

AUSTRALASIAN GOOD TIDINGS

E-NEWS – July 2015 #41

Busy Bee at Elim Heights Youth Camp

Roof Replacement Elim Heights Youth Camp - 26 July 2015



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On the Sunday of July 26th 2015, nice and early in the morning to take advantage of the quiet, before any wind could pick up, a group of about 13 workers arrived at Elim Heights Youth Camp to change the roofing material on the main meeting hall.

Starting off in various teams, supervised by our roofing specialist, the job was performed in an orderly and fuss-free manner and was completed, much to everyone's satisfaction, within the day.

The job was performed in such a streamline way that while one team was removing screws, another was removing the rusted out sheets and another team was laying the new insulation in its place, followed by the new panels to be screwed down at intervals until all the panels were installed, and then all were screwed down thoroughly.



The wind threatened to thwart the work on a number of occasions, as it picked up quite fiercely; but the Lord was good to us, and the job was finished without any mishaps.

The old roof was removed and the new panels put in place before stopping for lunch, which was organised by the team of trusty cooks. After a delicious meal the roof panels were all screwed down thoroughly and the ridge fastened in place and the capping around the chimney completed.

A very successful and rewarding day's work was enjoyed by all.

Praise goes to our heavenly Father for once again providing able men and women to complete this much-needed task. Our meeting hall now has a new head covering; what with quality insulation and the new colourbond panels, it makes for not only a more comfortable building, but a better looking one too.

~ Reported by Rosetta Ilic

For more photos: <http://www.sdarm.org.au/?p=9579>

Photos courtesy of Danko Ilic

Beat Winter Blues

Wentworthville Cooking Class – July 2015



On July 20, Wentworthville church held their ongoing cooking class; the last one which was held in March. We had about 20 visitors who braced the cold to still come to enjoy a great night. Most visitors were regulars from past cooking classes, while few were new.

Our theme for this cooking class was "Beat Winter Blues, the Vegetarian Way" and so was

focused on boosting the immune system and demonstrating some healthy warm winter foods. This cooking class was a bit different as we presented half on home remedies and half on vegetarian meals. We presented three natural home remedies to boost the immune system when feeling down, as well as our vegetarian dishes.

As our health lecturer was running late, we decided to begin and present all our home remedies. Susan Lausevic began by presenting her “flu shot” and “cough syrup” which our guests enjoyed, some pulling faces. These were powerful remedies that could kick a flu/cold or cough right out of the system. Following this, Nadine Polistina presented a potassium broth to drink when feeling sick or down. This broth gives the body a break from eating but at the same time hydrates and boosts the cells of the body with enough energy to overcome whatever it is fighting. These were simple remedies which are very effective, and our guests were greatly impressed and appreciative.



In the meantime Dr. Gan arrived, who was our health lecturer for the night, and he gave an interesting talk on the immune system and what affects it and how to improve it. He mentioned a few factors that we seem to compromise in winter. Exercise was one, as days are shorter and colder, and we tend to be discouraged from spending ample time exercising. This prevents the blood from moving swiftly through the body. Sunshine was another factor, as we spend more time indoors, especially if our work is indoors. We are then prone to have less vitamin D, and this plays its own significant role in immune function. Another factor is nutrition. We may tend to eat a bit more unhealthy, fatty foods in winter, and so keeping the body in good shape is highly important. Another interesting point he mentioned was to make sure we wear scarves or keep our necks warm in winter. Why? Because the thyroid gland is also important in immune function, and if the neck is exposed to cold air, it can compromise the gland's efficiency. So make sure you keep your neck warm in winter! It was a great lecture, and we really appreciated Dr. Gan helping us with that, and our visitors greatly appreciated it and asked some questions during and after the class.

Our cooks did a fantastic job in presenting their dishes. Rosemary Voncina demonstrated a great kale salad, with all ingredients appropriate for “winter blues”; and she also demonstrated a hardy and delicious bean



stew. What is winter without having soup? Susan demonstrated a great tasting pea soup that was so quick and easy, and the guests loved it, with one commenting out loud that it was delicious. To finish, we demonstrated a dessert. Now this is not so easy when we talk about boosting the immune system, but this was presented more on the basis of a wholesome winter dessert that was still healthy and vegan. Nadine demonstrated this, and it was a pear cobbler, which actually can be for dessert or breakfast and is one dish that you can have several times in one week.



We had a busy time preparing and running the cooking class, and it finally came to an end. It was a great evening; the guests really enjoyed it and so did all those involved. We thank very much those who volunteered to help, as there were many more helpers than just the cooks themselves, working busily behind the scenes. Most of all we give thanks and praise and glory to God, for His grace extended toward us, which is sufficient for all our needs, and we just pray that this will be one more step toward sharing the gospel to these people and our community.

~ Domenic Polistina

Some of the recipes demonstrated:

Immune Boosters for Colds and Flu

Natural Antibiotic or Cough Syrup

INGREDIENTS:

- 1 glass jar with lid (approx. 500ml)
- 4 cloves garlic
- 1 onion
- 1 Tablespoon fresh lemon juice
- 2 drops eucalyptus oil (optional)
- Honey

METHOD:

1. Place onion and garlic in large chunks in jar. Pour honey over chunks until jar is 3/4 full. Add lemon and eucalyptus oil. Put lid on, and place in refrigerator for a few hours or overnight.
2. When ready to use, shake mixture. By this time it should be like thin syrup. Place a spoon in jar, and press down on chunks to just seep in the liquid on the spoon.
3. Take a couple of spoonfuls every 2-3 hours throughout the day followed by water or herbal tea. This syrup tastes quite pleasant.



Natural Flu Shot

Place in blender:

- 2 oranges (fresh juice)
- 1 lemon (fresh juice)
- 1 small piece fresh ginger
- 2 cloves garlic
- ¼ teaspoon cayenne pepper
- ¼ teaspoon turmeric powder



Blend all ingredients. Put in shot glass and drink down, followed by small cup of water or hot herbal tea. Take 3-4 times a day while symptoms last.

Potassium Broth

INGREDIENTS

500-600g potatoes, well washed (2-6 potatoes depending on size)

500-600g carrots

1 head garlic

1-2 stalks celery

1 medium onion

Pinch Himalayan salt

METHOD

1. Peel potatoes and place peelings into the saucepan. (Optional – you can add some of the potatoes cut in quarters.)
2. Peel carrots and roughly chop, along with garlic, onion, celery and salt into the saucepan.
3. Cover vegetables with water; bring to boil then lower heat and simmer for 2 hours.
4. Add water as needed to keep vegetables covered.

Garden Green Pea Soup

INGREDIENTS

1 bag of frozen peas

1 onion, chopped

2 cloves of garlic,

4 cups of water or vegetable broth

Salt to taste

½ cup cashew pieces (soaked)

Parsley leaves, for garnish

Cayenne pepper

METHOD

1. In a large pot add peas, vegetable broth, chopped onion, garlic and cook until broth just begins to simmer.
2. Working in batches, carefully transfer the soup to a blender, cover, and blend until pureed. Add a little more broth to the blender if needed. Return the pureed soup into a clean pot. Continue until all the soup is pureed.
3. Place cashews in blender; blend gradually adding a little water to make a creamy consistency. Pour cashew cream into soup and stir well.
4. Warm the soup again before serving.
5. Divide between bowls and garnish with parsley and cayenne (optional).

Pear Cobbler with Vanilla Custard

INGREDIENTS

4-6 ripe packham pears
¾ cup plain flour
¾ cup wholemeal flour
½ cup oats
½ cup desiccated coconut
2 tablespoons honey
1 teaspoon healthy baking powder
½ cup olive oil
½ cup rice milk
1 teaspoon vanilla extract



CUSTARD

5 level tablespoons corn flour
6 tablespoons honey
2 cups rice milk
1 cup water
1 teaspoon vanilla essence or extract

METHOD

1. Preheat your oven to 180°C; lightly grease baking dish.
2. Slice pears and arrange on the bottom of dish.
3. In a medium sized bowl prepare batter mix. Add the plain and wholemeal flours, oats, coconut, honey and baking powder. Fold in the olive oil. Mix in rice milk and vanilla extract until well combined.
4. Pour batter mix over the pears, spreading evenly and bake for 40 minutes or until top is golden brown.

Serve with custard and enjoy!

CUSTARD

1. Add all the custard ingredients to a saucepan and whisk vigorously until well combined and smooth without any lumps.
2. Place saucepan on the stove on medium low heat. Continue to whisk frequently for about 10 minutes until it slowly comes to the boil. Once boiling and slightly thickened, take off heat and set aside ready for use.

For more photos: <http://www.sdarm.org.au/?p=9481>

Baby Congratulations to the Araya Family

"For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well." Psalm 139:13, 14.

It is always wonderful to hear the news of a baby's arrival! Congratulations to Johnny and Rachel Araya on the arrival of their second baby girl, Evangelina Sienna Araya – a sister to Genessa Liliana.

When Jesus was on this earth, the children were drawn to Him, and He loved them. Parents also were eager to take their children to Jesus to have them blessed. We read of this in the Word of God, *"And they brought young children to him, that he should touch them: and his disciples rebuked those that brought them. But when Jesus saw it, he was much displeased, and said unto them, Suffer the little children to come unto me, and forbid them not: for of such is the kingdom of God. Verily I say unto you, Whosoever shall not receive the*



kingdom of God as a little child, he shall not enter therein. And he took them up in his arms, put his hands upon them, and blessed them." Mark 10:13-16.

Children are a gift of God. We pray that as in old times, Johnny and Rachel will also have the desire in their hearts to dedicate their children to the Lord. *"Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning."* James 1:17

May God bless your little family!

Here is an account of Evangelina's arrival written by Rachel Araya:

"Just for the record... We didn't plan it. Labour started around 1:30am Tuesday, 14th July 2015; and baby was born just after 2:30am.

We called my mum to come over and take care of Genessa, who was sleeping next door; amazingly, she slept through the whole thing even though she is normally a very light sleeper. That alone was a miracle!

Johnny was massaging pressure points on bottom of my feet while I was in bath to relieve the pain of contractions; it really worked wonders!

My mum arrived, and soon after that I tried to get out of bath to go to hospital; but as I got up, I realised baby was coming, so I got back in bath and called the ambulance. Since both, mum and Johnny, were panicking at the time, I tried answering the operator's questions amid contractions and pushing out the baby; and she tried her best to keep us calm and guide us through it all.

The operator didn't tell us that ambulance was on its way, so we assumed that she was going to help us deliver the baby via a phone call. In the meantime, Johnny was expecting my mum to take charge since being experienced in giving birth to eight children; but since mum was panicking, Johnny took charge and did an amazing job in delivering our baby in the bathtub and also in cutting the cord.

The ambulance arrived within minutes of baby being born and took us to the hospital for check-ups. They weighed Evangelina at 3.375Kgs.

We would like to praise the Lord for guiding us through this amazing experience and also for providing herbs such as raspberry leaf tea and prenatal herbal formula as well as foot reflexology to assist in pregnancy and with childbirth.

Now we have three family members born only one week apart from each other! Johnny on the 1/7, Genessa on the 7/7, and Evangelina on the 14/7.

We would like to praise the Lord for blessing us with two beautiful and healthy girls. Genessa, (Romanian form of Genesis) being the beginning of God's creation in our family, and now Evangelina Sienna Araya.

We were very surprised to find out that she was a girl, since almost everyone was telling us we were going to have a boy.

The name Evangelina is very significant to us because it means Angel, messenger of good news, and that is our greatest desire that we can raise our children to be missionaries for Jesus, to be little messengers of good news for Him."



Present Truth Perspective on The Pope's *Laudato Si'* Encyclical

On June 18, 2015 Pope Francis released an encyclical on the environment entitled, *Laudato Si'*. The document calls for discussion and dialogue on environmental issues. Francis stated, "There are certain environmental issues where it is not easy to achieve a broad consensus. Here I would state once more that the Church does not presume to settle scientific questions or to replace politics. But I am concerned to encourage an honest and open debate so that particular interests or ideologies will not prejudice the common good." (*Laudato Si'*, Sec 188)

A journalist at the New York Times has described the encyclical as "one of the shrewdest documents issued by the Vatican during the past century" and "has revealed Francis as a wily and sophisticated politician of the first order." (Paul Valley, *New York Times*, June 28, 2015, "The Pope's Ecological Vow")

While the stated intent of Francis, as head of the Roman Catholic Church, is not to "replace politics", it is evident that he most certainly hopes to rally believers who hold political power in the hope of addressing various environmental issues. These issues go far beyond a discussion of global warming. Francis states his opposition to abortion, embryonic stem cell research and population control – saying that respect for creation and human dignity go hand in hand.

"The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change." (*Laudato Si'*, Sec 13)

For Francis, that development includes the restoration of spiritual life in all of humanity, with Christ, in the form of the Eucharist, at its centre.

"The Eucharist joins heaven and earth; it embraces and penetrates all creation...Thus, the Eucharist is also a source of light and motivation for our concerns for the environment, directing us to be stewards of all creation." (*ibid*, Sec 236)

As used by Francis, the Eucharist is a reference to the Catholic belief that the communion bread and wine, once blessed by the priest, becomes the actual body and blood of Christ. In this belief, the Eucharist itself is adored and worshipped as the very presence of Christ.

Unfortunately, this idea of Eucharistic worship does not have a biblical basis. Ellet J Waggoner said as much in a note on Hebrews 10:20.

"Our Sacrifice is alive forever, and his blood is ever fresh, precious, incorruptible. 1 Peter 1:18, 19. This great truth is denied by the Catholics by their doctrine of transubstantiation. They affirm that there is no sacrifice now available for man, except upon their altars, where the water and wine are turned into the actual body and blood of Christ. In that doctrine the sacrifice of Christ is not even new, but needs ever to be renewed; the body and blood need a constant re-creating. By it the contrast between the daily offerings of the old law, and the one offering of Christ, is utterly destroyed." (Ellet J Waggoner, *Advent Review and Sabbath Herald*, March 11, 1890)

Alonzo Jones concurs with Waggoner in regard to the Eucharist.

"The Christian doctrine of the real presence is, 'Christ in you'.

"The Catholic theory of the real presence is, 'Christ in the eucharist.'

“The Christian doctrine of the real presence is, Christ in the believer by the creative power and overshadowing of the Spirit of God. The Catholic theory of the real presence is, Christ in the eucharist by the word of the priest.

“In the Christian doctrine of the real presence there is an inward change or conversion of the soul [of] the believer [him] self by the power of the Holy Spirit, by which [he] is made a ‘new creature.’ In the Catholic theory of the real presence there is what is called an ‘inward change or conversion’ of the bread and wine, or the wafer of the communion into the very flesh and blood of Jesus Christ by the word and at the will of the priest...

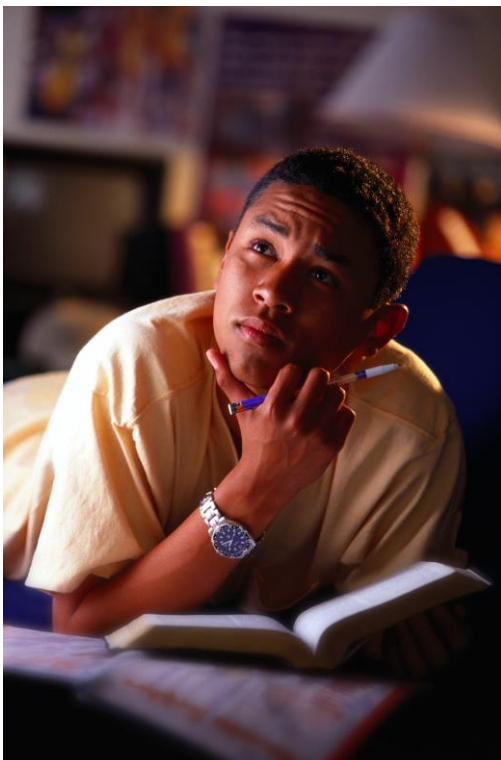
“The Christian truth of the real presence of Christ converts the soul of the believer: the papal dogma pretends to convert the bread and wine. The Christian truth of the real presence of Christ believed, makes man subject to God in everything: the papal dogma makes God subject to man in everything. The preaching of the Christian truth of the real presence of Christ in the believer, is the revelation of the mystery of God: the preaching of the papal dogma of the real presence is the proclamation of the mystery of iniquity.” (Alonzo T Jones, *Present Truth* (UK), July 19, 1894.)

However, what is of immediate interest to ourselves, is the next paragraph that follows the one on the Eucharist. Having explained why Eucharistic worship is fundamental to humanity caring for the environment, Pope Francis states,

“On Sunday, our participation in the Eucharist has special importance. Sunday, like the Jewish Sabbath, is meant to be a day which heals our relationships with God, with ourselves, with others and with the world.”

In Francis’ mind, “Sunday is the day of the Resurrection, the ‘first day’ of the new creation, whose first fruits are the Lord’s risen humanity, the pledge of the final transfiguration of all created reality. It also proclaims ‘man’s eternal rest in God’. In this way, Christian spirituality incorporates the value of relaxation and festivity.” (*Laudato Si’*, Sec 237) He concludes the paragraph by stating, “And so the day of rest, centred on the Eucharist, sheds it [sic] light on the whole week, and motivates us to greater concern for nature and the poor.” (Ibid)

For Pope Francis, the hope of humanity rests in a return to Eucharistic worship and rest on Sunday.



The fundamental error in this vision for humanity is the fact that “the Jewish Sabbath” is biblically the only true Christian rest that God has called us to honour. The seventh-day Sabbath stands as an eternal memorial to creation and the Creator. Ordained by God as day of rest and spiritual restoration (Genesis 2:3-4), the Sabbath was made for mankind, not just the Jew (Mark 2:27). A correct knowledge of Jesus, and His work as Creator and Redeemer, is essential to appreciate the significance of the biblical Sabbath. The LORD calls it, “My holy day” (Isaiah 58:13).

The same creative power that the biblical Sabbath reminds us of is the same power that regenerates and transforms us. That power is Christ, manifested today in the Word of God. As we feed upon the Word (the Scriptures), empowered by the Holy Spirit, we are transformed.

“But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” 2 Corinthians 3:18.

Note how the apostle Paul relates this change of character to God's power in creation.

"For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ."

It is the power of the Word that said, "Let there be light", and there was light. That same power speaks to our hearts and says, "Let there be the light of the glory of God", and there is that light. Where is it seen? "In the face of Jesus Christ." By beholding Jesus, in His Word, we are changed into the same image. Thus, the eternal purpose of God for us is fulfilled: That all those who have responded to the Gospel call, are conformed to the image of His Son (Romans 8:28, 29).

In this way, the mystery of the Gospel is fulfilled, namely, "Christ in you, the hope of glory" (Colossians 1:27).

Hence, the last message to the world today involves a call to worship God as Creator:

Revelation 14:7 "...Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters."

The true worship of God as Creator involves honouring Him on the day He has set aside to remember Him as Creator. Sadly, the vast majority of Christendom has forgotten that day.

While worshipping on Sunday has been a much revered church tradition, we find no biblical support for it whatsoever in the Old or New Testament Scriptures. The only day we as Christians are called to set apart is the seventh day of the week, namely Saturday.

Unfortunately, Pope Francis' efforts to "to bring the whole human family together to seek a sustainable and integral development" with Eucharistic worship on Sunday at its centre will not stop with mere appeals to the heart. Prophecy indicates that the whole of Christendom will be caught up in a political drive to enforce the "mark" of Roman Catholic authority.

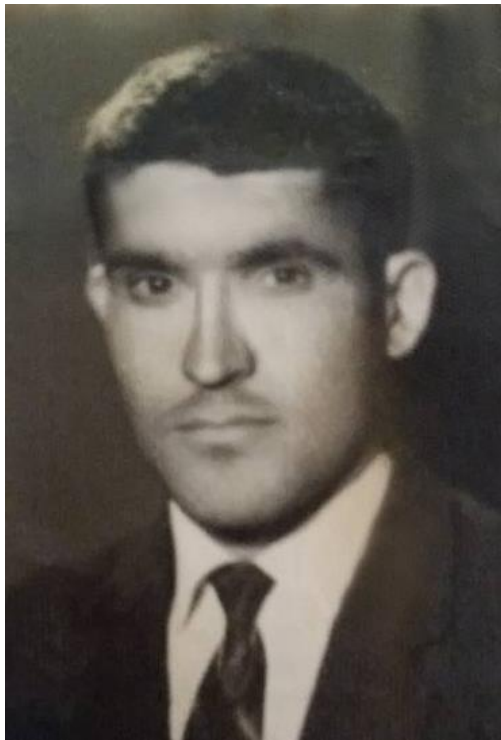
Sunday, as a day of rest, will be enforced upon the world. Natural disasters and cataclysmic climate events will be a major impetus in driving mankind to accept the appeals of the professed church, including legislating Sunday as the universal day of rest and worship.

Friend, we are nearer to these events than when we first believed. It is our prayer that each one of us will be found prepared for what is coming. By the grace of Christ, may we be found among that company of whom it is written, "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." (Revelation 14:12)



Condolences to the Stamenkovic Family

Zivojin (Jimmy) Stamenkovic – 25/8/1929 to 7 July 2015



We would like to extend our deepest sympathy to the Stamenkovic family on the loss of their loved one. May these verses found in God's Word be of comfort to you through this time of sadness, and may we all look forward to the resurrection morning when death will have no more power over God's children.

"For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him. For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord." 1 Thessalonians 4:14-17.

Eulogy by Allan Watkinson

Zivojin Stamenkovic, known in Australia as 'Jimmy' or 'Zika' was born in Velika Grabovnica, Leskovac, Serbia on the 25th August 1929. He was the oldest of three sons born to Spira and Zojka Stamenkovic; there were two younger brothers, Dusan and Stojan.

When Jimmy was about 2 years old, he could not walk, and his parents were told he would die soon due to ill health. His mother and father were instructed to take him to church as he would not last long. Going home from church while being carried, he asked to be let down as he wanted to walk. Unsteady on his feet, he started walking slowly. That was a big miracle for his parents; and by the grace of God, his life was extended almost up to his 86th birthday.

Due to being the eldest in the family, it was his duty to work and provide for his mother, father and brothers. His love for music interested him in playing the piano accordion, which he would play on various occasions at different gatherings. This is how he met his future wife Desanka Ilic. On the 2nd February 1953 they were married.

Jimmy and Desanka became parents to four beautiful children, Miriam, Dawn, Sandra and John. After the first three girls were born, Jimmy longed for a son; and he said he will not die till he had one. Finally the child they were praying for was born; a little boy, and they named him John.

Jimmy's life was hard in the village where he lived, so he decided to move to the city and there got himself a job as a crane operator for 14 years. Life was still very hard, as he was the only one working; then he thought, there must be a way out.

As he didn't like the snow and bitter cold where he lived, he heard of a country called Australia that didn't have that type of weather he experienced there. So on the 29th January 1970 Jimmy with all his family arrived in Sydney, Australia.

Coogee Immigrant Hostel was their home for but a short time. They then were taken in by a Christian family who cared for them.

Jimmy was employed by Malley's White Goods in Auburn and worked on the production line. He rode a pushbike to work every day as he never owned a car at that time.

Saving his income, he eventually bought a small house in Granville. In a few years he upgraded to a bigger house, and he moved... next door.

Due to a constant work load at Malley's, he finally received a repetitive work injury to his right arm which hindered him from continuing working.

In 1982 Jimmy heard of Moree Hot Springs, which would in his opinion help him. He arrived in the morning by train and that same day bought a house and that evening caught the train back to Sydney. He packed his Valiant Pacer until it was full to bursting and put his mattress on the roof. Living in Moree for over 30 years Jimmy took ill and had to go into Fairview Nursing Home where he was cared for. His wife who is fondly known to most as Baba joined him there in September 2014. Jimmy, though he was not well, never seemed to suffer. He passed away on 7th July 2015. We would like to thank all the staff who cared for him during his time with them.

Jimmy was a simple man, very friendly and cheerful with a big heart and a whistle that would start a train. He loved and adored his wife of 62 years; he always referred to her as 'my Desa'.

Jimmy is survived by his wife, four children, eleven grandchildren and four great-grandchildren.

May he rest in peace until Jesus comes.



Miriam, Sister Desanka, John, Sandra and Dawn

"Blessed are the dead which die in the Lord from henceforth...that they may rest from their labours; and their works do follow them." Revelation 14:13.

Winter Outreach - Woombye Qld

Winter Outreach 2015 – Sunshine Coast – Sabbath 27th June to Tuesday 30 June 2015



The Sunshine Coast Winter Outreach for 2015 was held at the Woombye Church in Queensland commencing on Sabbath 27th June. The Divine Service inspired the congregation for missionary work and provided the impetus for the next two days of outreach. After a combined lunch everyone spread around the small township of Woombye and letterboxed every home with the Great Controversy free book offer flyer. We then returned to the church to enjoy some herbal refreshments.

Over the next two days everyone enjoyed the blessing of working together, relaxing after the letterboxing during lunch and an evening of spiritual and physical food. We began by meeting at the church at 9:00am, singing and morning devotion, then spreading out in the Maroochydore area to letterbox. We then met in a park for lunch and recreation for young and old. We returned to the church to prepare the evening meal so it would be ready to eat as soon as the evening meeting finished. The meeting each night commenced at 5.00pm and



was delivered by Br Jacob De Souza entitled "Prophecy for Today" Part 1 and Part 2. The first night Br Jacob presented the prophecy of Daniel 2 and the second meeting showed the connection to Daniel 7 comparing



the four metals with the four beasts and the breaking up of Europe into to 10 kingdoms represented by the 10 toes. Proof was given to show the fulfillment of these prophecies and how they are taking place today. Just search the internet, "The UN divides the world into 10 regional groupings" and you will see how this has been progressing towards the New World Order for many years. The PowerPoint provided visual and interactive aids for participation from the audience and especially the young people. We all enjoyed the hot meal after the meeting on

the verandah as the winter weather was quite mild.

The excitement grew as on Tuesday we came together during the morning to train for presenting cooking demonstrations by Sr Monica Balarezo. Everyone participated in the preparation of five recipes, cutting and measuring, in readiness for the actual presentation scheduled for 2:30pm. Our small audience awaited with eagerness the lecture on “How to be a Vegetarian”, and the newly trained presenters demonstrated the vegan recipes. This was followed by an early tea enjoying the food prepared in the demonstration. The favourites were Raw Zucchini Noodles with Avocado Basil Pesto (which we borrowed from Schofields), Quinoa and Red Kidney Beans and the Refreshing Alkaline Chlorophyll Drink.



We have been very pleased to receive 11 requests so far for the Great Controversy books, and we pray that these souls may be touched by the information in the book.

The Outreach was a great blessing to all those who attended, and we appreciate the effort of the visiting families, young people, children and our local brethren and sisters who gave up their time to make it possible to reach out to our local community.

~ Reported by Sandra Barnett

Recipes demonstrated during the outreach:

Red Beans & Quinoa

INGREDIENTS

- 1 large onion
- Salt
- 1 green capsicum
- 2 stalks celery
- 2 tablespoons garlic
- 1 tablespoon dried thyme
- 2 x 425 gram cans kidney beans
- 4 cups low---sodium vegetable stock
- 2 cups quinoa
- 1 teaspoon capsicum flakes

PREPARATION

1. Place the onion, capsicum and celery in a large saucepan over medium-high heat. Cook, stirring occasionally and adding water 1 to 2 tablespoons at a time as needed to keep the vegetables from sticking, until the onions start to turn translucent, about 5 minutes.
2. Add the garlic and thyme and cook until the garlic is softened and fragrant, about 1 minute.

3. Add the kidney beans and vegetable broth. Bring to the boil over medium-high heat. Reduce the heat to medium-low and cook, covered, to allow the flavours to come together, about 10 minutes.
4. Stir in the quinoa. Season with salt and capsicum flakes, and simmer, covered, until the quinoa is cooked and the flavours are well blended, 12 to 15 minutes.
5. Taste and adjust the seasoning. Serve hot.

Refreshing Alkaline Chlorophyll Drink

INGREDIENTS

3 cups loosely packed baby spinach (that's about 3 large handfuls)
1 sprig fresh mint leaves
2 cups water or coconut water (we used the 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.

For more photos: <http://www.sdarm.org.au/?p=9427>

Condolences to the Zulic Family

Elsa Maria Zulic - 28th February 1936 to 24th June 2015



With sadness in our hearts, we extend our sincere condolences to Brother Giulio Zulic and family on the loss of your loved one. May you feel God's loving arms around you, strengthening each one during this time of sadness. Sister Elsa and her smile and kindness will be missed by many.

Be of good courage and look forward to the time when we will see her once again and together worship at Jesus' feet.

Memories of our Mother by Anna and Giulietta Allen

Our dearest loving mother, Elsa Maria was born in the outskirts of a hidden northern town in Chile named Quilitapia. Mother was known to her brothers and sisters by a nickname "PIO". They all gave each other a nickname; we as children called her 'Checha' or 'Chechita'.

Mother was privileged to have loving and caring parents that provided for their needs in a happy and safe home environment.

Mother grew up in a happy homely family circle of five brothers and four sisters. They interacted together and shared their early years on a farm that grandad owned. There they raised animals; mainly sheep and goats, and as a large family they all loved their country chores.

Although they left behind the country life to lead a city life, mother never forgot her place of birth where she grew up as a young girl to young lady. She loved to go back to visit and relive the memories left behind.

Her school years were memorable to her in many ways. She loved learning and going to school.

On one particular occasion, the teacher asked all the students to show their finished homework. Mother of course was proud to show her achievements. She held her exercise book up for the teacher to have a look, not realising that her exercise book was covered in ink patches. These are the kind of true stories she loved sharing with us.

While we were still back in Chile, mother worked as an assistant nurse until our destiny took a different path, which lead us to this country that we have now made our home.

Dad arrived in Santiago Chile on the 26th December 1955. As a new arrival he stayed at a migrant's hotel. There was a small cafeteria where our mother worked as a waitress. Dad, together with a group of migrants, walked into the cafeteria, and that was where he met our beautiful mother for the very first time. From then on they began a friendship that led them to a blossoming relationship, and within the next 18 months they decided it was best to get married. They took this very important step on the 31st July 1957 in the registry office of a small town called Pueblo Hundido.

Mother had 9 children, 19 grandchildren and 13 great-grandchildren here and abroad combined, and she was very proud of all of them.

The first couple of years in Australia, mother worked as a process worker. From this small beginning she then worked for the government as a school cleaner. She worked as a cleaner for over ten years. She then took early retirement.

Mother loved being in the company of others, whether at family or social gatherings, church activities, community and charity work here and overseas.

She loved gardening, growing flowers like roses, lilies and other flowers that to her were beautiful. She also had a passion for travelling, especially visiting our family back in Chile, reminiscing on stories of old times with people she loved and remembered.

Mother loved telling us stories that our very own grandad shared with her and her siblings when they were young. We loved and enjoyed hearing these personal stories, and there were never enough of them. We wanted to hear more and more. We would say: "Please mum tells us again another one of those stories that we loved to hear so much."



Our loving mother dear, we will always have you in our hearts. You have left with us your legacy of love, kindness, joy and all that you have taught us. We will strive to follow and achieve in your footsteps.

We will never, never forget you --'NEVER'. You gave us 'life', you carried us in the womb, and wherever you needed to take us, you did it wholeheartedly, leading us in the path of truth and right doing.

You will always be in our hearts knowing that on the resurrection morning we will see you again with Jesus our Redeemer by our side. 'What a reunion that will be!!!'

"But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope." 1 Thessalonians 4:13.

"For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. Wherefore comfort one another with these words." 1 Thessalonians 4:16-18.

God Saw You Getting Tired

God saw you getting tired
and a cure was not to be
So he put his arms around you
and whispered,
"Come to Me"

With tearful eyes we watched you
And saw you pass away
And although we love you dearly
We could not make you stay.

A golden heart stopped beating
Hard working hands at rest
God broke our hearts to prove to us
He only takes the best.

Reflections of my Mother by Giulietta Allen

I would like to share some memories of my mother as I was growing up. I can remember my mother being a very kind and loving person to us. She always wanted the best for us, making sure that we were always looked after and kept clean and tidy, especially when we went to school. She was a very good cook and always had family and friends visit, always serving them the best of what she had at home. They always commented about the lovely meals and of how lucky my father was to have such a great cook.

There were times when things were hard for her at home with so many children to care for. She would have ladies come to help out with the laundry, especially with nappies, as in those days there were no such things as disposables, and many times mum had two babies in nappies. These ladies were happy to help and accepted very small wages. My mum always set goals for herself in life. She was a business person. One time I can remember my mum started a business at home selling coal. Coal was very important in those days in Chile as winter was very cold. Another time she would make some sweet treats and wrap them in beautiful cellophane paper and pretty ribbons and we (especially myself) would take them to school and try to sell them to our school teachers.

The biggest and most important goal of all that my mother set was to come to Australia. She realised that her family was very important to her, and she wanted a better life for us all; so she talked it over with dad and they both decided to take that big step to immigrate to Australia. Mum started doing all the paperwork and legal documents and within two months we were all ready to leave our native country in Chile and were accepted to come to Australia.

On the 8th of April 1974 her dreams would come true, even though it would have been very hard leaving all her family behind. Until this day I will always thank my mother for bringing us into this beautiful country that we call our home today. We arrived here on the 10th April 1974.

Once here in Australia she worked very hard to earn a living by working as a process worker and a school cleaner. Then as the years went by they decided to move out of Sydney to the country where she lived until she became sick in 2011.



My mother was diagnosed with cirrhosis of the liver where she underwent many operations to make her life more comfortable. She spent many times in and out of hospital; and in late August 2013, I took her into my home and became her main carer, so she could be closer to the hospital and her appointments. My mother lived with me for almost two years. I saw my mother slowly deteriorate. We took her many times to the hospital and doctors' appointments. Despite all her sickness she always had a smile on her face and never once complained of her condition. Through her medical team, they arranged Blue Care Assistance and support for her daily needs. The Blue Care nurses would come three times a week, and they really loved her smile.

I learned many things about my mum while I cared for her, things or memories that I will never forget and will cherish forever. Unfortunately on the 12th of June 2015 (Friday), my mum had a very severe pain in her



abdomen. I was very worried, so I called the ambulance and mum was taken to hospital. I went to visit her each day. I could see that she didn't look well. I would ask her how she was feeling, and she would reply, "I feel tired and very sleepy and have no appetite"; but I still thought that she would recover as she always had done many times before. She spent three days in hospital and was discharged, but when we brought her home I was not impressed with her condition. That night was very stressful, as I felt she wasn't right. Early the next

morning we took her to her local GP, and he immediately called an ambulance. This time she was taken to Ipswich General Hospital. Doctors tried all they could, but she did not respond to treatment, and every day

that followed she got weaker and slept more each day. For five days she did not eat or drink, and on the 24th June in the early hours of the morning she passed away peacefully to her rest.

From left to right: Giulietta, Alex, Giulio, Br Giulio Zulic (father), Branco, Anna, John and Boris



General Conference Building Project – Roanoke, USA



Educational Centre – Roanoke, Virginia, USA

We praise God that the work has finally begun on the Educational Centre at the General Conference headquarters in Roanoke, Virginia. Funds are still needed for work to continue on this project. Your donations will be much appreciated. This can be given through the AUC SDARM treasurer.

For further information contact: Joe Voncina on (02) 9627 7553 or jvoncina@sdarm.org.au

"Christ will perform wonderful miracles if men will but do their God-given part". Christ Object Lessons p. 236.

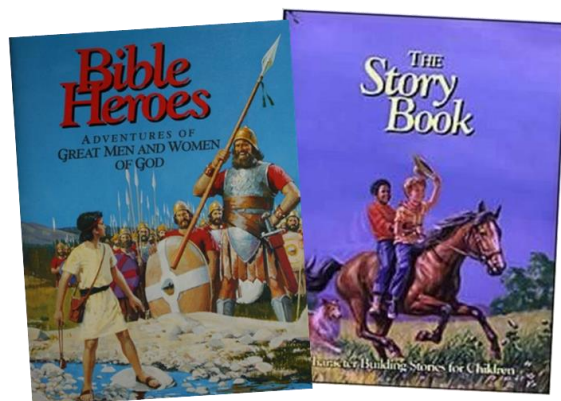
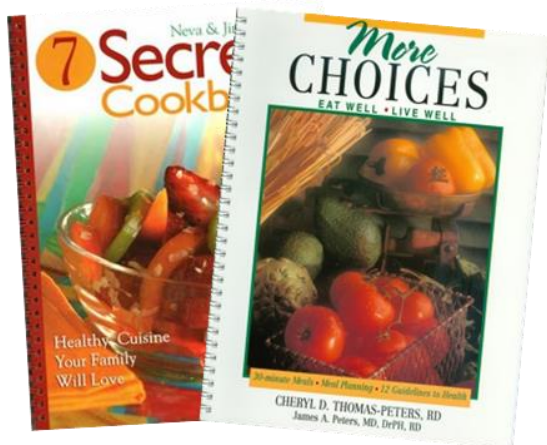


RLPA - News

These books are ideal for outreach and also for colporteurs. They make a lovely gift as each book is beautifully illustrated with colourful pictures. Paperback (magabook - magazine style)

These books are also available for purchase at colporteur price.

Please call Lizy on 02 9627 7553 for colporteur prices and purchases.



More Choices Cookbook	\$19.95
7 Secrets Cookbook	\$19.95
Plants that Heal	\$ 9.25
Foods that Heal	\$ 9.25
Desire of Ages	\$ 8.85
Great Controversy	\$ 8.60
Lessons for Living	\$ 9.25
(Christ Object Lessons)	
Happiness for Life	\$ 1.70
(Steps to Christ)	
Bible Heroes	\$ 6.80
The Story Book	\$ 7.80



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 Riverstone NSW 2765

EMC Missionary Training Program 2016

The theme for MTP 2016 is “Education in Service.” We are building on last session’s work in community programs, including health education.

To apply for MTP 2016, please download the following files and read over all the information. Then print and complete the application form, and return it to us prior to the **1st of November, 2015**. Please be sure to have the form signed by your local church elder or minister.

Forms may be downloaded from: www.sdarm.org.au/emc

- [MTP 2016 Info Flyer](#)
- [MTP 2016 Detailed Brochure](#)
- [MTP 2016 Application Form](#)

Post: PO Box 132 Riverstone, NSW 2765

Tel: +61-2-9627-7553 Fax: +61-2-9627-7554

Email: emc@sdarm.org.au

Cost, Location & More

Costs
AUS\$3,200 for the entire time, including lodging, meals, textbooks and consumables.
If you are coming from outside Australia, you will be responsible for your own airfares, visas and travel insurance (required).

Location
The training program will be held at Elim Heights Youth Camp (first four weeks), the SDA Reform Movement Australasian Union headquarters in Schofields, NSW and other field locations (for the practical experience portions).

Accommodation
Accommodation will be arranged as part of the program and will be covered in the cost of attending.

Contact

For more information, please contact via the following.

SDA Reform Movement
Missionary Training Program
PO Box 132, Riverstone, NSW 2765

Phone: Australia: (02) 9627-7553
International: +61-2-9627-7553
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Email: emc@sdarm.org.au

Missionary Training Program 2016

7th Feb – 12th June, 2016
Sydney, Australia

Elim Missionary College
*Seventh Day Adventist Reform Movement
Australasian Union Conference*

An intensive, short-term course designed to help prepare you for soul-winning.



Stand Up For Jesus! – QLD Camp Meeting 2015 Invitation

Every day we meet challenges to our faith as Christians. Whether it involves our beliefs, our standards, or our practices, these challenges are a constant threat to our call to “be in the world, but not of the world”. While we cannot escape our calling, we can meet the challenges it presents to us successfully. So how do we meet those challenges, and what will it cost us if we do? Come and join us as we discover together the answers to these questions and more. It is our hope that this weekend program will inspire you to “Stand Up For Jesus!” at home, at work, and at play—always.

Program commences Friday evening, 5:30pm for the Opening of the Sabbath (Sunset is at 5:49pm)

Topics and Worships include:

- A Stand Worth Taking (Friday Night)
- The World’s Greatest Need (Sabb Worship Service)
- Dare to Stand Alone! (Young People’s Meeting)
- Developing Your Spiritual Posture (Close of Sabbath)
- Black, White or Grey? (Sunday morning)
- When Families Fail
- The Challenge to Choose
- Armed to Stand
- Little Things
- When Jesus Stands For You

Group Discussions will be focused on applying the material presented in order to help you meet the personal challenges you face as a Christian in your everyday life.

Activities in Nature on Sunday afternoon.

Program concludes Monday morning after worship and breakfast. Clean-up and Checkout by 10:00am.

Day Visitors are welcome. Please [register now](#)!

For further information on prices and online registration: [QLD Conference 2015 Camp Meeting – Prices and Online Registration](#) (<http://my.sdarm.org.au/civcrm/event/register?id=11&reset=1>)

Email: gld@sdarm.org.au Tel: 0415 621 355

Coming Events Calendar

- 20-23 August 2015** **Sacred Music Congress**
Location: California USA
For further information contact: Jorai Cruz
Email: joraicruz@aol.com
- 25 Aug - 8 Sept 2015** **22nd GC Delegation Session – Delegates only**
Location: Wirtz, Virginia USA
For further information <http://gcsession.sdarm.org>
- 10-13 September 2015** **22nd GC Session Spiritual Meetings – Public**
“Christ Is All, and in All”
Location: Salem Civic Center, Taliaferro Complex, Salem, VA, USA
For further information <http://gcsession.sdarm.org/2015/>
- 2-5 October 2015** **Queensland Conference 2015 Camp Meeting**
“Stand Up For Jesus”
Location: Minden Retreat, 25 BOUGHENS Road, Minden Queensland
For further information contact: +61-(0)7-3862-4803
Email: qld@sdarm.org.au
- 18 October 2015** **Vegetarian Way Cooking Classes – 3:00pm - 6:00pm**
Location: Function Hall - Perth
6 James Street, Guildford, WA 6055
For further information contact: Luke
Mobile: 0411 250 852
Email: wa@elimhealth.org.au
- 25-29 December 2015** **Education and Family Camp – more info coming soon**
Location: Elim Heights Youth Camp, NSW, Australia
For further information email education@sdarm.org.au
Telephone: +61-(0)2-9627-7553
- 7 Feb – 12 June 2016** **2016 EMC Missionary Training Program**
“Education in Service”
Application forms available www.sdarm.org.au/emc

GOOD TIDINGS E-NEWS

Electronic Newsletter of the Seventh Day Adventist Reform Movement, Australasian Union Conference

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