

northpoint

North New South Wales Conference News

Prayer camp challenges members to follow Daniel's example

Juliana Muniz

For the sixth consecutive year, Prayer Camp gathered more than 190 people, on the weekend of February 19 to 21, at the Stuarts Point Convention Centre. Run by the North New South Wales Conference (NNSW), the annual revival event, known as Prayer Conference, had a slight change of name to adapt to possible new COVID restrictions.

"There was an anticipation that things might happen on a smaller scale this year," explained NNSW prayer director Charissa Torossian.

But with eased restrictions, the event was able to run almost as usual, the only restriction being flying in overseas guest speakers, which used to be done in previous years. "God truly blessed us with powerful messages from His servants right here in our backyard, and we had a wonderful Spirit-filled time," said Mrs Torossian.

Themed I Will Pray, the event led participants through how prayer features in the book of Daniel. "For Daniel and

his friends, prayer was a matter of life and death on more than one occasion. Prayer permeated their everyday experience, and this made all the difference to them," she explained.

Dr Erika Puni, Theology lecturer at Avondale University College, presented a special message on Daniel chapter two and how its main focus is not the image in the King's dream but a revelation of God Himself.

Other guest speakers at the camp included Pastor Matt Parra, NNSW evangelism director and Julian Archer, NNSW stewardship director. The worship was led by Gary and Sandra Entermann, from Queensland, and Sanja Kitevski, from Sydney.

"The Holy Spirit touched my heart personally through the messages and the music. Each message was rich with spiritual lessons," said Mrs Torossian.

For the past six years, Prayer Conference/Camp has been facilitating NNSW's strategy of growing spiritually by bringing people together in a place away from the busyness of life, where they learn from the Scriptures and commune with God.

"Ultimately, when prayer camp is done, our desire is for each one to have personally been blessed and filled with the Holy Spirit so that when they go back to their local communities, they will continue to live and shine brightly, connected to Him," she closed.

If you wish to grow spiritually through prayer, you can join the United Prayer South Pacific Zoom Call every morning at 7:30am (AEDT). This online mini prayer camp experience is repeated in every time zone around the world with other calls. To obtain access details, please email charissafong@adventist.org.au.



President's Message

Pr Adrian Raethel
NNSW Conference
President

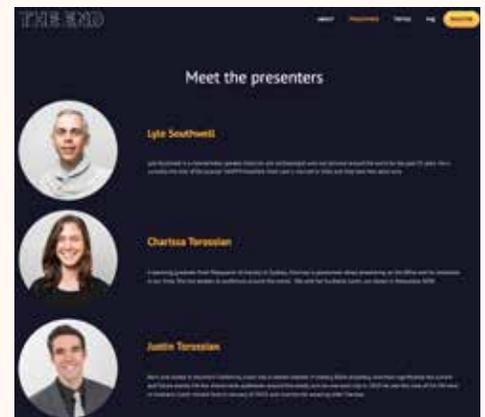


The coronavirus pandemic changed many things and forced us to implement new ways of doing church and outreach. In a “normal” year, our evangelism team, made up of Matt Parra, Lyle Southwell and Justin and Charissa Torossian would conduct 3 evangelistic series in various towns around the Conference, reaching a limited number of people. COVID meant they had to transition to an online platform. Hence the birth of the resource website Theend.digital. Three series were produced in 2020: a full message series called “The End”, a 9 part program “America and The End” to coincide with the US election and a 3 part series released over last year end, “He is the One” (special thanks to the team at 3ABN for their generous support in making their recording studio available for each series).

As they say, every cloud has a silver lining. The full message series “The End” has received over 84,000 views all up and resulted in baptisms not only in our Conference but in other Conferences as well. Many people are continuing to study the Bible as a result. And it’s so easy for you as members to get involved. Some suggestions are: like the presentations on social media, send the link to a friend, colleague or relative, advertise the programs in your local community or have a live screening of any of the programs in your area. Three more series are planned for 2021:

1. A 3 part Easter series
2. A full message series in July/ August
3. A 9 part series leading up to Halloween commencing mid October.

This is the easiest evangelism you will ever be part of.



Local Missions Training

Matt Parra

Personal Ministries Department Director

Local Missions Training is a 11 week full immersion program that’s operated under the North NSW Personal Ministries Department in partnership with TVAC, and the Murwillumbah Church. LMT is set up to fill in for Arise Australia which is not functioning this year due to COVID-19 complications. LMT involves theoretical classroom time, practical outreach ministry training, and life experience



with other heart felt Christ followers. Many of the same instructors of the Arise program are instructing in Local Missions Training along with other Spirit filled AUC and NNSW Pastors, Bible Workers, and on fire members. Please pray for the 12 students who are spending 12 weeks learning of, growing in, and reaching out through Jesus in the North NSW Conference.



Pr Dutlow Ordained

Record Staff

Quintin Dutlow (second left), pastor of Macksville and South Kempsey Aboriginal Adventist church, was ordained to the gospel ministry on February 13. Having graduated from theology at Avondale in 2016, Pastor Dutlow has a passion for indigenous ministry that was born as he pastored and travelled several townships in the outback. One of the highlights of his ministry is the special bond that he created with the community of Finke (NT), resulting in the opening of the Finke Adventist church. Pastors Adrian Raethel (NSW President), Abel Iorgulescu (NSW Secretary) and Cranville Tooley (NSW Ministerial Secretary) led the service.



Multiply TED Talks

Leah Hodge

On Sabbath, the 6th of February at Toronto Adventist Church the NSW Multiply TED Talks was held from 3pm- 8pm. This is an annual event run by the Church Planting Department in North New South Wales for church planters and those interested in church planting across the Conference. The purpose is to equip and inspire church planters for the year of hard work ahead of them... The TED-style talks covered a host of topics including: being visionary, the importance of Adventist identity and mission, growing leaders, discipleship, small groups, church planters real-life experiences and testimonies. Break-out discussion groups were facilitated after each talk amongst church planting teams for reflection and implementation in their own church context. There was also a Q&A session and special time for prayer amongst the teams for the outpouring of the Holy Spirit. The evening was topped off by an appreciation dinner for all attendees.



Construction Commences on The Hub

The foundations have been laid on The Hub project at the Wye Church. The Hub is a multipurpose centre to accommodate a range of community services and ministries. For a number of years, the Wye Church has run a monthly God's closet program, providing much needed material support for families in the area. The Hub, once completed, will allow this and other ministries to grow and expand. The Wye Church has an intentional strategy to engage with the community surrounding the Church facility.

OPTIMISING YOUR BRAIN

Camila Skaf

NNSW Conference Health Department

What would we be without our brain? God is amazing and He created us humans with a super powerful “engine”. It is the brain that produces our feelings, and it is also where our body governance happens. It is through the brain that we communicate with our Creator and process/store our lifetime memories. Brain health is a key component of wellbeing. Here are 10 scientific and evidence-based ways to optimise your brain.

1. Eat less sugar. Here is the fact: people that drink lots of sugar concentrated drinks (yes, that would even include some fruit juices but especially “fizzy drinks”) have worse memory

than others that consume less concentrated sugars in their diets.

2. Eat foods rich in Omega-3 fatty acids. A trial done with adults that were suffering from memory loss showed that memory was improved after taking omega-3 supplements. Most common sources of omega 3 would be algae, fish (that’s simply because they eat the algae), flaxseeds, chia seeds, walnuts and soy.

3. Eat berries. They are rich in antioxidants, like for example the flavonoids that can help to improve memory.

4. Maintain an optimal weight. Being overweight is associated with cognitive damage as well as memory loss.

5. Get enough rest. It has a major impact in memory consolidation, a process in which short term memories become long term.

6. Stay away from alcoholic drinks. Alcohol has a neurotoxic

effect in the brain, especially in the hippocampus, disrupting memory performance and causing memory loss.

7. Stop smoking. The use of tobacco is associated with accelerated brain ageing and bad memory.

8. Exercise more. A study showed that even 15 minutes of moderated exercise in an ergonomic bicycle yielded in better memory and general cognitive function across all age groups.

9. Keep learning. Your brain needs to keep active by learning and experiencing new things. Try some games to exercise your brain on these apps: Elevate and Lumosity.

10. Stress less. Learn how to de-stress by including relaxation moments on your *daily schedule*. *This will help to reduce cortisol levels preventing brain damage and memory loss.*

SHARING LITERATURE

Lea-Anne Smith

Better Books and Food Manager

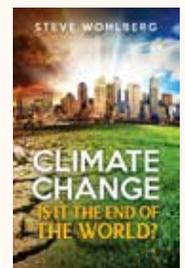
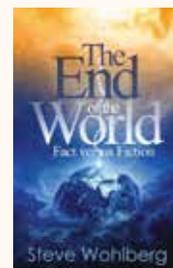
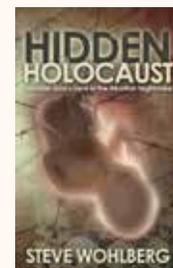
Do you ever wish you had just the right words to say when a young person, friend or neighbour comments on something that is happening in the world? Perhaps they are wondering what the end point of this world will be, can’t make sense of suffering, or wonder whether anything is wrong with abortion. While you might not always have the right words at the tip of your tongue, what you can do is invest in quality literature that you can share next time you speak with them. Small booklets are ideal – they are quick to read, get right to the point, and are economical enough for multi-buying. At Better Books and Food we have a full range of pocket-sized booklets

designed for one-off sharing. These cover Bible topics such as the Second Coming, Sabbath, millennium, what happens at death, prophecy, prayer, peace, cautions on spiritualism, the benefits of healthy living, as well as topical issues such as climate change, abortion and disasters. At \$1.95 each or 10 for \$15 they are an affordable investment for friends, family and acquaintances who you think may be interested in exploring a topic just a little bit further.

Other sharing options include packs of 100 tracts for spreading a wider net through letterboxing, and beautifully illustrated full-colour feature books which make ideal gifts for those who are seriously seeking.

So, if you can’t quite find the words when you feel you should say something, know that

someone else has already found them for you! Read what they’ve written, take note of how they have approached the topic, and then share the literature with them. Printed literature is still a powerful tool for sharing faith in our world today.



Macquarie College

Alvin Schick

Chaplaincy Coordinator

2020...what a year! We are excited that our chaplaincy team grew and so did our vision, resources and reach within our community! Through all its ups and downs we have grown to appreciate personal connection and community spirit even more than ever before. And as a chaplaincy team we are honoured to draw from and share hope, reassurance and peace that only God can give.

Our focus this year has been on building relationships amongst our community. We have been able to do this through chapels, worship stories and Bible studies. In addition connections are being built through family pastoral care calls, resilience programs, Invictus and one on one time with students around campus and as they make their way to our hub and find a safe haven.

Covid has brought some greater online opportunities that we plan to continue to run into the future.

We have an active Macquarie College Chaplains YouTube channel with our weekly chapel programs and two mornings a week "The Morning Show with Priscilla and Josh" runs in our senior school homerooms.

There has also been online "Storytime with Pastor Brad" that was made available while kids worked on Macquarie College cloud that brought about significant creativity and lessons from the Bible.

In term 3 last year, staff and students participated in a service project called Operation Christmas Child which provided 100 Christmas boxes to children living in poverty.

During term 2 and 3, our chaplaincy department made a phone call to each student's family to check in and see how they were doing during lockdown. Some families were enjoying the extra time together. Other families, along with their business and jobs, were doing it tough. We were able to show support and care without

expecting anything back. It was so good getting to know families in this way, hear their stories and connect them to our school.

In term 4 we ran our first "Breathe" week. The idea behind it was for our department to focus on staff wellbeing as a mid term refresh. Each morning the combined chaplaincy and church pastoral team put on a gourmet café with pastries or a breakfast in the campus church foyer to welcome staff to school and showed our support for them. This is part of the growing connection between church and school, as we partner together in mission and ministry.

Our students' involvement in the chaplaincy footprint in the school is ever increasing. God is on the move at Macquarie College and we believe that although this year has brought its challenges there have also been favourable circumstances for Jesus to be shown and lifted up on our campus. We would like to give a huge thank you to all our staff, students and school families who make this ministry possible.



UPCOMING EVENTS

Little Big Camp

April 14-17

Stuart's Point Convention Centre

Grey Nomads

May 7-15

Stuart's Point Convention Centre

nsw.adventist.org.au/news/grey-nomads-2021/

Applications for Grey Nomads are still open but there is a \$30 late fee.



This puzzle is a word search that has a hidden message in it. To find the hidden message you will first need to find all the words in the list! Words can go in any direction and share letters as well as cross over each other.

Once you find all the words copy the unused letters starting in the top left corner into the blanks to reveal the hidden message. Then take the opportunity to think about how you will stay safe at Little Big Camp.

SAFETY AT CAMP : FIND-A-WORD

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

ALARM	LIMIT
CLEANLINESS	NATURE
COVID	PPE
FACEMASK	RESPECT
FALL	RISK
FIRE	RULES
FIRSTAID	SAFETY
GAS	SANITISER
GLOVES	SPEED
HEALTH	TRIP
HYGIENE	



Prayer Summit 5th March

Bethany Chapman

Women's Ministries Director

The directors for Adventist women across Australia are always looking for projects we can do to collaborate and bless women of multiple regions. COVID-19 really slowed us down last year in what we normally would have done but it allowed for online opportunities. Every year women's ministries around the world celebrate and gather for the world day of prayer so it was exciting to do something to celebrate this day and to work together to encourage people around Australia to pray.

Many parts of the program were really fun to be a part of as the host but my favorite part of all was gathering with people in real time at the end and actually together. Christian prayer unites us. There are so many issues we get divided over but when we gather together before the throne of God it's a level playing field where we are all sons and daughters of God.



Mum of the year!

Wallsend church (NSW) member Christie Rea, mother of baby Imogen and four other girls, has been named The Daily Telegraph's inaugural Mum of the Year and is featured on the February 12 edition's front page. Fourteen-month-old Imogen was diagnosed with a devastating form of brain cancer as a newborn and has been the subject of concentrated prayer across the NNSW Conference daily.

Recipe of the Month



RAW CHOCOLATE CHERRY CHEESECAKE BARS

Ingredients:

BASE:

- ½ cup almonds
- ¾ cups pitted dates
- 1 TBSP sunflower seeds
- 1 TBSP cacao powder

CHOCOLATE TOPPING:

- melted dark chocolate

ROSE LAYER:

- ¾ cups raw cashews (soaked for 4 hours or overnight)
- 5 TBSP canned coconut cream
- 1 TBSP maple syrup
- ½ TBSP coconut oil
- ¼ cup frozen pitted cherries

Method:

1. For the base, process all the ingredients in a food processor until sticky. Press down evenly into a lined square 10 cm baking tin.
2. For the filling, add all the ingredients in a high-speed blender and blend until smooth. Pour over the base and set in the freezer for about 2 hours.
3. Once set, cut into bars.
4. Melt some dark chocolate of choice (you can use chocolate chips) over low heat and drizzle over the bars with a teaspoon. Will store in the fridge for about 3 days or will store in the freezer for months.

Find this recipe and lots more online at hazelandcacao.com

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Enquiries

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Contributions

We would love to share local news with the conference in print or online. Please send through relevant contributions to the above contact address.

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Seventh-day Adventist Church™

North New South Wales