

AUSTRALASIAN GOOD TIDINGS

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E-NEWS – September/October 2016 #53

Queensland Camp 2016

Baden Powell Park – Samford

9-11 September 2016



On Friday, the 9th of September, the Queensland churches and families gathered to a new, beautiful camp ground for the yearly field conference. Our conference theme was “True Religion”.

Friday afternoon, everyone started to gather and prepare for the start of camp and Sabbath. To begin with, we gathered together to open the Sabbath with a Bible study taken by Elisabeth Balarezo on “Defining True Religion”. After some spiritual food, we asked the

blessing, and we had a delicious dinner. After clean up Br Ben Thiel opened the conference with another Bible study on “Why So Many Religions?”

After a good, restful night, we were all up early for morning worship which was taken by Jared Chapman on “Useless Religion”. After a delightful breakfast, we cleaned up and got ready for Sabbath School.

Sabbath School was taken by Freddy Reyes, and then we separated into our different classes. After a break, we had the Divine Service taken by our guest speaker from Victoria, Nathan Tyler, on “Religion That Works”.

Sabbath lunch was busy and a good opportunity to catch up with old friends and visitors.

After lunch, we had Young People’s Meeting taken by Jessica Brown and Benji Fuenzalina on “Money in My Hands”.

It was wonderful to see so many young children, young people and adults sharing stories, musical items and lessons from life.



Straight after Young People’s Meeting came the highlight of the camp, the ordination of Br Jacob De Souza as an elder. It was a blessing to witness Br Jacob and his family giving their life in service to God. We pray that God will bless the De Souza Family in this important work for the Lord.



After a prayer to close Sabbath and a delicious dinner, there was a social evening taken by Luka Faumuina. In the social time, there were items, such as a bell choir; but the most interesting part was when we did personal interviews. It was very interesting to get to know some of the people that are new or some people we do not see often. After the social meeting, the young people stayed back and played some fun games.



Early the next morning we had morning worship taken by Jamie Squires on “Examples of True Religion”.

After breakfast, we had another Bible study from Br Jacob De Souza on “Revival of True Heart Religion”.

After a break, Br Ben walked us through a group workshop. For the workshop, we were split into five groups, and each got a topic. Then each group had to plan a five-minute presentation on the topic they were given. After a

bit of lunch, it was time for the activities. The activities revolved around the groups from the workshops that morning. Each group was placed in a certain location, and the rest of the camp members had to follow clues to get to each group and do the activities. After the group told their five-minute presentation, the group went with the rest of the main group to the next location. After all the groups had presented their topics, the group ended up at a chapel, where we closed the camp with a short talk from Br Ben Thiel and a prayer.

It was sad to go back and clean up and say good-bye to all the friends that were there. The camp was a blessing, and we all look forward to next year’s camp.



~ Reported by Jessica Brown

For more photos: www.sdarm.org.au/?p=12416

Message from the General Conference President

Dear brothers and sisters around the world,

Warm Christian greetings with the following inspired words: “Knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed. The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armor of light.... Put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof” (Romans 13:11, 12, 14).

Recently, I had the privilege of visiting some of our elderly pioneers. One of them said to me: “Brother Silva, every sunset we experience is a sign that the coming of the Lord is nearer.” When we knelt to pray, I realized that the main hope of that brother is to go home with Christ soon.

According to the inspired words of Paul in Romans quoted above, it is high time to awake out of sleep. Paul explains that: “now is our salvation nearer than when we believed.”

When we consider the real condition of our world—full of violence, corruption in all areas of life, diseases, family crises—we see that the prophecies are being speedily fulfilled.

What is our spiritual condition as individuals, families, and as a church? What kinds of things are occupying our minds? Is the Bible the book to which we are seriously giving our attention? How about our conversations? Are we talking about heavenly things? Or are we more concerned about our own houses, our car, our own business? In His sermon on the mount, Christ said: “Seek ye first the kingdom of God, and His righteousness; and all these things (food, clothes, etc.) shall be added unto you” (Matthew 6:33).

Which priorities became the focus of our minds in 2016? Which ones will be our priorities in the fast-approaching new year?

Let us keep in mind that we need to be ready every day for the coming of Christ. We cannot postpone our preparation, expecting that in the future we will be ready. Our need of preparation is today.

In Hebrews 3, we read the solemn words: “Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God. But exhort one another daily, while it is called today; lest any of you be hardened through the deceitfulness of sin. For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end; while it is said, today if ye will hear His voice, harden not your hearts” (verses 12-15).

To the believers in Colossae, Paul wrote: “If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with Him in glory” (Colossians 3:1-4).

Can we know the reality of our own spiritual life? Yes, we can.

In the book, *Steps to Christ*, Chapter 7: “The Test of Discipleship”, we find a very practical way to diagnosis our spiritual condition: “While the work of the Spirit is silent and imperceptible, its effects are manifest. If the heart has been renewed by the Spirit of God, the life will bear witness to the fact. While we cannot do anything to change our hearts or to bring ourselves into harmony with God; while we must not trust at all to ourselves or our good works, our lives will reveal whether the grace of God is dwelling within us. A change will be seen in the character, the habits, the pursuits. The contrast will be clear and decided between what they have been and what they are. The character is revealed, not by occasional good deeds and occasional misdeeds, but by the tendency of the habitual words and acts.

“It is true that there may be an outward correctness of deportment without the renewing power of Christ. The love of influence and the desire for the esteem of others may produce a well-ordered life. Self-respect may lead us to avoid the appearance of evil. A selfish heart may perform generous actions. By what means, then, shall we determine whose side we are on?

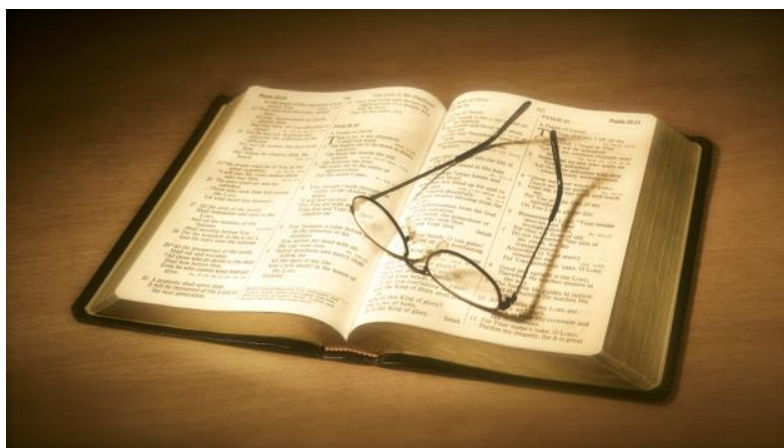
“Who has the heart? With whom are our thoughts? Of whom do we love to converse? Who has our warmest affections and our best energies? If we are Christ's, our thoughts are with Him, and our sweetest thoughts are of Him. All we have and are is consecrated to Him. We long to bear His image, breathe His spirit, do His will, and please Him in all things.

“Those who become new creatures in Christ Jesus will bring forth the fruits of the Spirit, 'love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance' (Galatians 5:22, 23). They will no longer fashion themselves according to the former lusts, but by the faith of the Son of God they will follow in His steps, reflect His character, and purify themselves even as He is pure. The things they once hated they now love, and the things they once loved they hate. The proud and self-assertive become meek and lowly in heart. The vain and supercilious become serious and unobtrusive. The drunken become sober, and the profligate pure. The vain customs and fashions of the world are laid aside. Christians will seek not the 'outward adorning,' but 'the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit' (1 Peter 3:3, 4).

“There is no evidence of genuine repentance unless it works reformation. If he restores the pledge, give again that he had robbed, confess his sins, and love God and his fellow men, the sinner may be sure that he has passed from death unto life.

“When, as erring, sinful beings, we come to Christ and become partakers of His pardoning grace, love springs up in the heart. Every burden is light, for the yoke that Christ imposes is easy. Duty becomes a delight, and sacrifice a pleasure. The path that before seemed shrouded in darkness, becomes bright with beams from the Sun of Righteousness.” —*Steps to Christ*, pp. 57-59.

Knowing our real condition and being conscious of what God expects from His believing children, let our goal for the new year be to set apart time to study God's word, meditate, and pray. May our homes be houses of prayer, a Bethel, so that soon we may be with our family in the heavenly home for eternity. Let us take the position of Joshua when he declared: “As for me and my house, we will serve the Lord” (Joshua 24:15).



I wish to all our brothers and sisters a blessed new year full of God's grace!

Cordially, in Jesus Christ,

Davi Paes Silva

Schofields Church Cooking Demonstrations

October 17, 24, 31

The Schofields Church held another series of three cooking classes during the month of October, Monday evenings, the 17th, 24th and 31st. Around eighty people attended these classes each night.

Since summer was just around the corner, the menu chosen was light and simple. Included in this series was a recipe for a very nutritious breakfast smoothie. What a wonderful way to start the day with all the ingredients that promote life! This can be enjoyed each day by the whole family (see recipe below).

We were very privileged to have Dr Robert Gan giving the first lecture in this series. Dr Gan introduced the topic "The Immune System". There is no doubt that the human body is wonderfully made; we can all join with David in praise to our heavenly Father as in Psalms 139:14 *"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."*



Br Domenic Polistina took the second lecture, which was about the importance of detoxing the body as an on-going practice.

The third and last Monday evening's lecture was once again taken by Dr Gan, and he continued with "The Immune System".

All lectures are available for viewing on YouTube:

Oct 17 – Dr Robert Gan – Immune System – Introduction

<https://www.youtube.com/watch?v=n1XoElmQFBY&feature=share>

Oct 24 – Domenic Polistina - Detoxing

<https://www.youtube.com/watch?v=oN838aeCzSs&feature=share>

Oct 31 – Dr Robert Gan – Immune System Continuation

<https://www.youtube.com/watch?v=Nm0kWEfwDA4&feature=share>

The dishes demonstrated during October were:

Breakfast Smoothie

Zucchini Potato Gems

Green Bean and Pine Nut Salad

Mixed Berries Raw Cake

Life-changing Loaf of Bread

Vegan Margarine

Beet Hummus

Olive Spread

Zucchini and Carrot Pasta

Tomato Sauce

Mango and Passionfruit Pudding

Stuffed Mushrooms

Tikka Masala

Curried Baby Potatoes

Carob Mousse

We would like to thank Dr Robert Gan and Br Domenic Polistina for taking time and coming to share their knowledge of the health message with us and the extended community.

During occasions like these, there is always a lot of preparation before, during and after the event; so a



huge “thank you” to all those who letterboxed invitations, those who helped preparing and distributing food samples, the ones who set up and cleaned the venue, those who served, those who played music before each session, those who welcomed the visitors and those who helped with the registrations and book stall. Thank you to Joe Voncina, Rosetta Ilic and Amy Gules for helping with the actual demonstrations.

Why not try a few of the recipes selected from this series:

Breakfast Smoothie

INGREDIENTS

Fruits for juicing:

¼ large pineapple

3 oranges – peeled

2 granny smith apples

Fruits for smoothie:

2 bananas

1 ripe pear

1 large slice papaya

1 small piece of ginger

Any other seasonal or preferred fruit

Greens, seeds and nuts for smoothie:

1 heaped tablespoon of barley grass or wheat grass

1 heaped tablespoons each of:



chia seeds
sesame seeds
linseeds
sunflower seeds
pepitas
8 almonds
8 walnut halves
1 handful of ice cubes (optional)

METHOD

Prepare your fruits for juicing.
Roughly chop fruits into the blender.
Juice pineapple, oranges and apples.
Pour juice into the blender.
Add seeds, nuts etc....
Blend until smooth.

This quantity makes approx. 2 litres of smoothie.

Zucchini Potato Gems

INGREDIENTS

3 large potatoes, peeled
2 zucchinis, about 2-3 cups grated
1½ teaspoons salt
Olive oil spray

METHOD

- Put potatoes into a large pot, and cover with cold water. Bring to the boil, and cook for 20-30 minutes, till fork tender but still firm. Drain water and cool potatoes till comfortable to handle. You want them warm.
- Preheat oven to 220°C. Grate potatoes on large side of grater and place in a large bowl. Grate each zucchini, and squeeze out the liquid using a clean tea towel. Place the zucchini into the bowl with the potatoes and add the salt. Mix everything together.
- Line a large cookie sheet with baking paper. Use your hands to form small cylinders with about 1 tablespoon of the mixture. Place the cookie sheet in the freezer for about 10 minutes to allow them to firm up.
- Spray the top of each gem with olive oil and sprinkle with salt. Bake the gems until browned and crispy, about 30 minutes, flipping halfway through. Serve with tomato sauce if desired.



Prep time 45min. Cooking time 30 min. Total time 1hr. 15 min.
Makes approximately 30

Life-changing Loaf of Bread

Original recipe by Sarah Britton

INGREDIENTS

1 cup sunflower seeds
½ cup linseeds
½ cup almonds
1½ cups rolled oats
2 tablespoons chia seeds
4 tablespoons psyllium husks
1 teaspoon fine-grain sea salt
1 tablespoon maple syrup
3 tablespoons melted coconut oil
1½ cups water



METHOD (Resting time 2 hours)

In a bowl combine all dry ingredients, mixing well.

Whisk maple syrup, oil and water together and add this to the dry ingredients; mix very well until everything is completely soaked.

Transfer mixture into bread tin lined with baking paper. Press down with the back of a spoon. Let sit out on the counter for at least 2 hours, or all day or overnight. To ensure the dough is ready, it should retain its shape even when you pull the sides of the paper away from it.

Preheat oven to 170°C. Place loaf pan in the oven on the middle rack, and bake for 20 minutes. Remove bread from loaf pan, place it upside down directly on the oven rack and bake for another 30-40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing.

Store bread in a tightly-sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

Stuffed Mushrooms

INGREDIENTS

½ cup wholemeal couscous
1 Massel chicken-flavour stock cube
¾ cup boiling water
10 mushrooms (BBQ flats)
1 tablespoon sunflower oil
1 large onion, chopped
2 cloves garlic, crushed
5 parsley sprigs
¼ cup walnuts
½ teaspoon salt
1 tablespoon psyllium husks
¼ cup Tofutti Better than Cream Cheese plain or vegan sour cream
Oil spray



METHOD

Into a small saucepan, place ½ cup couscous, stock cube and boiling water. Cover and simmer on top of the stove for 3 minutes. Leave until filling is almost ready.

Sauté Onion and garlic. Add remaining ingredients except for oil spray. Add couscous and mix well.

Wash mushrooms upside-down so the water does not make the middle soggy.

Lightly spray non-stick baking tray with oil spray.

Gently remove stems from mushrooms, and place them on oiled tray with brown side up.

Chop the mushroom stems very fine, and add to the filling mixture. Fill mushroom cups with mixture.

Bake in 200°C oven for approximately 20 minutes.

Carob Mousse

INGREDIENTS

2 tins black beans

¾ cup coconut oil

¾ cup maple syrup

½ cup carob powder

1 tablespoon Caro coffee

3 teaspoons vanilla extract

METHOD

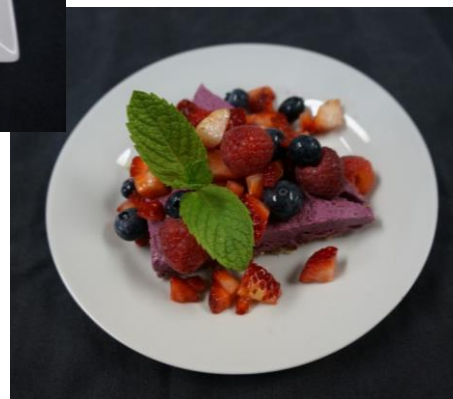
Place all ingredients into the blender. Blend until very smooth.

Pour into dessert dishes and refrigerate.

Serve with strawberries and cream.



~ Reported by Lidia Voncina



For more photos: www.sdarm.org.au/?p=12312

Western Australia Spiritual Camp

Righteousness by Faith

21-23 October 2016



Members and friends gathered at the annual spiritual conference this year to consider the topic of "Examine Yourself: Whether You be in the Faith". It was a beautiful setting with the camping site just facing the beach in Busselton, about 2 hours south of Perth.



The topics covered were well connected and served to strengthen our faith in God. Faith in the Word of God is the very foundation of the Christian life, and everything else extends from it. The apostle Peter writes, "add to your faith" virtue, etc. We are either in unbelief or in belief. These are the only two possibilities. The truth of righteousness by faith and how this relates to obedience was dwelt on in the various topics presented.



You can listen to audio or read the transcript of our meetings here:

<http://guildford.church/2016-wa-field-conference/>

God bless,
Gerson.

2016 Western Australian Field Conference
Seventh Day Adventist Reform Movement

EXAMINE YOURSELVES

whether ye be in the faith

21.10.16
21-23 October, 2016
(Friday to Sunday)

"Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?" **2 Corinthians 13:5**

Venue: Busselton Baptist Camping Centre
196 Caves Rd, Siesta Park WA 6280

Register:
Ph: 0413 520 381

Cost:
Under 5: free
5-12: \$65
13-Adults: \$82

Cost is per person for the whole weekend and it includes food. Day visitors are encouraged to donate \$20 per day as a means to cover extra food costs.
Call Linda Newman to register: 0413 520 381.

Baptism – Melbourne, Vic

Gabriel Ghervase - 15 October 2016



Sabbath 15th of October was a special day. Members and visitors from churches and families all over Victoria came together for the day of Gabriel Ghervase's baptism. Gathering at Sunbury church at 2pm, Nathan Tyler gave a message about the Christian "run." It was wise instruction for the new runner as well as those nearing the last lap...we learned how to run, where to go for strength to run and who wins the race.

The sermon was followed by a few recommendations in favour of Gabi's baptism, and then we all piled into the cars and headed about 3kms up the road to a river reserve called "The Nook". The sun was out (praise God), and the place was picturesque: the wide, meandering river making its way alongside the large gums and mown hills of the park. It appeared to be relatively free from other people until we realised just a little up the hill someone else had liked the place enough to decide to get married there the same day. Not desiring to impose on their ceremony, we promptly assembled on the riverbank and sung the chosen hymns while Nathan baptised our brother in the waters of "Jackson's creek."



The ceremony was soon over, and we headed back to the church where Gabriel was welcomed in with the Scripture verse Psalm 76:16, "I will go in the strength of the Lord God: I will make mention of thy righteousness, even of thine only."

We were all so happy to see another soul make his public commitment to Christ and the faith, and we hope hearts were touched with the desire to follow his example and surrender all to Jesus. God bless you Gabriel!

~ Reported by Adriana Stanciu

Wedding Congratulations

Jade and Adriana Wales – 11 October 2016



On a drizzly Tuesday morning, many prayers went up to God on behalf of Jade and Adriana to hold back the rain until the wedding service was over... and our gracious and wonderful Heavenly Father did more than that; the rain held back until the reception was over and everything was packed up.

During the ceremony, guests sat beneath a beautiful wisteria arch which was placed in the middle of the stunning Alowyn Gardens; what a way to witness the joining of two lives in wedlock.

As part of the service Adriana and Jade had a chord ceremony where they joined three ropes together signifying themselves and Jesus. Jade and Adriana's favourite Bible verse is found in Ecclesiastes 4:12 *"A cord of three strands is not easily broken."*

The sun shone through the archway just as the vows were spoken. Jade's siblings presented a singing item while the documents were signed.

The reception afterwards was held at the same venue. The bride requested that a sugar-free, vegan meal be

served. While guests enjoyed this delicious banquet, Larry Ah-ching (MC) invited those with speeches and items to give their presentations.

We wish to send our congratulations to Adriana and Jade Wales on their Wedding!

May God be the magnetic centre which holds your union together.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." 1 Corinthians 13:4-8 1st part. (NIV)



~ Reported by Lidia Voncina



Invitation: AUC Spiritual Conference - “Soul Anchors”

When the storms hit and the winds blow, everything without an anchor is blown away. So it is in the spiritual world. Today, every wind of doctrine is blowing. Souls are carried away with all kinds of false teachings. Others are taken away by temptation and trial. The spiritual vitality of many more is just choked out by the cares of this life. So how can we withstand this spiritual onslaught? How can we hold fast through the spiritual storms that come our way. How can we make our calling and election sure? Come and find out at our 2016 AUC Spiritual Conference entitled,

Storm Anchors

What are “storm anchors”? These are spiritual truths that become anchors for our soul.

For this camp meeting each speaker has been asked to share an aspect of present truth that has become an anchor to their own soul. As they share these truths, it is our prayer that they will become an anchor for your soul too.

So please come and join us for three days of Christian fellowship and discovery amidst the beautiful surrounds of Elim Heights Youth Camp, NSW, from 28-31 December, 2016.

[Download Invitation](#)

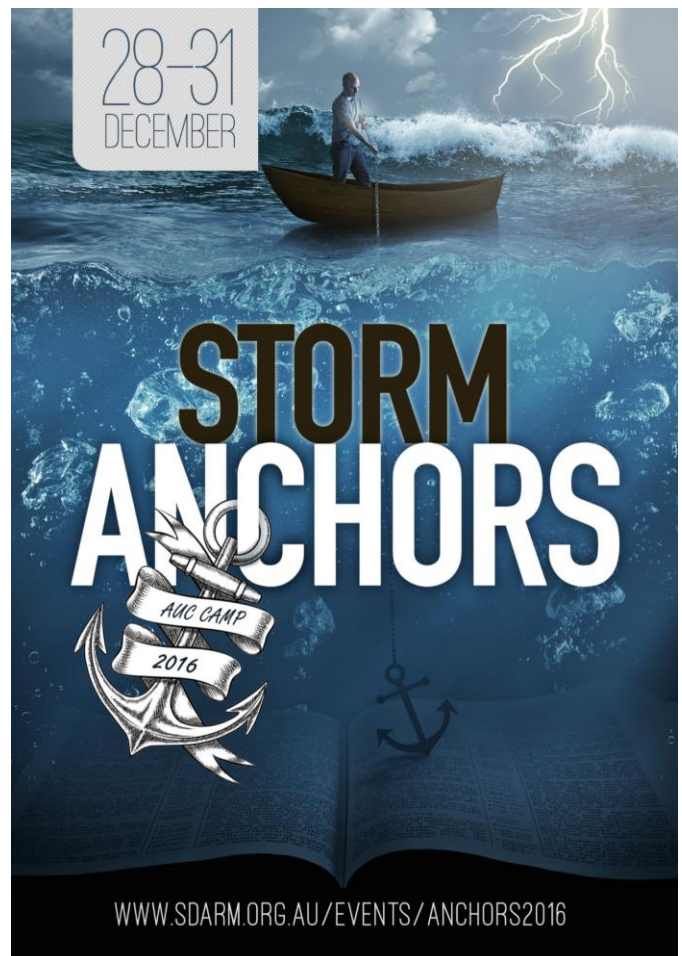
"Which hope we have as an anchor of the soul, both sure and steadfast, and which entereth into that within the veil." Hebrews 6:19

For further information including **costs and online registration** go to:

<http://www.sdarm.org.au/events/anchors2016/>

Or call (02) 96277553

“Many who embraced the third message had not had an experience in the two former messages. Satan understood this, and his evil eye was upon them to overthrow them; but the third angel was pointing them to the most holy place, and those who had had an experience in the past messages were pointing them the way to the heavenly sanctuary. Many saw the perfect chain of truth in the angels’ messages, and gladly received them in their order, and followed Jesus by faith into the heavenly sanctuary. These messages were represented to me as an anchor to the people of God. Those who understand and receive them will be kept from being swept away by the many delusions of Satan.” *Early Writings*, p. 256.



Activity Report from Werribee

For several weeks now the local members and supportive interests living in the Werribee area have been actively planning to expand our presence. Following a planning meeting held recently, we are now reaching out into the community where new contacts have been established, and programs designed to meet the needs of locals have been well received. We also hold a weekly prayer meeting in members' homes.

With very few exceptions Sabbath services are being held each week, and we now have regular weekly visitors and interests attending. Varying in number each Sabbath, we still have an average of 12-15 in attendance. We generally have an activity each Sabbath afternoon, and these afternoon outreach programs are varied to encourage those around us.

A sample of activities are as follows:

September 3rd - Door to door around our local church using the Bible example of two by two. The purpose being to make contact for invitations to fellowship or survey of what individual interests may be, i.e. vegetarian cooking classes, depression recovery, quit smoking classes and other health-related matters.

September 10th – Outreach to a local nursing home where about 20 of us presented musical items and left each resident with a small gift. We were very well received and were invited back again each month. We have visited twice to date.



September 17th – Door to door again. We conducted further surveys on health and spirituality and also shared invitations to locals for 'Getting To Know God' Bible study evenings once a week.

September 24th – The council had another use for our worship rooms, so time was spent at the Laverton market where we set up a stand. We sang hymns, engaged in conversation with the locals and handed out several boxes of literature, DVD's and tracts. Blessings all round.

These outreach programs will continue throughout each month by God's grace. Following the 'Week Of Prayer' in December, we will be running a prophecy seminar from 12th to the 18th. 'Meltdown to Eternity' is the title of the seminar, and early next year we are planning another 'Depression Recovery Program'. More details early in the new year.

God is blessing our efforts here in Werribee.



Above Photo: Stand at Laverton market

~ Br Geoff McCutcheon

Christmas is Coming!!!

Christmas

“ ‘Christmas is coming,’ is the note that is sounded throughout our world from East to West and from North to South. With youth, those of mature age, and even the aged, it is a period of general rejoicing, of great gladness. But what is Christmas, that it should demand so much attention?” *The Adventist Home*, p. 477.

Well before time, there will be tinsel in the shops and Christmas Carols serenading the shoppers. There will be an atmosphere of goodwill and everyone seems a little more pleasant and relaxed. Festivity is in the air. Many toy/gift catalogues will enter your mailbox advising you of how to spend your money on the ones you love and Santa Claus’ merry face and his elves will be dancing over their pages. The banks willingly come to the aid of the gift-givers, and many a home will pay for Christmas long after the season is over. What does all this mean to you and especially to our youth and little children?

Where did all this festivity and goodwill begin? Since its introduction Christmas has evolved into a symbol of peace and joy, family gatherings and exchange of gifts, entertainment and feasting. Santa Claus is a jovial mascot of goodwishes and cheer with decorations and tinsel evergreens decked for the child’s delight. Let us refresh our memories on the origin of the season.

The Origin & History of Christmas

“The first mention of the celebration of Christmas occurred in AD 336 in an early Roman calendar, which indicates December 25 as the day of observance. This celebration was probably influenced by pagan (non-

Christian) festivals held at that time. The ancient Romans held mid-winter celebrations to honour Saturn, their harvest god; and Mithras, the god of light. Various peoples in northern Europe held festivals in mid-December to celebrate the end of the harvest season. As part of all these celebrations, the people prepared special foods, decorated their homes with greenery, and joined in singing and gift giving. These customs gradually became part of the Christmas celebration." *1999 World Book Encyclopedia*.

The Origin of Christmas Customs

Santa Claus. Saint Nicholas, (A.D. 300's), is a popular saint of the Catholic church. He was Bishop of Myra in Lycia, on the coast of Asia Minor, and is the patron saint of sailors, travellers, bakers, merchants, and especially children.

"By 1100, Saint Nicholas had become a popular symbol of gift giving in many European countries. According to legend, he brought presents to children on the eve of December 6. Nonreligious figures replaced Saint Nicholas in certain countries soon after the Reformation, and December 25 became the day for giving gifts." *Ibid*.

"The first Dutch settlers who went to America maintained their custom of celebrating the saint's feast day on December 6. They told their children that the saint visited their homes and left gifts on Saint Nicholas Eve. In time, English settlers adopted the legends and festivities associated with Saint Nicholas. English-speaking children spoke the Dutch name for the saint, Sinterklaas, quickly and excitedly so that it sounded like Santy Claus or Santa Claus." *Ibid*.

"The popularity of Christmas grew until the Reformation, a religious movement of the 1500's. This movement gave birth to Protestantism. During the Reformation, many Christians began to consider Christmas a pagan celebration because it included nonreligious customs and during the 1600's Christmas was outlawed in England and in parts of the British colonies in America. However, people continued to exchange Christmas gifts and soon started to follow the other old customs again." *Ibid*.

Christmas tree. "The Christmas tree probably developed in medieval Germany from the 'Paradise Tree,' a type of evergreen. This tree, decorated with red apples, was used in a popular Christmas play about Adam and Eve. By 1605, many German families decorated their homes with evergreens for Christmas. They decorated the trees with fruit, nuts, lighted candles, and paper roses." *Ibid*

Today the trees are decorated with tinsel, bright ornaments, flashing lights and sweets. A star is mounted on top of many Christmas trees to represent the star that led the wise men to the stable in Bethlehem where Jesus was born.

Christ's Birth.

Historically, "According to a Roman almanac, the Christian festival of Christmas was celebrated in Rome by A.D.336. In the Eastern part of the Roman Empire, however, a festival on January 6 commemorated the manifestation of God in both the birth and the baptism of Jesus, except in Jerusalem, where only the birth was celebrated. During the 4th century the celebration of Christ's birth on December 25 was gradually adopted by most Eastern churches. In Jerusalem, opposition to Christmas lasted longer, but it was subsequently accepted. In the Armenian Church, Christmas was never accepted; Christ's birth is celebrated on January 6." *Encyclopaedia Britannica*

"The exact day and year of Christ's birth have never been satisfactorily settled, but when the fathers of the church in AD440 decided upon a date to celebrate the event they wisely chose the day of the winter solstice

which was firmly fixed in the minds of the people and which was their most important festival. Because of changes in man-made calendars, the time of the solstice and the day of Christmas vary by a few days." *Encyclopaedia Britannica, Vol.5, p.643.*

From these reputable sources it becomes obvious that various non-Christian traditional celebrations during December in the early centuries have been adapted by most Christian religions of today. Many Christians have questioned its legitimacy. Today, we as reformers need to understand not only the origin of Christmas, but its influence upon our children and us as it is celebrated today.

Was Christ's birth intended by God to be a focus of celebration?

"The **twenty-fifth of December is supposed to be the day of the birth of Jesus Christ, and its observance has become customary and popular.** But yet there is no certainty that we are keeping the veritable day of our Saviour's birth. History gives us no certain assurance of this. The Bible does not give us the precise time. Had the Lord deemed this knowledge essential to our salvation, He would have spoken through His prophets and apostles, that we might know all about the matter. But the silence of the Scriptures upon this point evidences to us that it is hidden from us for the wisest purposes.

"In His wisdom the Lord concealed the place where He buried Moses. God buried him, and God resurrected him and took him to heaven. **This secrecy was to prevent idolatry.** He against whom they rebelled while he was in active service, whom they provoked almost beyond human endurance, was almost worshiped as God after his separation from them by death. **For the very same purpose He has concealed the precise day of Christ's birth, that the day should not receive the honor** that should be given to Christ as the Redeemer of the world - one to be received, to be trusted, to be relied on as He who could save to the uttermost all who come unto Him. The soul's adoration should be given to Jesus as the Son of the infinite God."

"**There is no divine sanctity resting upon the twenty-fifth of December;** and it is not pleasing to God that anything that concerns the salvation of man through the infinite sacrifice made for them, should be so sadly perverted from its professed design." *The Review and Herald*, December 9, 1884 (emphasis supplied).

From my first introduction to Reform it has been an honour to be among a people who are not caught up with the customs and practices of the world – to be part of a people who are endeavouring to practice the Spirit of Christ, rather than a worldly spirit of festivity with a price tag. But my early experience was not free from anguish. I come from a large and close-knit family where Christmas meant family reunions and expressions of love in giving of gifts. It was not easy to break this tie with my family, knowing that it would cause pain to those I loved. This issue arises in many hearts and homes as we approach the season. "How can I hurt those I love. They will not understand." Let us prayerfully consider how the servant of the Lord advises us in these matters.

Focus on Christ, Not on the Festivity

"Even Christmas, the day observed professedly in honor of the birthday of Christ, has been made a most effective means of turning the mind away from Christ, away from his glory. **If Christmas is kept at all,** it should be kept in a way that will be in harmony with its significance." *Ibid.*, December 9, 1890 (emphasis supplied).

"Christ should be the supreme object; but as Christmas has been observed, the glory is turned from him to mortal man, whose sinful, defective character made it necessary for him to come to our world. Jesus, the Majesty of heaven, the royal King of heaven, laid aside his royalty, left his throne of glory, his high

command, and came into our world to bring to fallen man, weakened in moral power, and corrupted by sin, aid divine.

"Parents should keep these things before their children, and instruct them, line upon line, precept upon precept, in their obligation to God,--not their obligation to each other, to honor and glorify one another by gifts and offerings. But they should be taught that Jesus is the world's Redeemer, the object of thought, of painstaking effort; that his work is the grand theme which should engage their attention; that they should bring to him their gifts and offerings. Thus did the wise men and the shepherds." *Ibid.*, December 9, 1884.

"In celebrating Christmas, fathers, mothers, children, and friends are diverted from the great object to which the custom is attributed. They give their whole attention to the bestowal of gifts upon one another, and their minds are turned away from the contemplation of the Source of all their blessings both spiritual and temporal. In their attention to gifts and honors bestowed upon themselves or their friends, Jesus is unhonored and forgotten." *The Bible Echo*, December 15, 1892.

Clearly, Christmas is a pagan festival that has become a custom of the professed Christian world. In adopting this custom, nominal Christians have attached a religious significance to it, but have failed to focus adequately on the true meaning the celebration should call to mind. There may be many opportunities during this time for Christians to improve upon the world's traditions, but we need to be keenly aware of the influence such action has upon our children and youth. When we try to improve upon a custom, there is danger that our efforts are perceived to be an acceptance of the custom at large and everything that is attached to it. This is especially so, when formerly we have had nothing to do with the custom.

Unselfish Giving for the Right Reasons?

"The holidays are approaching. In view of this fact, it will be well to consider how much money is expended yearly in making presents to those who have no need of them. The habits of custom are so strong that to withhold gifts from our friends on these occasions would seem to us almost a neglect of them. But let us remember that our kind heavenly Benefactor has claims upon us far superior to those of any earthly friends. Shall we not, during the coming holidays, present our offerings to God? Even the children may participate in this work. Clothing and other useful articles may be given to the worthy poor, and thus a work may be done for the Master." *Messages to Young People*, p. 311.

"Shall presents be purchased, and money be expended for unnecessary things, and no wisdom be manifested in the outlay of God's intrusted means? Will parents come out from the world and be separate from its customs? Let them obey the injunction of God, and put forth judicious labor properly to train and educate the young in true knowledge and wisdom." *The Review Herald*, November 13, 1894.

"You can teach your children a lesson while you explain to them the reason why you have made a change in the value of their presents, telling them that you are convinced that you have hitherto considered their pleasure more than the glory of God. Tell them that you have thought more of your own pleasure and of their gratification and of keeping in harmony with the customs and traditions of the world, in making presents to those who did not need them, than you have of advancing the cause of God. Like the wise men of old, you may offer to God your best gifts, and show by your offerings to him that you appreciate his Gift to a sinful world. Set your children's thoughts running in a new, unselfish channel, by inciting them to present offerings to God for the gift of his only begotten Son." *Ibid.*

The Christmas Tree

“It is our privilege to depart from the customs and practices of this degenerate age”, says Sister White, referring to the celebration of Christmas. (Ibid., December 11, 1879). “Let the gifts be placed in the Lord’s treasury” she adds. (Ibid., December 9, 1884).

Referring to the two isolated statements some use to endorse the world’s yearly custom of erecting a Christmas tree, we need to understand the ramifications of going backward in our experience and to understand the consequences of its use. “Shall we have a Christmas tree? Will it not be like the world? We answer, You can make it like the world if you have a disposition to do so, or you can make it as unlike the world as possible. There is no particular sin in selecting a fragrant evergreen, and placing it in our churches; but the sin lies in the motive which prompts to action, and the use which is made of the gifts placed upon the tree.” Ibid., December 11, 1879. A similar statement is found in *The Review and Herald*, December 9, 1884.



Both statements condemn the ‘worldly policy of gift giving’ and the ‘wrong motives’ in the common practise of raising ‘Christmas trees’ in the churches. To use these statements to justify ‘the introduction’ of the world’s practice into the church is unwise. The churches were already in the practise of celebrating Christmas. They were already in the practise of ‘raising Christmas trees’ in their churches. The churches were already degenerated to the world’s level. It is no wonder that she stated, “**If Christmas is kept at all**, it should be kept in a way that will be in harmony with its significance.” Ibid., December 9, 1890, (emphasis supplied). Sr White was not even convinced on the benefit of keeping a day that God’s Word did not endorse (see *The Review and Herald*, December 9, 1884). Yet she used the popular symbol of the world’s festivity to refocus minds on the world’s Redeemer, true benevolence and self-sacrifice.

Any form of imitation of the world’s practise has been foreign to us as a people, for we have always endeavoured to project Christ and the spirit of unselfish Christ-like service. To endorse the use of the Christmas celebration would be deleterious upon our young people. Such an example would be irresponsible – as the ramification would be unfavourable to spirituality.

If the church is striving for unselfish benevolence without the use of the symbol of the world’s festivity, then why use the world’s symbol to that end if it will break down the high, noble barriers against the world? Isn’t it better to keep these strong influences of the world out of the church? To follow the instruction as outlined by God’s servant is to bring your means, money and cheques to be placed before the Lord as a gift to God’s cause.

When I have seen little children colouring in Christmas trees with its tinsel and decorations during the festive season, it saddens me that their focus is upon the worldly aspects of Christmas rather than upon the beauty of Christ. Are parents conscious of the influences moulding the minds of their little ones?

When the symbols of festive decorations begin to adorn the homes, the shops and the cities, be assured that the impressions imprinted upon the minds of children and youth is not the character up-building of the Christ in the Bible. The season is encrusted with forms of idolatry with no Biblical support.

"Thousands of dollars will be worse than thrown away upon the coming Christmas and New Year's in needless indulgences. But **it is our privilege to depart from the customs and practices of this degenerate age**; and instead of expending means merely for the gratification of the appetite, or for needless ornaments or articles of clothing, we may make the coming holidays an occasion in which to honor and glorify God." Ibid., December 11, 1879.

The True Spirit of Worshipping Our Saviour

Dear Brothers and Sisters, as we approach this season once again, let us determine to use every opportunity it presents to us to truly worship our Saviour. Christmas, with all its intended symbolism, is lost to display, commercialism, aggrandizement and festivity. Irrespective of argument and evidences by the nominal Christian world for or against the genuineness of the day being the birth of Christ, commercialisation has taken it over.

History reveals that the origin of Christmas is clearly from pagan sources. The nominal Christian world has been caught up by this counterfeit day of celebration. Scripture has not revealed a birthday to be celebrated for the birth of Christ. And we do not need to mimic the world by departing from the simple practise of worship which is in harmony with God's Word.

*"Thus saith the LORD, Learn not the way of the heathen, and be not dismayed at the signs of heaven; for the heathen are dismayed at them. For the customs of the people are vain: for **one cutteth a tree out of the forest, the work of the hands of the workman, with the axe. They deck it with silver and with gold; they fasten it with nails and with hammers, that it move not. They are upright as the palm tree, but speak not: they must needs be borne, because they cannot go. Be not afraid of them; for they cannot do evil, neither also is it in them to do good.**" Jeremiah 10:2-5.*

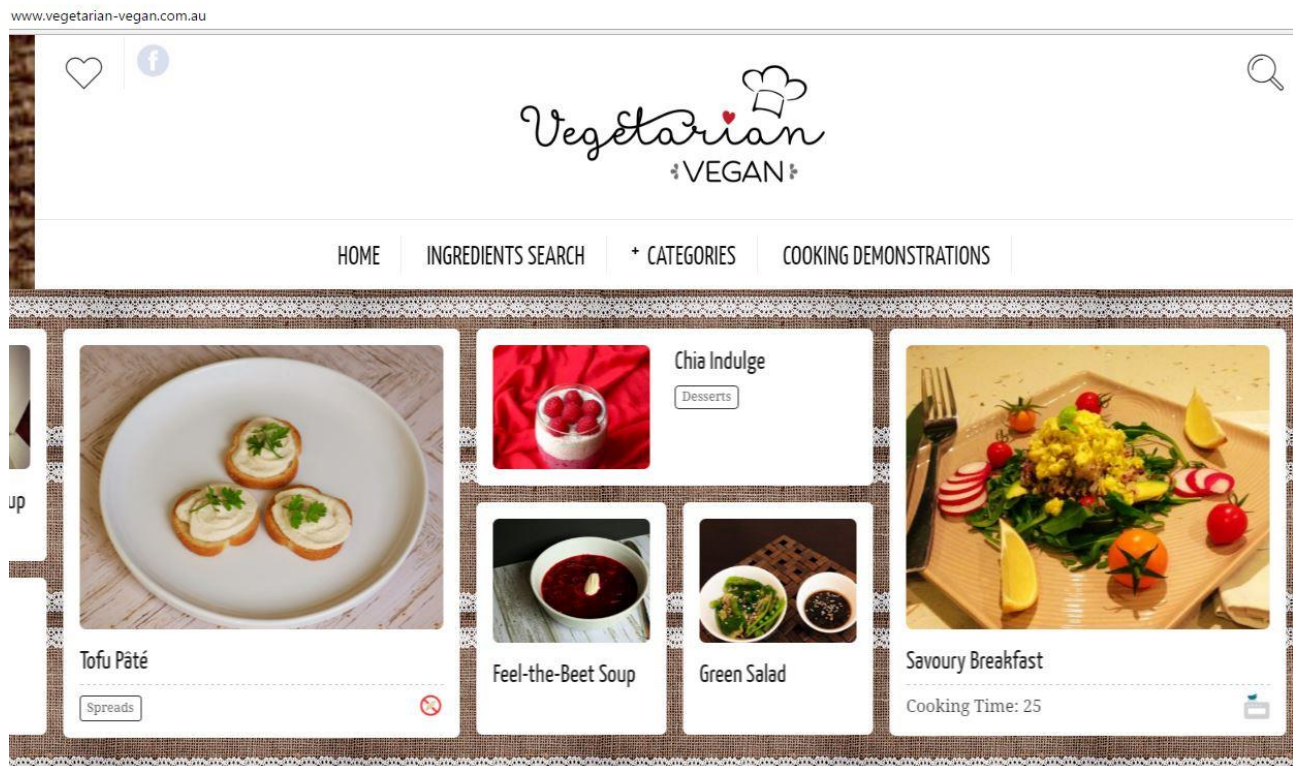
Homes or churches which have been affected by the influences of the world, which have been in the habit of using the Christmas tree and the festive season for the wrong purpose, let them follow the counsel of God's messenger. Use the day to solicit sacrifices for missionary outreach, for benevolence to the poor and for self-sacrifice, as instructed by the servant of God.

As it is not our practise to imitate the world; then let us not go backward in our experience. Let us continue to uphold the high standard of revealing Christ – without the use of the world's symbols. They may have their Christmases and decorated trees, but we will have our Christ. Thus we will save our children and keep their minds free from the glitter and tinsel, free for holier and nobler aspirations.

If we have consecrated our will to the Lord, if we are ready to worship Him in Spirit and in truth, we will have no part in the festivities of the season. Our gifts will be only those that feed the hungry, satisfy the soul's need, or support the Lord's treasury. Let yourselves be given up entirely to the Lord, and this season will bring you and your families peace and goodwill beyond anticipation.

~ Peter J Jackson

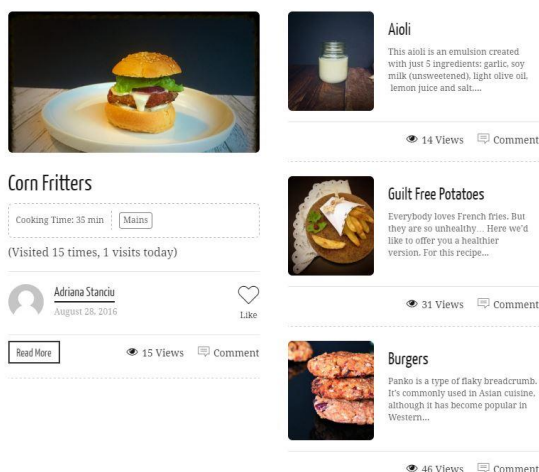
Cooking Website – Victoria



The Sunbury church in Melbourne, Victoria, are running cooking demos from the month of May through to December. We wanted a way to keep in touch with the community and attendees all year round, so the idea to have a website was put into action. We make available on the website the recipes for all the dishes presented on the night, along with additional delicious recipe ideas.

An awesome feature included on the website is the ingredient search. It allows people to create a menu according to the ingredients they have in their pantry. They add the ingredients they have and with the touch of a button all the recipes using those ingredients are displayed!

For those people who are interested, there is a page on the website with all the information about the cooking demos being held in Sunbury, so hopefully our attendance will continue to climb! On our Facebook page (<https://www.facebook.com/VegetarianVegan/>) we share updates about our cooking demos, provide recipes and post other helpful information regarding health and cooking. We hope it will be a blessing to others and pray it will be an “entering wedge” in reaching out to many souls!



Come and visit us
at www.vegetarian-vegan.com.au

~ Adriana Stanciu



Men's Seminar – Sydney NSW

Sabbath - 24 September 2016

On September 24th, Sabbath afternoon, we held a Men's Seminar at the Polistina residence with many of the men in the Sydney churches participating. The aim of the seminar was to understand the needs of the men in Sydney and to encourage the men spiritually to aspire to be what God has purposed for us as men to be.

We began with a brief introductory into the seminar and then brought up some challenges for discussion. These challenges were:

1. Challenges with being a Christian and the demands of work, bills, mortgages, etc.

- a. Some of the challenges mentioned with this was that because of the demand of society there is little time for personal devotions and worship with family.
- b. Although we may need to get up early for work and we may arrive late at home, the spirit or attitude we have in the midst of it all has a very important impact on our lives. The apostle Paul says, "seek those which are above", and "set your affection on things above, not on things on the earth." **Colossians 3:1-2**
- c. Even though we are busy, we may still be able to spend five minutes in prayer before we leave, and still may meditate and pray on Bible verses as we travel to and from work. There are many avenues we can find to nurture our souls if we will but look for them and hunger for them.
- d. With family, sometimes as husbands or fathers, we may not be able to be there for worship, but if possible maybe a time can be arranged where we can sit in on the worship or story time with children over the phone. With modern technology in the form of facetime and Skype, it has made it easier for us to still interact with our families while not being there in person.
- e. We need to find the balance between work, family and spiritual life.

2. Challenges of being a Christian around worldly people at school or work and their influence on you.

- a. It was a blessing to hear some testimonies of where men in our church were faithful to their convictions while being opposed and to see how the Lord gave them the victory in the end; or to see how they were just being honest and how God rewards this faithfulness.
- b. We are called upon by the apostle to "Let every man, wherein he is called, therein abide with God." **1 Corinthians 7:24**
- c. It is important that wherever we are, especially in our workplaces or schools, that we are exerting an influence for good, to such an extent that it may even lift other minds out of the gutter so to speak, and place them on higher ground.
- d. Jesus is our Example in this especially before He began His full-time ministry, and we need to draw close to Him in order not to succumb to the influence of the world, but rather, that the world around us would be influenced by us.
- e. **"The greater part of our Saviour's life on earth was spent in patient toil in the carpenter's shop at Nazareth.** Ministering angels attended the Lord of life as He walked side by side with peasants and laborers, unrecognized and unhonored. **He was as faithfully fulfilling His mission while working at His humble trade as when He healed the sick or walked upon the storm-tossed waves of Galilee. So in the humblest duties and lowliest positions of life, we may walk and work with Jesus.**

"The apostle says, "Let every man, wherein he is called, therein abide with God." 1 Corinthians 7:24. The businessman may conduct his business in a way that will glorify his Master because of his fidelity. **If he is a true follower of Christ he will carry his religion into everything that is done and reveal to men the spirit of Christ. The mechanic may be a diligent and faithful representative of Him who toiled in the lowly walks of life among the hills of Galilee.**

Everyone who names the name of Christ should so work that others, by seeing his good works, may be led to glorify their Creator and Redeemer...

"The humblest and poorest of the disciples of Jesus can be a blessing to others. **They may not realize that they are doing any special good, but by their unconscious influence they may start waves of blessing that will widen and deepen, and the blessed results they may never know until the day of final reward.** They do not feel or know that they are doing anything great. They are **not required to weary themselves with anxiety about success.** They have **only to go forward quietly, doing faithfully the work that God's providence assigns, and their life will not be in vain.** Their own souls will be growing more and more into the likeness of Christ; they are workers together with God in this life and are thus fitting for the higher work and the unshadowed joy of the life to come." *Steps to Christ*, pp. 81-83.

3. Challenges of 1 John 2:15-17.

- a. With this third challenge the discussion was quite broadened when we looked at the verses found in **1 John 2:15-17** 15: **Love not the world, neither the things that are in the world.** If any man love the world, the love of the Father is not in him. 16 For all that is in the world, the **lust of the flesh**, and the **lust of the eyes**, and the **pride of life**, is not of the Father, but is of the world. 17: And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever. KJV
- b. We looked at this first from a materialistic point of view and the need to ask ourselves the question, "what is enough?", we need to evaluate what is enough income, assets, etc. so that we don't become consumed with this world, and that its cares don't choke the truth in our lives. We also need to beware of the 'deceitfulness of riches' and work towards having a simple life rather than always working towards gaining assets that we may in fact don't really "need" and put more focus on our own spirituality and the spirituality of our family.
- c. In order to not be deceived by the lust of the flesh, the lust of the eyes, and the pride of life, we need to receive the "love of the Father", as it was the absence of this that caused an individual to love the world. We need to read the word of God for ourselves. It is only through the Bible that we receive a knowledge of who God is and Jesus Christ whom He sent; and when we see God as a loving, compassionate Father who is self-sacrificing, it melts our hearts and love for this world diminishes. So we need to search the Word and see for ourselves who is this Mighty God we serve?

In all it was a great discussion we had, and we finished the seminar with **1 John 2:12-14**, and how the apostle John encourages all men in their different ages and experiences. The most important thing is knowing Jesus Christ as a sin-pardoning Saviour, growing up into a full knowledge of Him who saves us from our sin, and having the word of God abide in us that we may overcome the wicked one.

We finished with a prayer and began at once to prepare for dinner which was a delicious burger night with great burgers and other side dishes to complement. The fellowship was great among us as men, and the

whole event gave us some more direction to know how best to encourage one another and become closer as friends in the faith.

I pray that God will continue to bless the men and women and families in Sydney, that we can be encouraged in our faith in God and come closer together as a unit that we fulfil the prayer of Christ “that we all may be one” in Christ.

~ Domenic Polistina

Melbourne Activity

Mystery Box Cookoff

Ready... Steady... Cook!

The knives were out for our night of fun at the cook-off competition held on a Sabbath evening in September at Keilor Park church. Over 20 cooks (juniors, teenagers, adults) were divided into teams, of which each were to prepare a meal from a box of mystery ingredients! Every team had a different variety of ingredients to utilise, the rule being 70% of the box had to be used in the cooking. Everyone had a great time (especially the panel of judges who were obliged to taste every dish). The winning team was declared without (much) protest, and the food was eaten and enjoyed together.

It was a really good evening where we all could come together with some innocent fun and enjoy each other's company... Some no doubt some are looking forward to a rematch!

Here are the dishes:

Junior Team: Pasta with Tomato Sauce

Team 1: Home Essentials

Team 2: Butter Cake

Team 3: Ratatouille a la Spiceturn

Team 4: The Apple of my Eye

Team 5: Longing for Egypt Pie



Above: *Pasta with Tomato Sauce*

Left: *Home Essentials*

Right: *Butter Cake*



Left: *Ratatouille a la Spiceturn*



Right: *The Apple of my Eye*



Right: *Longing for Egypt Pie*

~ Reported by Adriana Stanciu

Ladies Seminar – Sydney NSW

Sabbath 24th September 2016



Ignite

"...when we acknowledge God's supreme role in our [life](#) and set our mind on Him, He enables us to be women of hope. ~ Elizabeth George"

Everything that eventuates begins with a simple idea. Our idea was that we wanted a safe and free space for women to discuss ideas, concerns and topics that are relevant to them and other Christian women. Not only that, but with such a motivated group of ladies, we could all create a great support network and do things that would benefit the community around us. The Bible speaks of the worth of a godly woman as being "*far above rubies*". Also in Song of Solomon we find just how precious we women are to Jesus, "*Like a lily among the thorns, so is my darling among the maidens.*" (Song of Solomon 2:2, NEB). Christ delights to spend time with us "*My beloved is mine and I am his; he delights in the lilies.*" (Song of Solomon 2:16, NEB). We, as his precious children and lilies among thorns, have a special claim upon the heart of God and so as women we have a special and powerful

role to play in whatever sphere we find ourselves in. Thus, 'Ignite' was born and we held our first meeting on the 24th of September 2016, and, needless to say, there were some fantastic ideas and experiences shared.

As we began, many issues surrounding community and leadership surfaced. How could we be more supportive of each other and our church community? What activities could we participate in and organise that would benefit ourselves but also others around us? One thing was certain, our diversity as individuals would guarantee that there was no one size fits all solution. We needed to dig much deeper. Other points we discussed were, do we feel supported as women in our local churches? What could we be doing more? Or less? The aim of this gathering was to spend an afternoon together sharing our ideas and experiences in ways that would help our church community. It was also an opportunity to explore ways to build up and support one another in our personal walk with God. However, a gathering such as this is not complete without a delicious meal, which we all contributed towards and was enjoyed.

At length, one of the main things that surfaced was that we would like more opportunities to fellowship together. Creating more opportunities to outreach to the community through practical means was one of the ways in which we can do this. Some of the activities and ideas which were voiced and Lord willing we will be putting into action are: packing birthing kits for women in Uganda, providing food and clothing to those in need, child activity days, a knitting circle, a book club, exercise days, BBQ's and concerts. This is just naming a few of the activities. The meeting closed with an activity where we each wrote a small note to each other which highlighted something that we really appreciated about the other person. I felt very

encouraged and warmed by the enthusiasm and dedication of the women in my church community to make a difference right where they are. The thing is, we are the lights of the world, we are the ones who can make a difference in this often dark and sorrow-filled world. The point is to LET our light shine. In everything that we do and everywhere that we go, we are a beacon of hope to so many who have been beaten down and have lost their way. Author Nancy Leigh DeMoss once said that:

“True holiness isn’t cold and deadening – it’s warm and inviting. It’s irresistible. Those who think otherwise have never seen it, but only its caricatures.”

So, what is our aim? Ignite! Ignite others with God’s love. Ignite others with hope. Ignite them with a desire for true holiness and in the process our lights will shine brighter. Ignite others by telling them of your experience in Jesus, and this will draw others to a life of true meaning and fulfilment.

~ Daniela Balarezo

Pimpama Door Knocking

Sabbath 24 September

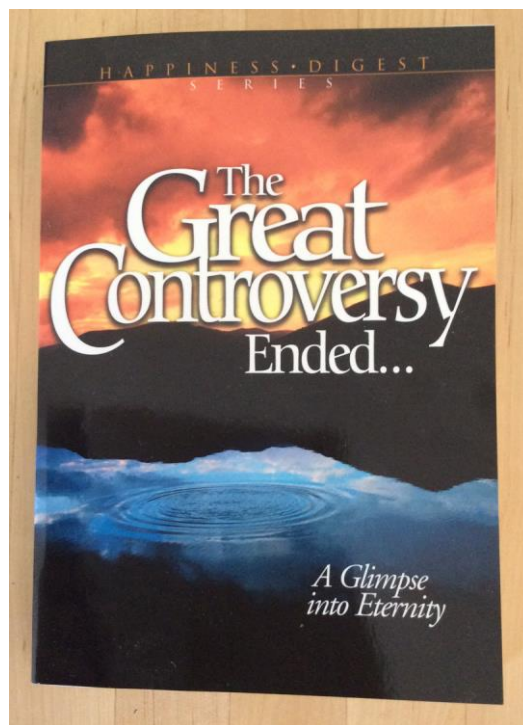
On the 24th September 2016, Pimpama Group had a missionary outreach afternoon organised by our missionary leader Sr Cecilia Arias, where everyone was involved included our young people. After prayer and words of encouragement to one another, some went letter boxing in Rochedale area, while others went door knocking getting to know their neighbours and offering a free copy of the book *The Great Controversy*, around the neighbourhood area of Livingstone College where they have their worship meetings every Sabbath.

The outcome was very encouraging, especially coming from the young people. They all had different experiences. They introduced the book to the people by asking them some interesting questions on the book content, such as: What is the world’s destiny? Why were sin and suffering permitted? Who are the angels? Can the dead speak to us? The responses were very good; some groups delivered three books within five minutes, and they came back praising the Lord. Eleven books were left in the homes, and there were five responses from letterboxing, with a total of sixteen books delivered.

I would like to encourage you all with a couple of Ellen White’s inspiring quotes:

“The Greatest Results Future -

The results of the circulation of this book [The Great Controversy] are not to be judged by what now appears. By reading it, some souls will be aroused, and will have courage to unite themselves at once with those who keep the commandments of God. But a much larger number who read it will not take their position until they see the very events taking place that are foretold in it. The fulfillment of some of the predictions will inspire faith that others also will come to pass, and when the earth is lightened with the glory of the Lord, in the closing work, many souls will take their position on the commandments of God as the result of this agency.” — *Colporteur Ministry*, p. 128.



“The book The Great Controversy, I appreciate above silver or gold, and I greatly desire that it shall come before the people. While writing the manuscript of The Great Controversy, I was often conscious of the presence of the angels of God. And many times the scenes about which I was writing were presented to me anew in visions of the night, so that they were fresh and vivid in my mind.” — Ibid.

We are all looking forward to the next missionary outreach here in Queensland, and we thank God for the privilege and everyone for their help in this endeavor. May God bless you all.

~ Reported by Br Jacob De Souza

Wentworthville Cooking Demonstration

“Detoxing, the Vegetarian Way” - 13 September 2016



On Tuesday, September 13th, we held another cooking demonstration at Wentworthville Community Centre and chose the topic to suit the time of the year, ‘Detoxing, the Vegetarian Way’. We had fewer attendees than usual, but were still encouraged as there were a few new faces for the evening.

Domenic Polistina gave a health lecture about detoxing, the reason why we should do so regularly, the avenues through which the body detoxes and what nutrients are necessary for these processes. We were shown the need for a wide nutritious diet during the detox to supplement the body in its detoxing



processes. We were also provided other activities to do while detoxing to aid the eliminatory organs like the lungs, bowel, kidneys, skin, and lymphatic system.

The cooks for the night were Susan Lausevic, Rosemary Voncina, and Nadine Polistina, with the much-needed help of our helpers in the kitchen, servers, and receptionists. Susan demonstrated her Green Energy Smoothie and a delicious Raw Zucchini Pasta with Raw Red Sauce. Rosemary demonstrated a Green Detox Drink and a Raw 'Egg' Salad that everyone loved. Nadine demonstrated a Raw Curry with Parsnip Rice (it tastes better than cauliflower rice) and Raw Carob Crackles. Everyone enjoyed the dishes and couldn't believe how good they tasted while being raw.

We thank everyone who helped toward the evening and pray that these will be a blessing to the community and a step toward winning their trust and confidence.

Below is a basic 4-Day Detox that you can do as you get ready to spring clean! (You can do it for longer of course if you want)

4-Day Detox:

Start the day by having a glass of warm lemon water.

Then after that have a tea; maybe a dandelion root tea (it's great for the liver, or purchase a ready-made 'detox tea' from <http://eurekawellness.com.au/shop/detox/detox-tea/>)

Breakfast:

Have a Green Energy Smoothie for breakfast.

Or you can have a juice for something lighter; the following are instructions for a Basic Green Juice:

2 parts sweet juicy greens

Celery, cucumber, cos lettuce

1-part fruit

Apple, watermelon, pear, pineapple etc.

2/3-part dark leafy greens

Kale, spinach, collard greens, Chinese greens etc.

1/3-part herb

Mint, basil, coriander, parsley.

The smoothie should be enough to sustain you until lunch, and be sure not to snack unless it is necessary. If you are having a juice, it may be necessary to have a snack or another juice before lunch. The smoothie is preferable as it contains the fibre which acts like a broom in the intestines cleaning as well as giving tone to them.

Lunch:

For lunch have a raw meal. Use the recipes that you have, and grab an app on your phone or look online for the abundant raw recipes. Just



make sure that they are not too complicated, as this is a detox and you want to eat as simple as possible with only a few options on your plate.

Dinner:

In the afternoon/evening finish the day on a vegetable juice. The traditional carrot, beetroot, apple, and celery is great for a detox, but feel free to look up more recipes.

Joe Cross' website 'www.rebootwithjoe.com' has fantastic juice recipes categorized by colours.

<http://www.rebootwithjoe.com/weight-loss/plans/>

If you are really hungry, then have a juice with only one or two varieties of fruit until you are satisfied. To help aid with the sugar hit that you find in juicing because of the lack of fibre, grind some seeds and mix them into the juice so that you are getting the goodness of the juice while still getting fibre and other important nutrients found in the seeds.

For two people, I would grind 1 tablespoon of whole sunflower seeds and 3 tablespoons of whole linseed. This combination tastes nice with most juices. Of course, you can alter this to how you prefer and with other seeds as well. Make sure that your body has at least 2 hours to digest before retiring for sleep. Try to have early nights, as this plays a huge part in the rejuvenation of your body. If your last juice/meal is by 6-6:30 pm the latest, then your body will have a huge fast of at least 12 hours through the night without you even trying.

Water intake:



Be sure to drink plenty of water throughout the day. Because of the juices, smoothies, and raw food, you will naturally need less water than when you're not detoxing, but you will still want to have around 2 litres a day.

During your regime for a more complete detox be sure to incorporate other principles dealing with the organs of elimination such as:

Lungs:

Deep breathing early in the morning to aid the elimination of toxins through the lungs. This process will even help purify the blood. It will also help give you a calmness for the day and increase the oxygenation of your blood. Also, make sure that when you work or sleep there is a good current of fresh air without giving you a chill.

Bowels:

Enemas or colonics

These greatly help the elimination of toxins through the bowel. The bowel is like the waste management of the body, and it is crucial to cleanse and maintain it for health and healing. It is good to take a good probiotic while doing this to replace good bacteria in the gut. You can also buy a ready-made herbal intestinal cleanse; usually it will come in a two-stage process. You can get a good one from eurekawellness.com

Kidneys:

This naturally occurs within the detox regime with all the fluids you take in to help flush the kidneys and aid them in eliminating waste.

Skin:

Try to have daily baths.

As water is placed on the skin, it enables the skin to throw off more poisons than it would otherwise do. Saunas are great for this too! They are also great for the lungs. You can find saunas in local swimming centres.

Exercise:

Light daily exercise is encouraged.

This can be done in the form of walking, gardening or rebounding.

Rebounding has the most profound effect on the lymphatic system, which is like the cellular waste management of the body. Rebounding significantly improves the circulation of the blood and lymphatic system thereby increasing the rate of elimination of waste matter.

~ Reported by Domenic Polistina

For more photos: www.sdarm.org.au/?p=12205

Cooking Classes – Melbourne Vic

September 2016



The evening was well attended by people and friends from the local community and the many helping hands of church members. The ladies worked hard to keep up as Diana showcased how to make and cook "Vegetarian Laksa Soup", "San Chou Bau", "Okonomiyaki" and "Goji Berry Tea-rrific".

While the cooking was going on, Brigita shared some great information about herbal teas. After Brigita gave a short presentation on gut bacteria, the dishes were laid out and the tasting began!

It was a wonderful evening; everybody was cheerful and friendly. Already some have been attending every demo from the start and are now bringing their families and they (as well as most people who came) declare they would be coming again for sure!

We'd like thank God for this great opportunity!

~ Adriana Stanciu

For more photos: www.sdarm.org.au/?p=12191

Progress Report - Maranatha Building Project

Tuesday 6th of September 2016



Tuesday morning 8am: Not a great start...the inspector was late, and the concrete trucks were early, but soon the sun came out and things came together. By 4pm concrete was poured, and we're ready for formwork. Let's hope it goes as well on Sunday!

We thank God for all His blessings!

~ Reported by Adriana Stanciu

For more photos:

www.sdarm.org.au/?p=12176



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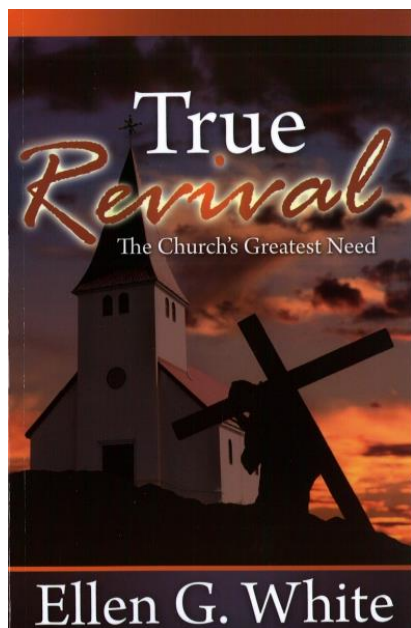
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Coming Events Calendar

- 26 – 27 December 2016** **AUC Delegation Session**
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For further information, email:
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- 28 Dec 16 – 1 Jan 2017** **AUC Spiritual Conference**
“Soul Anchors”
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- 2-5 January 2017** **Summer School**
Elim Heights Youth Camp
For further information, email:
Deborah Chapman education@sdarm.org.au
Phone: +61 2 9627 7553
- 3-5 January 2017** **AUC Workers Seminar**
Elim Heights Youth Camp
For further information, email:
Paul Chapman pchapman@sdarm.org.au
Phone: +61 2 9627 7553
- 8-9 January 2017** **AUC Workers Wives’ Seminar**
Elim Heights Youth Camp
For further information, email:
Deborah Chapman education@sdarm.org.au
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GOOD TIDINGS E-NEWS

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