened pineapple juice or 4 chunks fresh pineapple

#### **Preparation:**

Blend all ingredients in a Vitamix or other high-speed blender until smooth. Serve immediately. Can be strained if you like it lighter.

Store your second serving in an air-tight container in the refrigerator up to 24 hours if needed.

~ Reported by Susan Lausevic  
BodyPure Natural Therapies

## Baby Arrival



Congratulations to Adriana and David Stanciu-Simen on the birth of their first born, a son.

Oliver was born in May, a healthy little boy weighing 3.46kg and 52cm long.

We pray that God will bless this young family and guide David and Adriana as they bring up their son Oliver to God's honour and glory.

Children are very special in God's sight. Jesus had a place in His heart for the children. While Jesus was here on earth there was an experience recorded in the Bible in Matthew 19:13-15 which shows of His care for the little ones: *"Then were there brought unto him little children, that he should put his hands on them, and pray: and the disciples rebuked them. But Jesus said, Suffer little children, and forbid them not, to come unto me: for of such is the kingdom of heaven. And he laid his hands on them, and departed thence."*

# MONEY NEWS – Federal Budget 2014 – How does it affect you?



During the last couple of weeks in Australia, we have heard much about the new budget which was delivered by the current Treasurer. Everyone is interested in how this will affect their life, their children's lives and so on, generating much talk about the pros and cons of the financial plans made for the future.

Whenever the subject of money is brought up, it seems to get the attention of people from all walks of life, some in a positive and some in a negative way.

As Christians, have we given enough thought to our money matters and how to budget having in mind what the Lord requires from us?

I would like to share a study by Br Joe Voncina, which I believe will give you some insight about our financial commitments to God's treasury, and also some informative notes so you can be enlightened as to where God's money is directed and how each one of us can make a difference by the amounts we contribute to the Lord's treasury.

~ Lidia Voncina

## Tithes & Offerings

In the Bible we find many challenges coming from God directed to his people, to you and to me. We want to look at a specific challenge found in Malachi chapter three. By the way how is your financial situation? Are you struggling a bit, finding it hard to make ends meet? Well then this challenge is for you. God says in *Malachi 3:10* "Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it". Yes it is true, you are not seeing things, God is saying "prove Me", I want to pour My blessings upon you, what are you waiting for? Try Me, test Me, haven't I blessed My people in the past? I will do it again for I change not, it's a promise, and I always keep My promises".

Can God keep His promise? Yes, because everything belongs to Him. David writes in ***Psalms 24:1*** "The earth is the LORD'S, and the fulness thereof; the world, and they that dwell therein." ***Psalms 50:10-11*** "For every beast of the forest is mine, and the cattle upon a thousand hills. I know all the fowls of the mountains: and the wild beasts of the field are mine". God assures us in ***Haggai 2:8*** "The silver is mine, and the gold is mine, saith the LORD of hosts."

The first part of the test in **Malachi 3:10** deals with **tithe**. What is "tithe"? It's an old English word meaning "tenth". The Bible fully agrees with this. We read in **Leviticus 27:32** "And concerning the tithe of the herd, or of the flock, even of whatsoever passeth under the rod, the **tenth** shall be holy unto the LORD." An interesting point in God's challenge is that He is asking for something that already belongs to Him, **Leviticus 27:30** "And **all the tithe** of the land, whether of the seed of the land, or of the fruit of the tree, **is the LORD'S: it is holy unto the LORD.**" If I decide to keep what belongs to God, what am I doing? **Malachi 3:8** "Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and

offerings.” **Testimonies for the Church Vol. 9, p. 249.1** “The tithe is sacred, reserved by God for Himself. It is to be brought into His treasury to be used to sustain the gospel laborers in their work. For a long time the Lord has been robbed because there are those who do not realize that the tithe is God's reserved portion”.

“The tithe was to be exclusively devoted to the use of the Levites, the tribe that had been set apart for the service of the sanctuary.” Patriarchs and Prophets, p. 526.1

Did you notice in Malachi 3:8 that you can rob God not only in tithes but also in offerings? This is where the real test comes in. Am I giving to the Lord only what already belong to Him (tithe) which is my duty to do anyway, or am I doing more, (offerings) which involves faith and love? **Proverbs 3:9** “Honour the LORD with thy substance, and with the firstfruits of all thine increase:” “This tribute He demands as a token of our loyalty to Him.” Counsels on Stewardship, p. 72.1

Look carefully at the following statement from Counsels on Stewardship, p. 71.3 “God requires no less of us than He required of His people anciently.”

How did they respond to Gods challenge? Patriarchs and Prophets, p. 527.1 “The contributions required of the Hebrews for religious and charitable purposes amounted to fully **one fourth (25%)** of their income. So heavy a tax upon the resources of the people might be expected to reduce them to poverty; but, on the contrary, the faithful observance of these regulations was one of the conditions of their prosperity. On condition of their obedience God made them this promise: “I will rebuke the devourer for your sakes, and he shall not destroy the fruits of your ground; neither shall your vine cast her fruit before the time in the field. . . And all nations shall call you blessed: for ye shall be a delightsome land, saith the Lord of hosts.” Malachi 3:11.

Are you ready to take up the challenge? God is waiting for you, He loves you, He is testing you today. He will not fail you.

To make this challenge easier for you here is a brief description of the offerings you can contribute to:

### **Union Conference Funds**



**Tithe** – 10% of all your increase belongs to God, it is holy. (Used to support the ministry) Before the Jewish Nation – Abraham tithed **Gen.14:18-20** “And Melchizedek king of Salem brought forth bread and wine: and he was the priest of the most high God. And he blessed him, and said, Blessed be Abram of the most high God, possessor of heaven and earth: And blessed be the most high God, which hath delivered thine enemies into thy hand. And he gave him tithes of all.”

**Heb.7:1-2** “For this Melchisedec, king of Salem, priest of the most high God, who met Abraham returning from the slaughter of the kings, and blessed him; To whom also Abraham gave a tenth part of all; first being by interpretation King of righteousness, and after that also King of Salem, which is, King of peace;” **Jacob Gen. 28:22** “And this stone, which I have set for a pillar, shall be God's house: and of all that thou shalt give me I will surely give the tenth unto thee.”

**Missionary Offering** (Union Administration) – *A free-will offering used for the expenses of operating and administering mission work on the Union level. This fund is always struggling and needs your special attention.*

**First Fruit** – Proverbs 3:9 *“Honour the LORD with thy substance, and with the firstfruits of all thine increase”*: Patriarchs and Prophets, p. 526.2 *“The first that ripened of every product of the land was consecrated to Him. The first of the wool when the sheep were shorn, of the grain when the wheat was threshed, the first of the oil and the wine, was set apart for God. So also were the first-born of all animals; and a redemption price was paid for the first-born son. The first fruits were to be presented before the Lord at the sanctuary, and were then devoted to the use of the priests.”* (Used in a similar way to the Missionary Offering)

**First Day** – Offering for the worthy poor established by Apostle Paul in **1 Cor. 16:1-3** *“Now concerning the collection for the saints, as I have given order to the churches of Galatia, even so do ye. Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come. And when I come, whomsoever ye shall approve by your letters, them will I send to bring your liberality unto Jerusalem.* (Used for worthy poor)

**Publishing Department** – *Offering to support publishing work and literature ministry.*

**Foreign Missions (South Pacific Union Mission)** – *Unless specially designated this offering is used to help and support the ever growing, relatively new Pacific Union Missions.*

**Elim Heights Youth Camp** – *Used for the ever increasing running expenses of the youth camp.*

**Union Building Fund** – *An offering for extensions and building of new churches.*

**Week of Prayer Offering** – *Offering taken at the close of the Week of Prayer Readings, and is forwarded to the General Conference to be used for the furtherance of overseas missions.*

**Sabbath School Offering** – *This is an offering of gratitude for the wonderful truths which we enjoy through the study of the Sabbath School Lessons. Used for the literature ministry.*

**Field Funds** (Do not forget to support your local field)

**Missionary fund** – *General fund for the running costs of the field.*

**Literature Fund** - *Pays for the literature given out.*

### **Regular Church Offerings**

**Sabbath School Offering** – *Goes to Union as per above.*

**Divine Service (Church) Offering** – *Used by the local church to establish and maintain its own organized body. (Stays in the local church unless specially directed for a special purpose)*

**Young People’s offering** – *Used to develop and train Young People in their Christian experience. Half goes to Union, quarter to the Field, and a quarter stays in the Local Church.*

### **Local Church Offerings**

**Local Poor Fund** – *used to help those in need locally.*



**Church Improvement Fund** – *for the improvement of the Local Church.*

**Prayer Meeting Offering** – *Used for the church expenses.*

**Literature Department** – *Used for local literature ministry.*

**Ordinance Offering** – *Collected after Lord's Supper and used for the expenses associated with this sacred service. It may also be used for paying rent, buying furniture for the church, and all local church expenses.*

Therefore, keep this in mind - God loves you and wants to bless you. Jesus is coming soon and it is our generation that may finish the work.

Once again I repeat the challenge in **2 Cor.9:6** *"But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.*

*Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver".*

~ Joe Voncina

## Baptism - Victoria



Photos taken by Sanja Borovnica.

On the 26th April, 2014 approximately sixty family and friends gathered together on the banks of Jackson's Creek in Sunbury to witness a lovely baptism. Though it was an overcast, cold and windy afternoon, everyone was thankful that just before the actual immersion, the sun came shining through. Having decided to give her heart to the Lord, Astina-Aseneta Borovnica had made her Profession of Faith at the Waratah Bay Camp, a week earlier. On this day in Sunbury, she confirmed her covenant with Jesus by entering the watery grave before many witnesses, including her whole family and new church family. Praise God that another young soul has decided to commit their life to God.

~ Report by Matthew Boje



For more photos:

<http://www.sdarm.org.au/?p=5549>

## NSW Youth Focus Meeting



Youth Focus Meetings (YFM) are normally held on the first Sabbath evening of each month. During the month of May, the YFM was held at Brother Matthias and Sister Lizy Thiel's home. Thank you for opening your home to us.

During this meeting we analysed the experience of Felix, specifically the verse found in Acts 24:25, *"And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee."*

The youth were divided into groups of 3-4 people and each group was asked to analyse what they understood by the words:

- Reasoned of righteousness
- Temperance
- Judgment to come

The urgency of responding to God's call when we hear it for the first time was very much brought home to each one that was present; now is the time, as a convenient season may never happen again in the future.

After the discussion groups finished we had a wonderful vegetarian BBQ which was very much enjoyed by all.

~Reported by Lidia Voncina

More photos online at:

<http://www.sdarm.org.au/?p=5659>



## My Conversion – Mercy Dumaguit

I was raised in a devoted Roman Catholic family. When I was 8 years old, my mum used to train me to do the holy rosary and some other readings of the lives of the saints every night from seven to eight o'clock and sometimes longer. One day, I secretly talked to Virgin Mary asking her to give me an easier way of going to heaven, but she didn't answer me. Time passed, and I waited for the answer with the hope in my heart that someday she would surely grant my request.



Nine years later, my older sister, a chemistry teacher in a Catholic University, bought a cookbook from an SDA colporteur, and he gave her *The Great Controversy* as a gift. Upon arriving home, she told my mum about the new book she got and warned her to keep it hidden because it was considered a very dangerous book. I heard their conversation, and it aroused my curiosity. The Lord had really prepared a way for me to find the light of truth. The following year, when I was in the second year at the

State University, I finally got *The Great Controversy* book without her knowledge. Vacation time had already started, so I asked my dad if I could stay at the farm to relax, but my intention was to read the book. He granted my request, so I went. It was in the evening that I opened the book randomly to the chapter entitled, "God's Law Immutable." I read it carefully, and it made a very strong impression on my conscience that I was in the wrong way.

I felt sad but at the same time happy because I was shown my great mistake. Now the question came to my mind, how will I contact E.G. White? I continued reading, and now my faith in the Virgin Mary was starting to waver. Fortunately, the following month, my cousin who had taken a vacation for more than three years, came back. He got his job back from my dad. After returning, he was a very different person; he did his worship in a different way, and that was like a hammer on me. He prayed like a typical Pharisee, comparing himself to me. In the morning I began to ask him about his new church, but he only gave me a negative response. I felt worried about my situation spiritually, so whenever he went to work, I looked for his Bible and the guide. He hid them because he was afraid of my dad. I studied the Bible with the aid of the Holy Spirit and finished the twenty-eight lessons. One week before the classes started I asked my cousin if I could go with him to church. He said, "No", because of fear. Later, he said, "You cannot go to church, with your worldly dress and jewelry and without formal shoes". I immediately asked my mum to give me some money to buy those things I needed, but I didn't tell her anything of what was going on.



After I had accomplished my plan, I went back to the farm and showed to my cousin what I bought. To my great surprise he said, "I will not go with you to church". I asked, "why?" He said, "You are putting my life in great danger". The following week classes would already resume, so I needed to know where the church was. Finally he said, "Are you really interested?" I told him, "Oh, with all my heart. I am ready to face anything that will happen." He gave me the direction of the SDA Sanitarium very near to the University I studied at. Sabbath came and I went back to the town where our family lived. I told my mum I was going to school, but I had to hide my church clothes. I went with common clothes so that nobody would know what I was doing.

Upon reaching the gate of the Sanitarium, I asked the guard where the toilet was because I had to change my clothes. At the back of the hospital was a big SDA church; so I went inside, and there I met one of the mathematics professors from the university where I studied. He was so happy to see me and asked if I



could do the opening prayer. Then I told him it was my first time to visit an SDA church. Filled with joy, he asked me to relate my experience of how I got to know the message. They gave me ten minutes in the morning and in the A.Y. program more than an hour. Everybody was so amazed as they listened to my experience. After the program, I went to the Chaplain's office and asked him if I could be baptized. He opened his eyes widely and said, "Why are you in a hurry?" Then he asked me a lot of questions about the Bible, and I answered them according to what I learned from the guide. Finally he said, "Do you really want to be baptized?" I said, "Yes, because before I'll die I must be sure of my salvation". He added, "To prove that you are really sincere in your desire to be baptized, you need to bring another soul to Jesus; and then I will baptize you". "Are you sure Pastor?" I said to him. "Yes," he said smiling. I went home very happy but with the burden to look for somebody to share the message with. I prayed hard, and the Lord answered me. I found a young lady, an Assembly of God church member. She too loved the Bible, so I asked her if we could have some Bible sharing 2 or 3 times a week, and she said okay. I contacted an elder at the Sanitarium. We did the study, and after three months she decided to be baptized into the Adventist Church; it was May 15, 1976.

A year had passed. I finished my third year in Bachelor of Science and Business Administration, and I did my apprenticeship with the biggest U.S. steel corporation in my country. I tried to hide everything from my parents, but my absence from the Catholic Church had caught the attention of many. The priest, the nuns, the Mayor and some government officials, and friends all went to my parents asking about my unusual situation. My dad's ego was hurt, and my cousin was first summoned to face him. He was punished badly enough to be taken to hospital with many bruises; but since my Dad was in political power he could not do anything.

My cousin told me to go back to the Roman Catholic Church because he might lose his life. I did not listen to what he said. I told him I was ready to die for my faith. Then he stopped his work with my dad and left. I thought we were now at peace but it was not to be. One evening, a couple of months later, I saw my dad in the living room drinking wine, and he was alone. It was a shocking scene for me, because he never did this in the house. After he finished, he went upstairs and came down armed with a forty-five caliber pistol at his side. I had never expected that he would harass me and my younger brothers, sisters and some of our helpers in the house. During this time, my younger sister, two younger brothers, one of dad's drivers, our cook and three cousins who worked in the store with my mum were receiving a series of Bible studies from me secretly during the night when mum and dad were already sleeping.

As my dad stood on the stairs, three steps before the ground, he shouted saying, "Where are the Sabbath keepers and where is the leader?" Then he called my name. Fearful, I hurriedly ran to him and said, "Yes Dad. I'm here." Very quickly he pulled out the pistol and put it to my head and said, "I will kill you. You have brought a great shame to our name." At this very moment, I knelt down and prayed in front of him, asking the heavenly Father to forgive my dad, for he did not know what he was doing. As soon as I finished my prayer, the world turned into complete darkness, because he punched me three times, and I fell to the floor. Nobody was there to help me except God and my holy angel. The last words I heard were, "Next Sabbath keeper." Everyone received something bitter from his strong hands. When crisis beset us our true colours appear. My two brothers decided to join a gang, which later caused problems for my dad. My younger sister planned to get married, and our cook decided to get married to our driver after their baptism. My three young cousins stopped going to church but still suffered on Sabbath days. After this trial, I went to consult with an old pastor for advice. I planned to run away from home, but he said I needed to show patience and meekness to them.



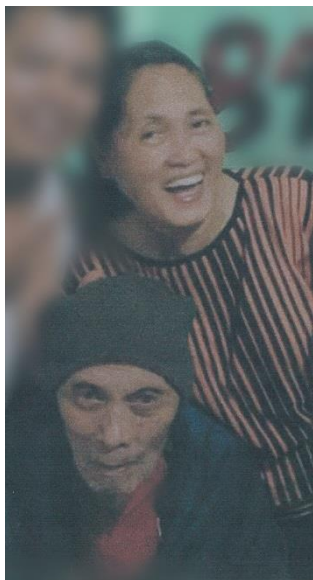
Only four months later, another summons was made against us, the Sabbath keepers. Now this was the turning point of our final decision. At this time the trial seemed different--no more harassment but persuasion. This was the strategy my older sister and my dad planned to use with the whole family. Everyone who kept the Sabbath was now called individually and was persuaded to go back to our old church. After everyone had made their appearance in the meeting I was very sad to know everybody wanted to go back to the Catholic Church for one year. I was the last one called. I went up and faced them. My dad spoke of a comparison of a tree to a family. He said "I am the trunk of the tree and you are the branches – the children. If a branch goes against the trunk, even if it hurts me, I have to cut it down". They started to cry. I saw my Dad crying for the very first time in my life. My mother taught me that if a child causes the parents to cry, a very great curse will fall upon him or her. Now I was greatly terrified upon seeing my parents crying. While I was standing before them, I asked the Lord to help me. My father said, "I give you five minutes to decide." The cries now became louder, and I could not hold back my tears. I felt pity on them, so I made up my mind to go back to the Catholic Church just for one year to avoid trouble. Immediately, I saw on my father's forehead in letters of gold the text found in Matthew 19:29. I wiped my tears to check if the letters were really true, and they were there. I asked for a few seconds to go to my room, and opened the Bible directly to the very text I saw and I read it quickly. Then I came out and gave my final decision. This verse says *"And every one that hath forsaken houses, or brethren, or sisters, or father, or mother, or wife, or children, or lands, for my name's sake, shall receive an hundredfold, and shall inherit everlasting life."* It gave me courage to continue in the faith with the aid of the Holy Spirit's power. I told them, "I am so sorry. You cannot save me. Only Jesus can, and I cannot go back to the old belief." Oh! Everybody cried very loud, and people were rushing from the store downstairs to check if I was dead. What a wrong decision Mercy had made. Everybody was so lonely, but I still encouraged my Bible students to be courageous in the faith. My father told me frankly that I was his favourite daughter in secret, but how did I repay him with such disgrace. He said further, "I don't want to see your face here in the house; and if you can manage to live by yourself without my support for one year, then, I would say that your religion is true."

I did not hesitate to take the challenge, and in faith I went away. My mother did not want to give me my clothes and shoes and other things I needed. The Lord performed numerous miracles on my way. While I was away, they arranged the wedding of my sister and also the wedding of our cook and the driver. This was the first time in my life travelling without a single cent in my hand. Our other driver who used to pick up passengers going to the city brought me to the Sanitarium secretly, by night. A Pastor helped me and sent me to a colporteur seminar in a city twelve hours away by bus. There were fifty young people, who attended the seminar, and I was assigned to a very difficult area where Muslim rebels lived, but there was an SDA church there.



The more dangerous the place the more we tend to pray for God's protection. I was away for almost two years without any communication with my family. Thank God I was very successful in the work there with five other ladies. I did not finish my contract there because of a horrible dream I had that made me emotionally sick. The doctors could not help me because they could not find anything wrong with me in their physical examinations. I never told anybody about my dream; even I could not believe it, but it turned out to be true. At first our leader did not want me to go because the contract I signed was not yet finished. I pleaded so hard and finally I was permitted to go.

Upon arriving home, everybody was very happy. I bought gifts for each one of them with the thought that no one would be missing. Unfortunately my favourite niece and my very innocent cousin died due to a massacre which occurred at our family farm. The Muslims were responsible. The Muslims wanted to kidnap



my dad for a ransom. I questioned my mum and she told me everything about the matter. The situation was exactly as I had seen in my dream. I hurried the following morning to see the place and the scene which had already been revealed to me a month ago. It was a very amazing miracle how the Lord saved my dad, my mum and my other little cousin. Five grenades were thrown and three other bombs, but thanks to God, not one exploded. My parents were very good to me and my mother felt the need of my presence especially during her sickness.

Two years later my mum died from heart failure. My father got married before me, to a young girl. The following year I received the message of the Seventh Day Adventist Reform Movement through a visit of a worker in our church.

On 5<sup>th</sup> September, 1986, I was baptized into the Reform Church with 10 other precious souls. Now, my younger sister has built a small church at the farm,

where people come every Sabbath to worship the Lord. All thanks be to Him for His marvellous providences and care.

~ Mercy Dumaguít

## Youth Department Fly-n-Build – Elim Heights, NSW

**LAST CHANCE TO REGISTER!** The AUC Youth Department is organising a fly and build project at our youth campground at Elim Heights. The purpose of this plan is to make the campground more attractive and more youth friendly. The project involves two weeks of labour and building two major projects—an outdoor amphitheatre and youth recreational facility. So we need your help by volunteering one or even two weeks.

**Though Registration closed on the 31 May 2014, Late Registrants will be considered**

You can register online at <http://www.youthchallenger.org.au/fly-build/>

Or contact via phone or SMS: +61-430505935 or email: [youth@sdarm.org.au](mailto:youth@sdarm.org.au)

## Invitation to the NSW Spiritual Conference – 6-9 June 2014

### A Thief in the Night

NSW Conference invites you to attend our 2014 Spiritual Conference, 6-9 June, 2014. The title of our conference is “A Thief in the Night”.

Venue

The conference is being held at:

Elim Heights Youth Camp and Convention Centre, 5760B-5760D Putty Road, Colo Heights, NSW, 2756

For more details contact Alasdair Pow – mobile: 0433 408 145 or [apow@sdarm.org.au](mailto:apow@sdarm.org.au)

## Invitation to the QLD Spiritual Conference – 15-17 August 2014

### Lest We Forget

QLD Conference invites you to attend our 2014 Spiritual Conference, 15-17 August, 2014. The title of our conference is “Lest We Forget”.

Come aside with us for a spiritual refreshing as we consider those truths that have made us a distinct people before the world. “Lest We Forget” encapsulates the theme for this year’s camp, as we recognise 100 years since the outbreak of World War 1 and the subsequent formation of the SDA Reform Movement.

Venue: Ewen Maddock Dam Recreation Centre, Landsborough, QLD

Accommodation:

- Adults (15 and over) - \$75.00 for the weekend.
- Children: (4-14 years) - \$45.00 for the weekend

An offering will be collected during the camp to cover the cost of food. (Suggested offering \$20.00/person)

For more details contact Paul Chapman – mobile: 0414 495 838 or [pchapman@sdarm.org.au](mailto:pchapman@sdarm.org.au)

## Invitation to the WA Spiritual Conference - September 2014

### Jesus Knocks - Christ's Message to Laodicea

WA Field invites you to our 2014 Field Spiritual Conference, 26-29 September, 2014. The title of our conference is “When Jesus Knocks – Christ’s Message to Laodicea”. The counsel of the True Witness to Laodicea is more relevant to God’s people today than at any other time in the history of the Christian church. We will consider the most important elements of this message found in Revelation Chapter 3 and how they apply to us today. We hope you will be able to come and join us at this important and refreshing time together.

#### Venue

The conference is being held at a beautiful Christian campsite named Camp Logue Brook located just 1½ hours’ drive south of Perth (between Yarloop and Harvey). The address is: Logue Brook Dam Road, HARVEY WA 6220.

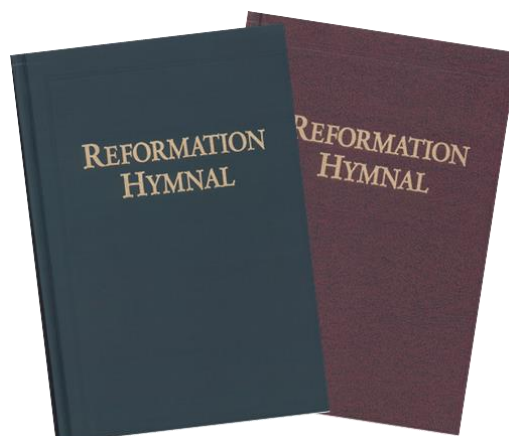
## RLPA News

### Reformation Hymnals

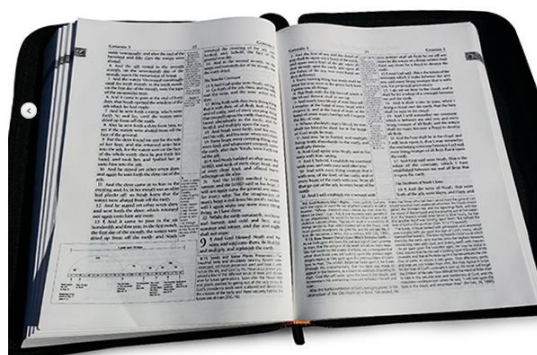
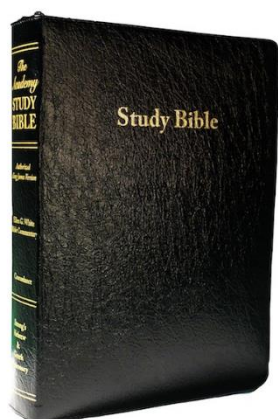
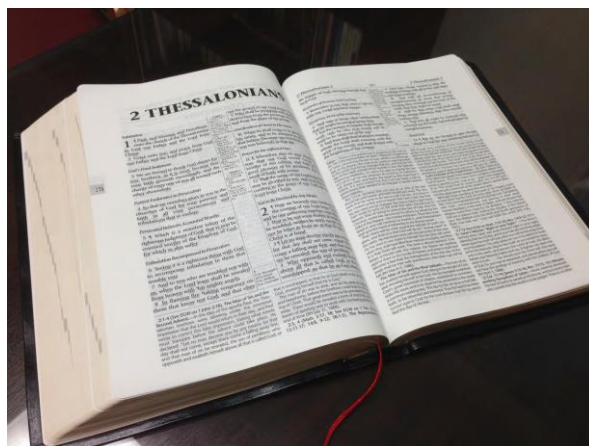
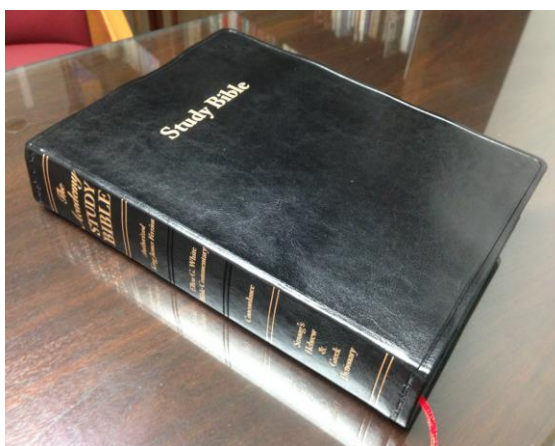
Hard cover is back in stock.

\$20.00 + postage

### The Academy Study Bible



Hot off the press in November, 2013, The Academy Study Bible(EG White, Bible Commentary) brings you all the same, tried and true study aids that you've come to love in the original Study Bible but now there are even more features! Strong's concordance numbers for most words are printed right into the text, linking directly to Hebrew and Greek dictionaries in the back of the book. We have also enlarged the Bible to allow for wider margins, making room for all your personal study notes. Your study of the Word will be easier than ever before. This Bible also has large print. 27cm x 19.7 cm x 4.7cm Genuine leather (zipper) \$165.00



Order through RLPA – Tel: 02 9627 7553, or email [info@rlpa.org.au](mailto:info@rlpa.org.au)

## Coming Events Calendar

**6-9 June, 2014**

### **NSW Spiritual Conference 2014 "A Thief in the Night"**

*Location: Elim Heights Youth Camp, NSW.*

*For Further information contact Alasdair Pow on*  
[apow@sdarm.org.au](mailto:apow@sdarm.org.au) or

*Telephone: +61-(0)433 408 145*

**6-20 July, 2014**

### **Youth Department Fly-n-Build 2014**

*Elim Heights Youth Camp, NSW*

*For Further information contact Csongor Matyas*

*Email: [youth@sdarm.org.au](mailto:youth@sdarm.org.au)*

*Telephone or SMS: +61-430505934*



- 15-17 August, 2014**      **Queensland Conference Camp 2014**  
**"Lest We Forget"**  
*Location: Ewen Maddack Dam Recreation Centre, Landsborough, QLD*  
*For Further information contact Paul Chapman*  
*Email: [pchapman@sdarm.org.au](mailto:pchapman@sdarm.org.au)*  
*Telephone: +61-(0)7-3862-4803*
- 26-29 September, 2014**      **Western Australian Mission Field Spiritual Conference**  
*Location: Camp Logue Brook, Harvey Western Australia*  
*Register online at [wa@sdarm.org.au](http://wa@sdarm.org.au)*  
*Telephone: +61-(0)8-9377-3283*  
*Download Invitation Here: [www.sdarm.org.au/wa2014](http://www.sdarm.org.au/wa2014)*
- 3-6 October, 2014**      **NSW Youth Camp**  
*Location: 85 Grange Avenue Schofields.*  
*For Further information*  
*[mthiel@sdarm.org.au](mailto:mthiel@sdarm.org.au) or [lidia@sdarm.org.au](mailto:lidia@sdarm.org.au)*  
*Telephone: +61-(0)2-9627-7553*  
*Matthias Thiel mob: +61-(0)424 430 329*
- 26 October, 2014**      **NSW Youth Department Seminar - Communication**  
*Location: 85 Grange Avenue Schofields.*  
*For Further information*  
*[mthiel@sdarm.org.au](mailto:mthiel@sdarm.org.au) or [lidia@sdarm.org.au](mailto:lidia@sdarm.org.au)*  
*Telephone: +61-(0)2-9627-7553*  
*Matthias Thiel mob: +61-(0)424 430 329*
- 24-28 December, 2014**      **AUC Youth Convention 2014**  
*Location: Elim Heights Youth Camp, NSW*  
*For Further information go to*  
*[www.sdarm.org.au](http://www.sdarm.org.au)*  
*Telephone: +61-(0)2-9627-7553*

## GOOD TIDINGS E-NEWS

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