



Welcome to our SUMMER 2015 | 2016 Edition of News from the Pews. If you are a visitor to Papsda, it's great to have you here and reading our magazine! We hope you enjoy taking a look at some of the things that have happened throughout the year. We welcome any contributions, from photos to thoughts, to pieces that have inspired you. This is your magazine Papsda, and we totally want to keep it that way. Got some feedback? We'd love some! E-mail the Editor - katie@papsda.co.nz

THIS YEAR

So 2015 is a wrap, the days whizzed by, the months passed, then another year completed—done—lived out—fulfilled. Each year seems to pass quicker than the previous...or is it just me? But what a year it has been. So much to reflect on, so much to be grateful for, so much to celebrate and so much to learn from. God is good and worthy of our praise!

For some, this year may be remembered for painful memories, missed opportunities or loss of loved ones and dreams. Maybe you are not celebrating 2015's memory but its ending? Whatever your take from the year that was, here is the beauty of seasons and time: The old (2015) is gone and the new (2016) has come. How will you enter the new? How will you choose to embrace the season ahead?

My challenge to you: Embrace this gift wholeheartedly. Choose to live purposefully. Seize the day!

> With God: This year I will live with purpose. This year I will live with passion. This year I will dream big. This year I will walk in love. This year I will inspire wisdom. This year I will share goodness. This year I will be an influencer. This year I will run towards the goal. This year I will give generously. This year I will live with joy. This year I will keep a sense of humour. This year I will cultivate gentleness. This year I will dance. This year I will live with a grateful heart.

This year I will seek peace. This year I will sing. This year I will speak with kindness. This year I will live with faithfulness. This year I will celebrate. This year I will believe the best. This year I will walk in self-control. This year I will live with patience. This year I will walk in forgiveness. This year I will encourage.

This year I will hope. This year I will trust. This year I will stand strong. This year I will pray—always.

This year I will laugh.

Isaiah 43:19

For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland

- Norman Hurlow



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Layout: Katie Hurlow Thank you to all our contributors! © 2015 Papatoetoe Seventh-day **Adventist Community Church**



The very act of looking for evil in others develops evil in those who look.

- E.G White



PSALMS

THE SOUNDTRACK OF LIFE: HOW WE ENTER.

On a recent trip to the USA. I was getting ready to leave and checking over the most recent itinerary that had been emailed though. It was an "updated" itinerary, so I gave it the cursory glance to see if the times or flight codes had changed, never anticipating that it was the actual airport that I needed to look at. Needless to say we arrived at the rural airport I thought I was leaving from—only to find that there were no flights leaving from there that afternoon and the airport I really needed to be arriving at was about an hour's drive away.

I am so grateful for the Psalmist here.
He is letting us into his worst day. He hasn't got his plastic face on

Frantically, we jumped in the car and started to drive.

Adrenaline, panic, dollar signs and numerous phone calls to see

if there was anyway of finding a good Plan B consumed the next forty-

five minutes before we arrived at the airport I should have been at all along. My friend and I pulled up to the curb, jumped out and raced to the check in counter. The very kind lady there told me they were boarding and she could issue a boarding pass but I couldn't check my luggage through, it was just too late for that. I stood there contemplating how I would get my luggage to be sent to New Zealand then the lady at the counter suggested I could take it with me as long as I didn't have any large liquids to pass through the security check process.

Arriving at security I unzipped my bag that I had strategically tetris-packed just hours earlier and went fishing for the liquids to throw at my friend so she could post them to me later. Shoes off, toiletry bags out, laptop out and the people at security telling

me, "You better run," I cleared security. Without repacking I went running through the concourse toward my gate. Before I even approached, the lady at the gate asked, "Are you Ms Bullock?"

To which I breathlessly replied, "Yes!" I told her I would just take a second to put everything back in my bag and put my shoes on. And as I unzipped everything once again I heard an announcement: "Someone has left their laptop at security. Please return to security to retrieve it!" My eyeballs bulged out of my head and my heart-rate increased to a speed that has to be dangerous!

"That's mine!" I yelled to the lady in front of me (as well as all the other people in the boarding lounge—who incidentally weren't on my flight, because all of those people were already on board waiting for me!) Without thinking I left my bags at the gate and went sprinting toward security, zig-zagging through people in a movie-like chase on my way. I retrieved my treasured laptop and ran back toward the gate. As I got to the entrance of the plane the flight attendant asked for my boarding pass. "I'm not sure where I put it..." I told her, painfully aware the plane full of waiting passengers. I found my boarding pass quickly and took my seat. As I looked down at my shaking hands I forced myself to take several deep breaths. I made it. Breathe. The plane will take you to where it is destined to go.

Asaph, in Psalm 73, is not entering the sanctuary in his best state. He is lamenting really, reflecting on the injustices around him. He is feeling the affects of "doing it tough" even though he lives a faithful life. In verses 13-16 he says; Did I keep my heart pure for nothing? Did I keep myself innocent for no reason? I get nothing but trouble all day long; every morning brings me pain. If I had really spoken this way to others, I would have been a traitor to your people. So I tried to understand why the wicked prosper. But what a difficult task it is!

I am so grateful for the Psalmist here. He is letting us into his worst day. He hasn't got his plastic face on. Believe it or not, this portion of the book of Psalms is written for worship, written for the presence of God, it is His people are out of exile and coming back into the sanctuary. I find it quite profound that this is a song of worship from Asaph. Before he gets to the chorus, the part where the conversation changes and his perspective is broadened by God's holy presence, he begins by being entirely real. Raw. Unfiltered. Unedited. This is how Asaph enters. This is the soundtrack he comes into God's presence with.

I love this. But then as always, there is something about God's presence that changes the conversation. There is something about the all-consuming God that gets his attention. It doesn't change the reality that he entered with, but it does change his perspective. In the presence of God the Psalmist says: Whom have I in heaven but you? I desire you more than anything on earth. My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever... But as for me, how good it is to be near God! I have made the Sovereign Lord my shelter, and I will tell everyone about the wonderful things you do. (Verse 25-28) And the soundtrack changes. When he leaves the sanctuary that day, he walks back into the same reality—but the soundtrack is different.

You see, the presence of God is not confined to a sanctuary. The presence of God is in every place we acknowledge it to be. I was aware as I sat on the plane to Seattle, that it didn't really matter the condition that I entered the plane in... not in terms of the destination. The plane was always going to carry me to the destination, whether I was calm, serene and on time or whether I was flustered, stressed and late. I couldn't pretend to be anything other than what I was in that moment. A sweaty, shaky, mess—that is how I entered. But an hour later, I was on time and where I needed to be. The presence of God is the same. However we enter. The good news in this is that I don't have to enter a certain way for my life to be a soundtrack of worship to the ears of my God. Honesty accomplishes that. He will change the conversation by His presence.

I wonder what would happen if our song of worship was in both how we enter: honest and unfiltered, and in how we leave: with a new sound track—clinging to the God who "remains the strength of my heart." Psalms really is the soundtrack of life.

-Keira Bullock

Can you pinpoint a moment in your life you saw God's leading or God revealed something that amazed you? What was it?



Louise Inglis

Two specific occasions jump to mind. Two weeks after resigning from my role as a physiotherapist, I was phoned, completely out of the blue, and asked if I'd like to teach flute, to just two students initially, during school hours. It was very clear that God was opening another door more conducive to my role as mum of a special needs child. The second occasion was when it was time to sell our small home and look for something larger. Concerned, with two young boys, about keeping our home immaculate for open homes, I was amazed when in just one day, we listed our home, sold it, found a suitable replacement and bought it all in one day!

Thank you God!



Okay, so for me I can't pin-point an exact time. But over the last two-ish years God had shown me that it is okay to be me. It's okay to have struggles, it's okay to be stretched. It's when we quit on ourselves and God, that you don't have progress. To be in the process—to be in the ring—that is when I grow.



Karen Blyde

I am finding that every day, particularly now as a parent and I wade through the journey of parenting, God is using simple and mundane daily events to reveal His amazing grace, endless forgiveness and unconditional love.



Keli Pepa

God amazed me by pulling me through Leukaemia. The whole journey of perseverance, struggle and prayer was pivotal in how I viewed God's direction in my life. I believe God set a fresh new path for me after that experience of healing.

Kerryn Swanepoel

I have always been blessed with an intimate relationship with God. When I was younger I was casually talking to a friend online and I had this sudden impression that I needed to tell him something that God obviously wanted him to hear. I didn't think much of it till about six months later when I got an email from him saying that on the day we spoke he was considering walking away from God because of all the tough things he had been through. But he knew when I said that to him, it was exactly what he needed to hear from God. That day I felt like God used me, I can clearly remember tearing up because I didn't think that I was useful to God, being so young. God continues to show me that He's got this, we are not always used in ways that show huge revelations, but we are all rungs in His ladder and you never know how He will lead you if you never let Him.



Mat Carter

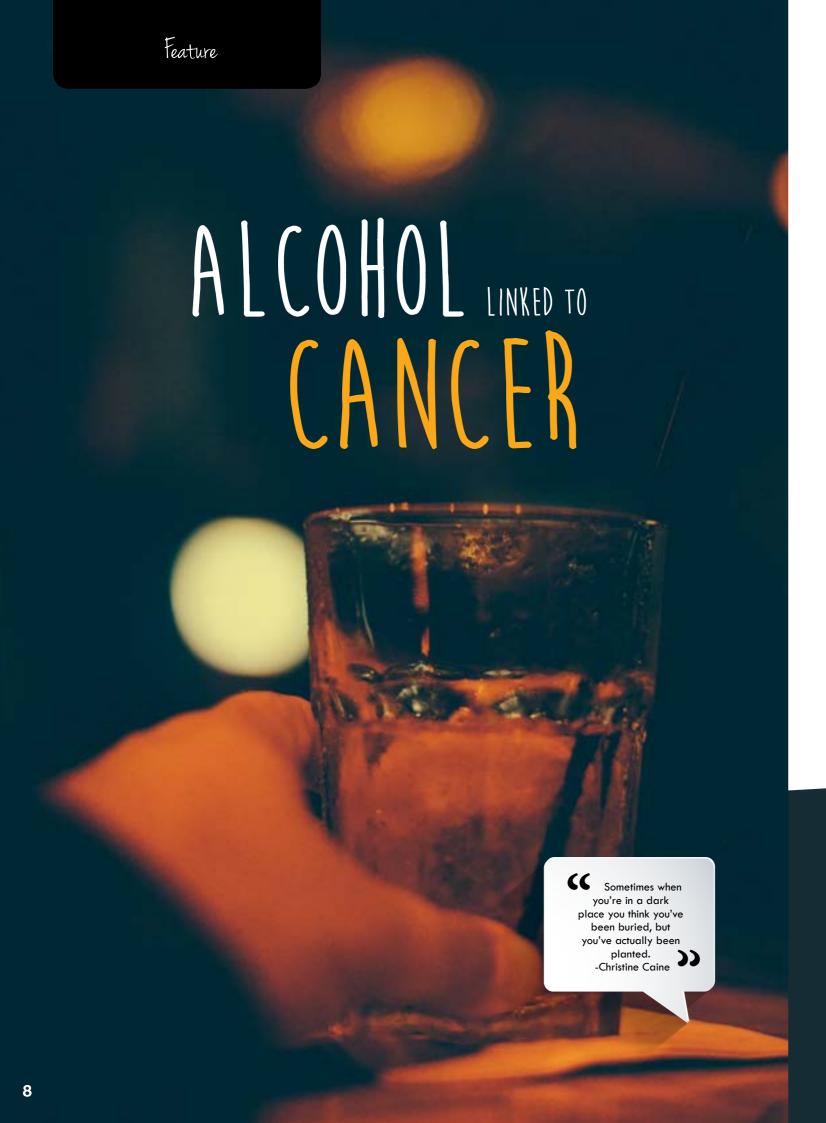
In my early 20's I had quite a serious car accident. Such caused me to not be able to work Easter weekend, and instead I joined some friends for youth camp. If I had not gone to that camp I would never have met my now wife, and we would not have lived and travelled all over the world, and my Christian experience would not have been positively influenced by people at a London church, and those people would not have attended NZ for both big camp and local church speaking events, and from those events...I often look at that long line of positives and realise that the car accident was the best thing that happened to me.



Ana Pepa

There are many moments, but this one stood out. Asking God one morning during devotion, to reveal himself through His word. Answer: Reading through Genesis 3. I asked Him what was so significant about fig leaves. I looked it up. Fig leaves contain chemical substances that emit light. Adam and Eve tried to create their own light! We have been too. Ever since. Ha! First scientists what? Slammed the Bible shut and for the rest of the day was blown away!





What would it look like if we could engage with people on many levels around social issues like alcohol? God's people informed, armed with not only spiritual and biblical principles, but with facts and language that connect with people's everyday human experience and struggle.

At the 2015 Alcohol and Cancer Conference, evidence was reviewed about alcohol use and cancer. Limiting or avoiding alcohol intake seems to be a sensible decision for better health. The other issue to consider is the social cost of alcohol use, to individuals, families and communities. Engaging people in a positive and constructive way on the benefits of alcohol-avoidance may be helpful in effecting a culture change. Blaming or stigmatising is likely to be unhelpful and create barriers to change. Even in this, love wins. And what does love require of me when it comes to interacting with the issue of alcohol?

For more information regarding the following points, please visit www.alcoholaction.co.nz

- 1. In 1988, the World Health Organisation's International Agency for Cancer Research scheduled alcohol (ethyl alcohol, ethanol) as a Group 1 carcinogen—an agent for which there is sufficient evidence to assert it directly causes cancer
- 2. The degree of public awareness about the link between alcohol and cancer in New Zealanders is not known. In Canada, public awareness of the link between alcohol and cancer has slowly increased from 21% in 1996 to 36% in 2012, and education level did not predict awareness of the link.
- 3. A key mechanism by which alcohol causes cancer involves the major metabolite of ethanol called acetaldehyde. Ethanol is broken down to acetaldehyde in the body and acetaldehyde reacts with primary amines to produce crotonaldehyde. Crotonaldehyde in turn can directly cause mutations in DNA and thus initiate cancer.
- 4. There are about 240 cancer deaths in New Zealand every year attributable to alcohol, of which about half are in men and about half in women.
- 5. The cancers for which the strongest evidence exists of causation from alcohol are cancers of the mouth, throat, voice-box, oesophagus, liver, colon, rectum, and breast. Other cancers for which the evidence is accumulating include prostate, pancreas, skin (melanoma), and stomach. Bowel and breast cancer are two of the most common causes of cancer death in New Zealand.
- 6. Breast cancer is the leading cause of alcohol-attributable deaths in New Zealand women (both Maori and non-Maori). Increasing alcohol consumption from one to two standard drinks a day increases the risk of developing breast cancer by 10%.
- 7. Although risk of cancer increases with the average amount of alcohol consumed, alcohol-related cancers also occur in people who do not drink at high levels.
- 8. The less alcohol consumed, the lower the risk of cancer. There is no safe threshold.
- 9. A whole of population strategy to reduce alcohol consumption is required to reduce alcohol-related cancers (and other alcohol-related harm).
- 10. Since 1975, publications sponsored by the World Health Organisation have provided overviews of research into the most effective measures a society can use to reduce its consumption of alcohol and thus reduce alcohol-related problems.
- 11. This body of research has been summarised as the 5+ Solution, which involves reforms of marketing, pricing, accessibility, age of purchase, and drink-driving counter-measures; plus providing increased treatment opportunities for heavy drinkers.

SHFDX

Shed-X exists to provide a community for others and in 2015 we have seen huge growth in that. Not only in our facilities, as they have doubled in size (we have added the new addition of The Lounge, a great place for Life Groups or just building community and friendships), but also growing in relationships and numbers.

New classes have been added along with a ladies only class on Wednesday mornings, and Life Groups are growing. We have been involved in numerous events such as Tough Guy events, boxing matches and fundraising walks. In June, we hosted about 80 people for a music night featuring TJ Taotua—a great night for the community.

Relationships are being built, lives are being impacted and people are seeing church in a whole new way.

- Trena Morse





♦ Tell us about you! What's your name, what's your family like, what are the things that make you, you?

George: My name is George Tapaatoutai. A lot of people don't know but George is my nickname; Siaosi is my given first name. To be quite honest, my family is a family "on the move" consistently. And the only time we rest is when we sleep. Other than that, there has always be "something to do" (e.g. chores, errands, family functions, school seminars, sports, etc). I believe that growing up in this non-stop environment played a huge roll in shaping me to the person I am today. I'm always on the go, never truly resting, and quite often extend myself and take on more commitments that I should. But hey, you gotta make the most of the time you have on this planet, right?

Louise: My name is Louise Kraushaar. I'm the sister of Rebecca, you may know her. I'm a girl that loves having fun and being crazy.

Stephen: Stephen Higgins, I have two older brothers Aaron and Ryan.

♦ Where are you from / originally from / where have you lived over the past few years?

George: I was born in Tonga. I had lived with my grandparents for the first few years while my parents were back in the U.S.A. getting settled. Then I believe at the age of three or four, I moved over to the U.S.A. From that point forward, the San Francisco Bay Area has become home base.

Louise: I'm from Germany. So I'm a German!

Stephen: I was born in Invercargill and lived in Southland for a couple of years, then moved to Timaru and lived in Dunedin for 11 years before moving to Auckland.

♦ What brings you to Auckland? How long have you been here?

George: I work for a company called Shipco Transport. I've worked in our San Francisco office for about 3 years. And back in 2013, our company got into a joint venture with our long time New Zealand agent. In March 2014, I was relocated to Auckland to help develop our country's airfreight business. This month will mark 21 months in New Zealand.

Louise: I'm here for an internship. I want to be here for 6-8 months, but I also want to travel. So let's see how long I stay.

Stephen: I moved to Auckland for my job in May 2014.

What is your occupation? Tell us a bit about it.

George: I'm in the trade and logistics industry. In lack of better terms, we're a freight forwarder. I head up our airfreight division in New Zealand. My job is to build, develop, market, and run our entire airfreight operations for the country. It's quite a challenging, and at times, daunting task to help develop a department from scratch. But the rewards from our fruits and labour are well worth it.

Louise: In my internship, I'm in Marketing, but I'm also involved in a project for the call centre.

Stephen: I work for the wider Seventh-day Adventist church as an accountant in the New Zealand Pacific Union Conference Office which is in Howick.

How long have you been attending Papsda? What have you enjoyed about it?

George: I started coming to Papsda back in March of last year, and have been since. I've enjoyed every moment of it, and have been lucky and blessed to be part of such a great community.

Lauise: I'm actually visiting Papsda for a month right now and I really enjoying it. It's really nice that the people are so welcoming and I like the music.

Stephen: I have been attending Papsda since I first moved to Auckland. My first Sabbath at Papsda was 24 May 2014. I have enjoyed being a part of 360, and have enjoyed getting to know the people who make up 360.

♦ Your favourite thing to do and why?

George: My favourite thing to do, other than eat (which I can say is on everyone's favourite list), is play basketball. Why? Because it's basketball—what other reason do you need?

Louise: There are a lot of things I enjoy. One of those is horse-riding. Back in Germany we have a horse and I really like it when I have time. Another thing that I like is hanging out with friends eating a lot of food and just having fun.

Stephen: I enjoy playing golf as it is a good challenge and you get to experience nature at the same time.

♦ What is your favourite or latest discovery about God? (a favourite bible verse, a moment in time you've recognised His leading—anything really!)

George: You can call me a "newbie" to this journey with God. I still have a lot to learn, and for the first time in my life, since attending Papsda, the passion and desire to learn the Bible and about God has never been so evident. There's been a void in my life, that until recently, I never knew existed. I guess it's one of those prime examples where you don't know how much you miss something until you actually know what it is. This is God. I believe this is my time and place where He and I can work to be on the same page!

Louise: I got baptised in the last German summer. That was awesome! My favourite bible verse is, "My command is this: love each other as I have loved you." (John 15, 12)

Stephen: I like Psalm 142 because I remember what verse 4 feels like and have prayed verse 5.

♦ If you could travel back in time, what year would you travel to and why?

George: I'd go back to the 1980's and tell Michael J. Fox that those Nike shoes with the automatic lacing and strapping—they still don't exist, mate!

Louise: I would not like to travel right now because I like it here in New Zealand for now.

Stephen: 1992. it was the year I was born and the Cricket World Cup was on in New Zealand.

♦ What is the most interesting thing about you/your family that we might not know about?

George: That we're Tongan! We've been told that we don't look, speak, or act Tongan by any means. And when we tell people we are, they're thrown off guard.

Louise: I have a really lovely and funny family. I have three sisters so at our house it's always fun.

ephen: My family has lived in New Zealand for 150 years plus my age. I know this because the weekend before I was born was my family's 150 pear reunion.

MINIREPORTS

HIGHLIGHTS OF 2015? READ ALL ABOUT 'EM!

M A

"So boys, what shall we do?" This was a question often asked at Papsda's inaugural Man Camp, which took place from 13-16 August. It was a great question which really appealed to one of man's greatest attributes-finding solutions! 'Solutions' came in the form of Moto-X bikes, golf, drift carts, indoor sports, hot pools and one of the biggest BBQ cook-ups we've ever seen! One of the best parts about Man Camp was experiencing the cool vibe that happens when men worship together. The key message of men supporting each other emotionally, physically and spiritually was emphasised throughout the weekend. It was great to have a wide range of age groups represented. I think the consensus is that we'll definitely do this again! Keep an eye out for Man Camps in 2016. - Karl Saifoloi

CARPET UPGRADE Wow! How good does our new carpet look in the main auditorium? We are really excited to see the staging completed in early 2016.

A huge thank you Papsda for helping to make

this happen—you

really are the best.

Thank you for your

generosity, your hard work and sacrifice. We love seeing the outcome when we all work together. - Karyn Newson

ADRA CHARITY RUN It's not uncommon to see a bunch of

wannabe heroes down at Mission Bay. You've probably seen them in blinged up cars or oiled up torsos. But November 29 saw a new type of hero descend on Tamaki Drive in the form of 800 runners and countless volunteers who took part in the annual ADRA Charity Run. The event was themed, 'Making Heroes' this year, which was used to remind participants that anyone can be a hero when contributing to the lives of many. The Charity Run challenges people of all ages and abilities to complete the 5km, 10km or 21km course, helps raise funds for ADRA's work with registration fees and fundraising going directly to helping families at home and overseas. This year more than \$82,000 was raised. A large group from Papsda came along to the ADRA run, as both runners and volunteers. Thank you Papsda for making heroes! -Braden Blyde

60's + Our 60's plus have been active and strong this year. Road trips to Kaiaua for their famous fish and chips, movie days

here at the church with the best potlucks you could ever hope to find. We are growing in number

and thinking we will have some a ditional outings in next year's calendar. Morning tea at Urban Soul was

such a big hit! If you are over 60 and want to find out what we are up to, call the church office and ask for Keira. - Keira Bullock

PROMISE KEEPERS MENS CONFERENCE

Six Papsda men decided to head out to Promise Keepers Men's Ministry, Auckland, The event was held on 2-3 October. with an attendance of more than 1,500 men. Two days of powerful testimonies, teaching and prayer. Chains were broken and oppression removed with the blessing of hundreds of men receiving Christ for themselves. Us Papsda guys were tingling with the whole experience and came together to establish a ministry empowering men, by building church and community in practical ways. Our lives have been changed forever by Christ as we GO to the men of New Zealand needing a Saviour as Christ. Join us next year, men! - Chris Engel

iCAN58 We are still buzzing around here from our August 29 attempt to feed many in the community of Clendon. iCan58 was definitely a highlight in 2015. At the beginning of November the video highlights reel that was posted on the iCan58 facebook page had received almost four thousand views. Soon after we launched our day, a church in Brisbane picked up on the idea and decided to do an iCan58 of their own. Papsda provided 110% of our goal in the collection of food. Beyond that, we managed to stock our highly-utilised food bank. Over 2,000 food parcels were delivered to a very grateful Clendon. People were fed, prayed for and met by the Kingdom of God right here on this planet. i58 is a lifestyle. Let's keep going. Yes we CAN! What's next? - Keira Bullock

THE WELCOME BABY CLOTHES LIBRARY is becoming recognised in South Auckland. Family Start have referred a number of young families to the program. These families have given Family Start positive feedback on the program. Welcome Baby has also been connecting with the CAP Debt Centre families. This has helped getting Papsad's name known in the community. Currently, Welcome Baby has ten families with babies under 12-months-old; three more families with a newborn baby due soon; while two families have moved out of Auckland and another Welcome Baby, baby has "graduated" from the program after turning one. One of the babies was born with a heart murmur and was cleared by the doctors not to be needing surgery at this stage. Thank you for keeping these families in your prayers. A big thank you to all our wonderful talented knitters helping to make the baby packs that little bit more personal. A request has come in for a baby high chair and a baby car seat if anyone can help with that. Please contact the church office 09 278-7786. - Ina Louw

INTERSEXIONS | **CRAZY LOVE** This year we were privileged to have internationally renowned presenter Cheri Peters (from the USA) speak into the lives of our young people over the weekend of 24-25 July. Cheri was a former heroin addict who rediscovered life through recovery. Her messages on addictions, including sexual addictions and their impact on relationships were honest and impacting. We had 86 young people registered, along with 19 adult facilitators and 7 youth facilitators. We also had over 500 people attending the public sessions. - Karl Saifoloi

Feedback from participants:

"My mum was so proud of me for learning all these topics..."

"Thanks Cheri for teaching me that horrible beginnings and circumstances can be overcome..."
"I was able to laugh out loud today in my own skin."

PRICELESS On the last Saturday evening of October, when all of New Zealand was thinking about the Rugby World Cup final, Papsda and Day7 hosted a fundraising concert to support the Christian performing arts group, The Hub. Consisting of dancers, actors, musicians and our very own Joseph Toso and Jay Okesene; The Hub have been touring Germany in November and December to bring awareness of Human Trafficking and modern slavery. Papsda are well aware of this plight due to having Daniel Walker from NVADER speak to us on this subject on previous occasions. The concert was a musical feast with performances from Day7, The Hub and Albert Mata'afa, who was home from Australia to support the concert and record his debut album. The concert was well attended and raised \$2,800 to support the mission work that will be undertaken in Germany. The Hub thanks you, Papsda, for your amazing support and hospitality in making the concert happen. Also they thank Day7 and their families for volunteering on the night and for the giving of their time and talents. The average cost of a slave in 1850 was \$40,000. Today the cost of a slave is \$90. - Jay Okesene

REPURPOSED | **WOMEN'S RETREAT** While we thoroughly value and appreciate our menfolk, there is a special dynamic when a bunch of women get together that is really enjoyable. Lynette Laws, our North New Zealand Women's Ministry leader and her team really made the North New Zealand Conference Women's Retreat held at Tui Ridge, a truly memorable weekend in every way. The Teen Team met us on arrival and showed each woman to her allocated accommodation. The food was delicious (and we didn't cook, wash or dry any dishes)! Ginny Allen is an outstanding speaker. She has that gifted combination of practical Christianity, superb story telling, is funny and tuned into God, and His living Spirit is clearly reflected in her life. Peter Dixon led the singing and wasn't the least fazed in being a lone male in a female environment. He led inspirational worships in song and we felt truly blessed. About 40 women were wide awake at 5:00am on the Sunday to watch that all importantinal Rugby World Cup game. I learnt we have some Papsda women who are fully cognisan of knock-ons and tries and penalty kicks and there was much stomping of feet, shouting anc energetic waving of raised hands. - Robin Greenfield

MINISTRY EXPO October 31 saw our first Ministry Expo in more than a decade here at Papsda. What an amazing day filled with energy, passion, food, fun and sign-ups. Thanks again Papsda for the many ways you invest into people here and in our wider community. We love doing church with you. - Karyn Newson



NEWS WE SHOULD KNOW ABOUT? TELL US! E-MAIL KATIE@PAPSDA.CO.NZ





Congratulations to WARWICK BAGG who is the Associate Professor at The University of Auckland's Faculty of Medical & Health Sciences. Warwick received two prestigious awards this year for teaching excellence. On 18 June, Warwick received a Butland Award for "Sustained Teaching Excellence Award," at a special ceremony attended by colleagues, medical professionals, alumni, family and friends. More recently, Warwick received the "2015 University of Auckland Teaching Excellence Award for Leadership in Teaching". Those fortunate to work closely with him appreciate Warwick's exceptional leadership attributes, particularly his integrity and courage in taking on challenges. These awards are so richly deserved.

→ Meet RAFAEL UCHIDA. Rafael flies under the radar here at Papsda, but you might see him every now and then welcoming you into church on a Sabbath morning. He is one of our friendly welcome team. In late September he celebrated quite the achievement. Rafael completed a Master



of Engineering in Chemical and Materials Engineering through the University of Auckland's Faculty of Engineering, Chemical and Materials Department. His thesis, titled "Modelling the inactivation of Alicyclobacillus acidoterrestris spores by high pressure combined with thermal processing: study the effect of temperature and soluble solids," was about the use of High Pressure Processing technology to inactivate a heat resistant spore of a specific bacteria that can spoil fruit juices. A little bit complicated you think? That's how clever he is. Rafael is now a Food/Dairy Engineering Audit-Cadet at Eurofins NZ Laboratory Services Ltd in Penrose—the very job Rafael asked his Papsda friends to pray over when he was attending interviews. "I am so grateful to everyone for their prayers and thankful to God as well for this blessing," says Rafael.

♦Also graduating this year was CHERIE TAU,

graduating with a Bachelor of Education Degree from The University of Auckland and STEVEN RYAN, who



graduated with a Bachelor of Science and a Bachelor of Commerce from The University of Auckland.

◆ROB AND TASMIN GELDERBLOEM welcomed their first baby, Reid Nahum Gelderbloem. on 11



September 2015 at 3:32pm weighing 8 pounds (3.63kg). Congratulations to Rob and Tasmin, new grandparents Adrian and Merle, and also Uncle Kale. What a handsome baby boy.

◆MWAULUKA & NAMATE MUBANO also welcomed baby number one into their family. Beautiful little Zoe Mutumba-Beene Mubano arrived on 24 August 2015 at 6:33am weighing a healthy 3.68kg.



◆Earlier this year, two Papsdaites were the deserving recipients of the 2015 Spirit of Sanitarium Annual Awards. Staff members nominate the person who they believe live out the values of Sanitarium: care, courage, humility, integrity and passion. Two awards are given each year, one to a factory staff member and one to a head office staff member. This year, LEAH WOLFGRAMM received the head office award and GAVIN LIGGETT received the factory award. As part of the awards program, the recipients have the opportunity to be part of an international service

project, along with receiving a monetary reward and a gift of money in which the recipient can donate to the charity of their choice. From the two recipients, one overall representative from Sanitarium receives the Sam Bearpark National Award, which this year went to Leah. Congratulations Leah and Gavin for receiving such honourable awards, and modelling such great values in your workplace and beyond!

◆MATHEW & HELEN CARTER are getting the hang of bringing new life into the world with their third and "final" instalment, gorgeous little Emma Grace Carter arriving on 9 June 2015 at 11:44pm weighing 7lb 3oz. Both big brother Caleb and big sister Caitlyn adore their new baby sister.



♦It's always lovely to witness a romance blooming in church and on 3 August 2015, JOELI QIOLEVU & RACHEL VAN WEERD tied the knot on a lovely, sunny winter's day. Huge congratulations to the happy couple and their parents, Kuli & Tali Qiolevu and Richard & Jean Van Weerd.



♦ Warm congratulations to LEAH & RICHARD WOLFGRAMM on the safe arrival of their beautiful little baby girl, Moriah Mereana Wolfgramm, who was born on Sunday, 8 November, at 3:52pm weighing 8lb 10oz (3.9kg).



AT LIGHT CHRISTMAS '15

By the time you get to read this article, Christmas will be well underway. Well at least in the shops and malls it will be. Christmas can often be an overwhelming time of year. There is the frantic perfect present hunt, the preschool and school Christmas events and end of year dances, the school prize-givings, Christmas parties, end-of-year get-togethers and the preparation for summer holidays. So with all this in mind, how do we create space and prepare our hearts and homes for what this season really represents—RELATIONSHIP. God sent Jesus to Earth to have a personal relationship with His people. During this season, how do we honour our relationship with God and others amidst the chaos and stress?

Fun Fact (in case you were wondering like me):
Advent starts four weeks prior to Christmas Day, then the
12 days of Christmas follow until 6 January. This was
apparently when the Magi finally reached Jesus. These
specific events are much more common practice amongst
"high" protestant churches.

So why the Fun Fact? Well amidst the chaos of pre-Christmas, here's what I believe we can take from this rhythm. Firstly, these specific times create moments in time or memorials for celebration opportunities. Secondly, they help us prepare to communicate specific events.

- Brigitte Bagg

ADVENT

The four weeks leading up to Christmas Day are an amazing opportunity for families to do things together. Given that this time represents preparation time for the birth of Jesus, how can we apply that to our lives?

Preparation time to contemplate the arrival of baby Jesus.

- o Read the story of Mary and Joseph in the
- o Make a home-made nativity set with the children (see Pinterest). Talk about the dress, mode of transport, type of roads, food, season etc of the day.
- o Each day have the children move the donkey, Mary and Joseph, closer to the stable.
- o Talk about where the shepherds and wise men were.
- Admire—road trips in the evening to admire the effort people have gone to, to decorate their houses.
- Create—Bake, make cards, make gifts, let kids decorate brown paper to wrap gifts with.
- Connect—with family and friends.
- Dream—Remember what Christmas was like when you were young and bring back the things worth repeating.
- Encourage children to set up a nativity set in their room, so they see it as theirs and important to them.
- Give—Donate new toys, household items, food, money etc to charities or organisations who help struggling families.
- Rest—Find peaceful moments and be grateful for them.
- Start a new tradition. For example, read a Christmas story book each evening leading up to Christmas Day, buy or make a special Christmas tree decoration for 2015 for each child.
- Talk about how we invite Jesus into our lives.

CHRISTMAS DAY

- Finally place Jesus in the manger of your Nativity set.
- Light a candle and sing, "Happy birthday Jesus," at breakfast before anyone gets to open their gifts.
- Share—include people who you know might be alone.
- Remember those who are no longer with you anymore.
 Remember their specialness and celebrate their impact in your life.
- Keep a holiday scrapbook. On Christmas Day, have one of the children write a note about the day. For example, who was there, gifts, food, traditions. Tuck in some photos too.
- Cultural Christmas Tradition—Each year, pick a country from around the world, try their traditions and serve new foods.
- Jesus only received three gifts. Here's an idea: Each year, children receive 3 gifts from their parents: one "gold" gift, the big item they are longing for; one "myrrh" gift, which is for their body or mind (like clothing or reading); and one "frankincense" gift, for their spiritual growth.

12 DAYS OF GIVING (CHRISTMAS)

- With the lead up to Christmas being so busy, why not make the next 12 days after Christmas, a season of giving. This also helps to counter the letdown after Christmas Day by continuing to celebrate in small ways.
- Bake for your neighbours, offer to babysit for a new mum, wash a car, mow someone's lawn who can't do it for themselves or any other act of kindness will do.
- The Magi/Wise Men finally get to Jesus. Leave the Nativity up and continue to read stories and talk about the birth of Jesus. Lead the Wise men around the stable until they finally find their way to baby Jesus.

Being aware of and talking about the full season of Christmas, helps us and our children, to feel the Wonder, Discovery and Passion of this time of year.

CHRISTMAS HACKS

- Aluminium foil boxes (wrapped nicely) make great gift boxes for home baking e.g. biscuits.
- $^{\bullet}$ Make red and white play-doh. Place in mason or other jars with a lid, in alternating colours.
- Popsicle sticks and command hooks make great decorations.
- Use a command hook upside down on the back of a door, using ribbon, hang your wreath seamlessly over the door.
- Wrap Christmas lights around a clothes hanger when packing away.
- Use egg boxes and paper cups to store and protect decorations.

Check out Buzzfeed.com for more Christmas Hack ideas.



It's been another busy year in all the Kidzone environments! Check out some of their photos and have a go at their 5 finger prayer, activity and craft.

Listen earnestly to the little things your children tell you. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them, all of it has always been big stuff.
-Catherine Wallace

2.FRIENDS & FAMILY

Pray for those closest to you—
your family and
friends, neighbours,
team members and classmates to name a few.

3.TEACHERS & LEADERS Pray for your teachers and anyone else who is helping you learn and grow. Don't forget to include your parents, life group.

TROUBLED Pray for the sick, sad and needy both in your community and around the world.
Anyone who is facing a problem can use your prayers.

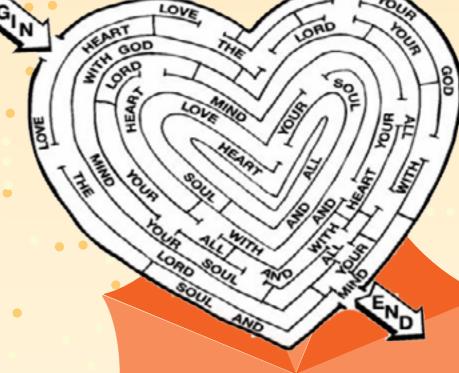
FINGER PRAYER Take time to pray for your own needs. "Do not worry about about everything. Tell and thank Him for Philippians 4:6 Philippians 4:6-7







. . .



Find the correct path through the heart above, and write the words out in order as you find them!





Growing up at Papsda, the idea of Life Groups has always been familiar to me. A small group of people usually around the same age meeting together once a week to talk about God stuff. But about 5 months ago, my whole picture of what a Life Group is, has evolved into something so much more.

GROUP Our Life Group meets on a Wednesday night every week at Papsda. Ages range from about 18 to 30. It started off with about six people meeting in Shed-X after a workout. After a few more started coming we moved into the newly renovated shipping container that Shed-X use as a chill-

out zone for the gym-goers, but recently our group has gotten so big that we have out-

grown the container and now have to meet in the teen room and now even that gets filled up pretty quick! From six regulars to around 20, our group has grown by the week before our eyes—something I haven't seen before.

We get together at about 8:00pm and usually have some naughty/yummy things to eat. We then go around and share how our weeks have been. This can take quite a while to get around the whole group now but it's amazing how powerful it is. It gives everyone ownership of the group and a chance to share a bit of life with each other no matter how good or bad. Karl then shares a short thought with us, usually inspired by a verse of the day that comes up in an app on his phone or something that has come up during the sharing time. We discuss it, share our thoughts on it and talk about how that might be relevant for us. We ask if there's anything anyone needs prayer for—this is my favourite part and the most powerful; we have prayed over each other through illness, work struggles, court battles, death of loved ones, spiritual struggles, financial difficulties, pregnancy scares, car accidents and the list goes on. Don't get me wrong, we have praised and celebrated together too—university graduations, promotions, awards, new babies, healing and many answered prayers. The power of praying for each other is so overwhelming and it really does bring us closer as a Life Group and as friends.

What I love about our Life Group is that we do life with each other outside Wednesday night. A majority of us often see each other multiple times a week, if not every day of the week, because we actually love just hanging out with each other. Whether it's training for some sports team, a Tuesday night movie, a Sunday BBQ or a late night dinner at Denny's—we always look forward to being together and I think that's the difference. Our Life Group truly does do life together, all of it, the good, the bad and sometimes the ugly. We have a Facebook messenger group that is constantly beeping with messages, most of the time with funny conversations the boys are having but now, just out of the blue, someone will message a thought for the day—it might be a verse from scripture, a cool quote they saw on Instagram or just an encouraging sentence or two. Our Life Group is honestly the joy of my life right now and I don't know what life would look I like without it.

So I encourage you, if you aren't part of a Life Group yet—get amongst it! What you perceive a Life Group to be may not necessarily be true. Get together with a group of people you love hanging out with and do life together! There's honestly nothing like it. And if you are looking for a group—ours is always open!

READ WATCH OR

The sin that condemned Jesus was just as much His as the righteousness that saved you is yours. -David Asscherick

experiences. "How," Voskamp wondered, "do we find joy in the midst of deadlines, debt, drama, and daily duties? What does a life of gratitude look like when your days are gritty, long, and sometimes dark? What is God providing here and now?" A beautifully practical guide to living a life of joy, One Thousand Gifts invites you to wake up to God's everyday blessings. As Voskamp discovered, in giving thanks for the life she already had, she found the life she'd always wanted. Following Voskamp's grace-bathed reflections on her farming, parenting, and writing life, you will embark on a transformative spiritual discipline of chronicling gifts. Along the way, you will discover a way of seeing that opens your eyes to gratitude, a way of living so you are not afraid to die, and a way of becoming present to God's presence that brings deep and lasting happiness.

If you are looking for a great encouragement on the po to watch. You may find yourself setting up your own War Room.

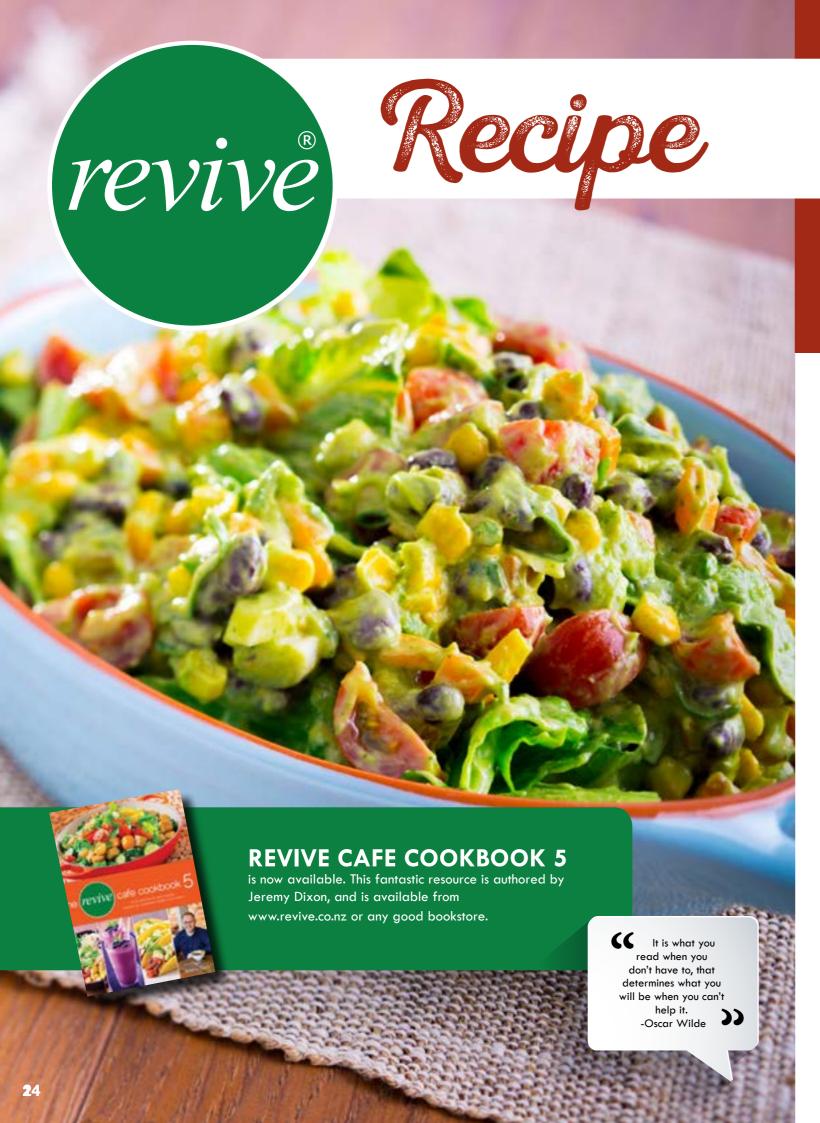
With great jobs, a beautiful daughter and a dream house, the Jordan's seem to have it all. Appearances can be deceiving, however, as husband Tony flirts with temptation and wife Elizabeth becomes increasingly bitter, crumbling under the strain of a failing marriage. Their lives take an unexpected turn for the better when Elizabeth meets her newest client, Miss Clara, who encourages the couple to find happiness through prayer.

At Christmas time it is always lovely to have a mix of known Christmas songs and also to hear something fresh and new. Both of these albums accomplish that with a mix of some more traditional tunes and enough freshness to bring "new" into the tradition of Christmas this year. Big Daddy Weave "Christ is Come"

Natalie Grant "Believe"

VAR ROOM





Two mouth-watering summer salads are on the menu. They're guilt Eree, tasty and perfect for a family meal or to compliment a BBQ. Enjoy!





Purple Power Quinoa Salad

MAKES 5 x 1 CUP SERVES

3/4 cup white quinoa

1½ cups boiling water

1 cup beetroot julienne (around ½ large beetroot)

1 cup purple cabbage thinly sliced

1 cup purple grapes

 $\frac{1}{2}$ cup radishes cut into half moons garnish: coriander (cilantro)

DRESSING:

2 tablespoons oil

1 teaspoon apple cider vinegar

1 tablespoon honey or date puree

1 tablespoon seeded mustard

¾ teaspoon salt

2 teaspoons lime juice

ΛΕΤΗΟD:

In a pot combine the quinoa and boiling water and heat to bring back to the boil. Turn down to low and simmer with the lid on for 12 minutes or until the water has gone and the quinoa is soft. This should yield 2 cups of cooked quinoa.

Chop all the vegetables and put into a mixing bowl.

Mix the dressing ingredients in a cup.

Combine the cooked quinoa with the vegetables and dressing and mix well so the beetroot colours the salad.

Serve and garnish with fresh coriander and some lime wedges. You can also use red quinoa for even more purple power!

Mexican Guacamole Salad

MAKES 8 x 1 CUP SERVES

2 cups frozen corn or 400g (12oz) tin whole corn 400g (12oz) tin black beans

1 orange capsicum (bell pepper) finely cubed

 $1\frac{1}{2}$ cups cherry tomatoes quartered

 $\frac{1}{2}$ cup spring onions finely sliced (around 1 large)

3 cups cos lettuce finely sliced

GUACAMOLE DRESSING:

1 cup fresh coriander

1 large avocado mashed

2 tablespoons lime juice

2 tablespoons lemon juice

1 tablespoon honey or date puree

 $\frac{1}{2}$ teaspoon salt

3 tablespoons oil

3 cloves garlic finely chopped or crushed

METHOD:

Put the corn into a sieve and briefly run some hot water through it to defrost. Put the corn into your serving bowl.

Put the rest of the salad ingredients into the bowl.

Put the dressing ingredients into a small bowl and mix well. Pour over the salad ingredients and mix through gently.

If you like a little heat you can add some finely diced chilli peppers



FOOTSTEPS COMMUNITY PRESCHOOL JUST OVER THE FENCE FROM PAPSDA, LIES OUR FOOTSTEPS PRESCHOOL. THEIR WORK IN THE LIVES OF OUR CHILDREN AND COMMUNITY IS IMMEASURABLE AND IT'S ALWAYS GREAT TO FIND OUT WHAT THEY'VE BEEN UP TO!

Wow, where has the year gone? With only a few days until preschool closes for the Christmas holidays, we are in the midst of one of the saddest and proudest seasons of our year—graduation time—for our BIG 5-year-olds who will be leaving us to go to school. We have already said goodbye to a number of our children and have had more than a dozen graduations booked for December. As a team we feel honoured to have been a part of their life journey to date and pray that they will have seen Jesus in a real way and will feel a close connection with Him.

Each day at Footsteps brings a myriad of learning experiences and opportunities—sometimes it is overwhelming to look back and see how much activity, learning and FUN our preschool children can cram into a few short hours! On any given day you are likely to find children engrossed in water-play as they discover how the force of gravity affects our world (and get wet)! Or perhaps they may be building a complicated tower with wooden blocks demonstrating their aptitude with balance, beauty and form. Still other children will be hosting dinner parties or gatherings, engaging in imaginary and social play that demonstrates caring hospitality and a desire to enjoy life in community. We also provide opportunities for children to engage in many different ways including dance, music, story-telling, carpentry, active movement and sensory play—ALL within the context of play. Wind, rain, hail or sun, the children can't wait to explore and connect to God's amazing world and the endless possibilities it brings.

Some of our highlights this year include:

Community News

- Our youngest classroom's performance of *Let it Go* from the *Frozen* movie at our Pizza and Pyjama Party in June.
- The weekly excursions to Gym City for a fun interactive play gym session for our Beehive children.
- Our proud families as they watch their 5-year-olds graduate and celebrate their Footsteps journey.
- The School Readiness children dropping off our fundraising donations to the SPCA of over \$250.00, plus cans of dog and cat food, blankets and biscuits for the animals.
- Our Cultural Party in September where many of our children and families shared music or dance items—our kids are so talented!
- Footsteps Tonga (who we supported to establish in Tonga in 2011) bringing over 30 preschoolers and families on an excursion to New Zealand and spending the afternoon with us.

• Our new rabbit and guinea pig enclosure built by Papsda's 360 Teens: Breno, Doug, Isaac, Jayden and Josh, under the watchful eyes of Rhys and Channae.

As a staff and wider Footsteps Whanau, we have faced our share of challenges this year. However we are reminded frequently of God's goodness and grace and commit time each day to worship together and pray for our children and team. One of the highlights of our worship time was reading Ann Voscamp's book, One Thousand Gifts as a team in Term 3. This beautiful book reminded us that we can find blessing in even the small stuff and that gratitude leads us into a more meaningful and abundant life with God. We are truly grateful that God has been faithfully preparing, strengthening, providing for and carrying us through every situation this year. Most recently He has filled a gap in our staff team and we have welcomed Lesina into a teaching role. We are expectant to see how God will use her talents, gifts and passion for children to impact His kingdom.

Over the next few weeks we turn our attention to preparing for the end of year Christmas Celebration when we invite all our Footsteps families to see and hear the story of Christmas through songs, dance and drama performed by our children. The children absolutely love dressing up like angels, learning new songs and being the delight of their parents' day when they perform for them. We love that we see the story of Christmas through the eyes of such beautiful kids—there is always something new to learn and enjoy!

In doing life together at Footsteps, we have the opportunity to share Jesus to many in our community that may not know Him yet. There is nothing more rewarding then seeing and hearing the prayers of a preschooler who has chosen to connect to Jesus! We are currently enrolling for 2016 and if you have a preschooler and would love to be a part of our Footsteps Whanau, please visit us next door at www.footstepskids.co.nz or call (09) 250-1067 for more information. We welcome your prayers for our Footsteps families, and our ministry as we continue to use our resources, talents, time and opportunities to connect children to Jesus!

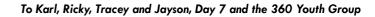
Keryn McCutcheon Centre Manager





The Christian does not think God will love us because we are good, but that God will make us good because He loves us -C.S. Lewis





I write to thank you for the wonderful blessing you have been to the Kaitaia church during your visit this weekend. I thank you also, on behalf of those silent voices around our streets, that have witnessed your ministry demonstrating a glimpse of the love that Jesus has for each one of us. Your efforts have not been in vain. During the Sabbath, I monitored the reaction of those whom we minister to here on a weekly basis. Those whom the devil has deposited on the

scrap-heap of self-destruction. The addicts, alcoholics, perpetrators of domestic violence, the abused, the lonely and the broken. They were there watching and listening to what you presented yesterday as you threw them a lifeline of love and hope. They were awe-struck by the genuineness and power of your ministry.

I want to commend the leaders for the way you nurture your youth. The way you fertilise and harvest that rich vein of talent they possess, enabling them to express eternal truths appropriate and accessible to today's culture. The way the 360 youth worked on our street projects contrasted the usual negative crap that fills our schools and paints the devil's mojo on the tin fences of our streets. I want to commend the youth for the purity of God's love that you manifest and pray that you will continue to follow the path of innocence that leads to a happy and blessed life. I commend you for your abundant talent and creativity, the hours of practice sessions resulting in a presentation of the gospel that powerfully arrests the attention of those imbued with the conventions of media that the devil erroneously subverts as his. Art, music, dance and poetry are part of God's creation, one of His gifts to us in order that we might project emotions of praise to His honour and glory and tug at the heart strings of those who are lost and suffering. On Sabbath you achieved that. The lost and suffering told me so.

I want you to understand the blessing you are to Kaitaia church. In recent years we have dared to jump over that fence of separation between us and the street. To move from a museum of theological reflection to a place of refuge. Weekly we feed and mentor the social outcasts that turn up on our doorstep in growing numbers. We are however a small group with limited resources and ministry pool. Although the work is often a blessing, it is also at times a burden. You, with your fertile talent and abundant energy, provide such a boost to us. You provide the type of event which we do not have the capacity to provide. You give us the confidence to redouble our efforts, to get back out there and looking them straight between the eyes say, hey bro, come to this, it will blow you away. And best of all you deliver, you blow us away. You move us all to a better place. You lift us closer to Jesus in order that we can renew our energy and get back in the ring for another round.

Thank you for coming. You lifted us from the loneliness of the Far North mission field and made us feel proud to be part of the wider SDA family. You rejuvenated us to continue the fight. You reached the broken-hearted and some of those who heard you this Sabbath, have already begun the crossing from death to life and reconnection to the blessed life through the grace of our Lord and Saviour Jesus Christ. I invite you to come again. I pray that this association that we are building between our church groups will continue to flourish into the future. If any of you are ever up here for recreational purposes, to enjoy our beautiful landscape, you are always welcome to stay in our church.

The 360 service trip to

Kaitaia was epic in every way—

physically, emotionally, and spiritually.

Tracey and I feel incredibly blessed to serve our
young people, who show through their good works, their genuine acceptance of God's grace in their lives.

There is much that I could share with you regarding the deeds done and the people blessed by the presence of 360 in their neighbourhood, but I believe the best feedback really comes from those you hoped to serve. So here is a heartfelt letter from Pr Patrick Koogan, pastor of the Kaitaia church.

May God stir you to serve where you are as you read this letter.

God bless Karl and Tracey

SERVICE TRIP TO VAITAIA

















BASKETBALL TOURNAMENT

This year we entered a record number of teams into this annual basketball competition held 30-31 May. Seven teams played under the 360 Banner. Our results were as follows:

Winners: Women's A Grade | Winners: Women's B Grade | Semifinalists: Men's B Grade.

Thanks to all our players for yet another awesome season of basketball.

MOUNTAIN TOP CAMP

There's something raw about Piha. The tussock, black sand, wild ocean—it's an environment that invites you to be real, vulnerable, naked. And that's what 360 Mountain Top Camp was all about this year. It was a chance to trace, face, discard and replace some of those king lies Satan likes to whisper in our ear. Here's things young people said about Mountain Top Camp:

Tristan knows we have something special.

Keith felt impacted.

Bessie wants to come to Intersexions and wants her whole youth group to come.

Ben and Jordayn are keen to come to church.

Jay and Tarsh feel close to everyone.

Mele said she doesn't want to hold back anymore.

Kaleb said 360 is helping him deal with past trauma.

Neiwa felt at home with us.

Since Mountain Top Camp, Ben, Jordayn, Jay and Tarsh have joined a Life Group and regularly attend church. And Bessie came to Intersexions!

VENUS GIRLS WEEKEND

We are so excited about this new initiative, because it is the first 360 event that has been birthed from the hearts of our very own young people. With zero input from adults, our youth and young adult girls ran this one-and-a-half day event where young women got together to share stories, struggles and make-up tips! The Venus Girls weekend happened on the weekend of 7-8 August for "girls only", aged 13-18. There was loads of laughter and a few tears as they got real about life as young women in the crazy world we live in. The positive feedback from this event was too numerous to include in this newsletter! Well done girls!

RIPPLE LEADERSHIP SUMMIT

The ripple effect. For us, it's what happens when a leader initiates something positive that goes on to have an incremental impact on generations into the future. Leadership is what the 360 Ripple Leadership Summit seeks to support. Below is a brief summary of this year's Ripple Summit, held Sunday, 30 August.

Theme: Ethics

30 attended. Two-thirds of them non-Papsda

10 facilitators/volunteers

Speakers: Ronald Davidson—An Ethical Dilemma Part 1; Glenn Colquhoun—An Ethical Dilemma Part 2; Sandy Millar—Exploring Whole Brain Thinking; Roseann Gedye—The Art of Possibility

VOLLEYBALL TOURNAMENT

Of all the church sports tournaments we enter, we probably enjoy this one the most! This year saw a men's team, a women's team and a mixed team make the road trip down to Palmerston North 10-11 October for a weekend of primo fun!











360 FORMAL 2015























Name: Grace Teao.

Age: 8 and a half.

School:

South Auckland Seventh-day Adventist Primary School.

What Kidzone group are you a part of? The TreeHouse.

What's your favourite thing to do in The Treehouse?

I like getting involved and helping out. I also enjoy doing the activities in our Life Group.

What is your favourite Bible character and why?

Jesus, because he died for me, saved me and did miracles.

What is awesome about your family? They always look out for me.

If you had a super power what would it be? Wisdom.

If you could spend a whole day with anyone who would it be?

Jesus!



I'd like you to meet the Taipuna family. Dorothy is a single mum with three teenage children at home. Puke, Okera and Bobby. This year, their lives have been transformed by CAP and Papsda. I have watched the Body of Christ working together to help, support, and bless a family of the community.

When I first met them, they were struggling with debt and felt the heaviness and burden that often goes along with it.

Since then they have started on their journey of becoming debt free and are doing an amazing job persevering to reach their goal.

The teens were not attending school, but have since returned with the help of a Papsda Life Group who generously bought the uniforms and necessities for them to return to school. They are doing well and really enjoying it! On Wednesday evenings, they and two of their neighbours come to the Box Fit fitness class at Shed-X, and are learning to drive afterwards to get their learners license.

The family, along with a neighbour, came on our Kaitaia Service Trip and were blown away by the love and kindness of 360 youth and leaders. This was the first time they had been over the Auckland Harbour Bridge, and they enjoyed the drive north. They felt part of 360 and got involved helping to clean up the community. Dorothy volunteered in the kitchen and enjoyed watching her children get involved, laugh and have a great time. She too felt accepted by the church, which impacted her greatly.

The following week, CAP had a Discovery Day, and the Taipuna family was nominated to attend. They all went to Rainbow's End and at the end of the day when we shared about Jesus, Bobby, Okera, Puke and two of their neighbours gave their life to Christ!

Dorothy says that since she met CAP and the people of Papsda, her life and the lives of her children are changed for the better.

Thank you Papsda for making a difference in their lives! - Trena Morse







CAP MONEY COURSES

Cap Money differs from the CAP Debt Centre in that CAP Money is a 3-session course, helping people to budget, save and spend. This is the ambulance at the top of the cliff. The CAP Debt Centre helps those who have found themselves in debt that requires third party assistance to them to get out of debt.

Papsda ran two CAP Money courses in the second half of this year. Both courses were very successful with fantastic feedback. The first course had 24 people and the second course had 17 participants. CAP Money is a free course that teaches you how to manage your money well. Whether you earn much or a little, there are some excellent tips to help you have control over your finances so you can save, give and prevent debt.

Thank you to all the wonderful CAP Money coaches who have helped run courses this year and have changed people's lives for good. If you would like to know more about CAP Money, contact Brigitte Bagg via the church office (09) 278-7786 or email brigitte@papsda.co.nz



YOUR WORD FOR TODAY THESE INSPIRATIONAL PIECES ARE FROM 'WORD FOR THE DAY' - BUT THERE ARE PLENTY MORE DAILY SOUL FOOD SOURCES AND APPS YOU CAN PUT ON YOUR PHONE.

GREAT TO ADD IN TO YOUR DAILY WORSHIP!

Patience is not the ability to wait, but the ability to keep a good attitude while waiting

-Joyce Meyer

YOUR EYES: A DIVINE MASTERPIECE

"...I am...wonderfully made..." Psalm 139:14 NIV

Evolution says that, where there's a want, nature will provide what's needed. Really? In Natural Theology, Dr. William Paley writes: 'To keep the eye moist and clean—which qualities are necessary to its brightness and its use—a wash is constantly supplied by a secretion for the purpose; and the superfluous brine is conveyed to the nose through a perforation in the bone as large as a goose guill. When the fluid has entered the nose. it spreads itself upon the inside of the nostril and is evaporated by the current of warm air which in the course of respiration is continually passing over it... It's easily perceived that the eye must want moisture; but could the "want" of the eye generate the gland which produces the tear, or bore the hole by which it's discharged—a hole through bone? Let the evolutionist tell us who bored the hole... and laid a water pipe through it for the dispersion of tears.' When it encounters darkness, your eye's ability to see increases one hundred thousand times. The finest camera ever made doesn't even come close! And what's more, your eye will find the object it wants to see, and focus on it automatically by elongating or compressing itself. Both eyes moving in tandem must adopt different angles in order to fix themselves on what's to be seen. Evolution tells us when the eye got ready to create itself, it had forethought for its own protection and built a bony ridge of the brow, which provided a nose on which to position the glasses many of us need. Then it provided a shutter to protect itself from foreign objects. Perhaps it takes more faith to believe in evolution than creation! What do you think? SoulFood: 2 Chr 29-31, Mark 9:1-13, Ps 119:145-160, Prov 22:14-16

ROLL WITH THE PUNCHES

"I can do all things through Him [Christ] who strengthens me." Philippians 4:13 ESV

There's a spiritual disease you need to be inoculated against—hardening of the attitudes. It's a disease that makes you think your opinion is the only right one. And as long as life cooperates with you, you're fine, but when it doesn't, you charge ahead from one brick wall into another, bruised and bloodied, until you quit in frustration. Then you start blaming others, life, the devil, or God. Your faith may be well—intentioned, but faith without flexibility is just setting yourself up for failure! Experienced kayakers know how to perform the 'Eskimo roll'. It's a technique that enables

you to roll 360 degrees under the water and up again without drowning. It's the strategy Paul used to overcome the challenges he faced in life. '... I have learned the secret of living in every situation...' (Philippians 4:12 NLT) He didn't acquire it naturally, or learn it at a 'flexibility seminar' or get it from a guru. He learned it in the rough–and–tumble school of patience, persistence, humility, self-denial, dedication and confidence in God. As a result he rolled with the punches of persecution, hunger, poverty and prison, never abdicating, while demonstrating how to 'rejoice in the Lord always...' (Philippians 4:4 NIV) When faith collides with reality, it flexes and holds on until victory emerges. It's like a tree that bends in the storm, then bounces back. 'I have learned...I am ready for anything through...the One who lives within me!' (Philippians 4:12-14 PHPS) So learn to roll with the punches! SoulFood: 1 Ki 10-11, Luke 11:45-54, Ps 53, Prov 6:9-11

A HUNGER FOR GOD'S WORD

"As newborn babes, desire the pure milk of the word..." 1 Peter 2:2 NKJV

How does a newborn baby desire milk? With an intensity you can't imagine unless you've heard the midnight cry! The fact that you've worked hard all day and are tired, or that you fed the baby just an hour earlier, doesn't matter. An infant's agenda is about as focused and uncluttered as you can get. He or she wants to eat-right now! When was the last time your spiritual stomach growled so much at midnight that you just had to get up and feed your soul on God's Word? Here's how Peter addressed the issue: 'Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking, as newborn babes, desire the pure milk of the word, that you may grow thereby, if indeed you have tasted that the Lord is gracious.' (1 Peter 2:1-3 NKJV) Note the words 'if...you have tasted'. When you've tasted the real thing you can't get by on junk food. Your spiritual taste buds won't let you. Note, not only can you not ignore a baby's hunger, you can't fool their sense of taste. When you start mixing stuff into their formula that wasn't meant to be there, their taste buds and stomach will reject it. Have you ever heard the phrase 'projectile vomiting'? Junk food is designed to fill a need with a quick fix that may satisfy you for a while, but it doesn't provide any real nourishment. You can tell when you're spiritually malnourished and underdeveloped. Peter says the symptoms are malice, deceit, hypocrisy, envy, and evil speaking. So open your Bible today and pray, 'Lord, give me a hunger for Your Word.' SoulFood: Exod 16:1-35, Jn 6:30-40





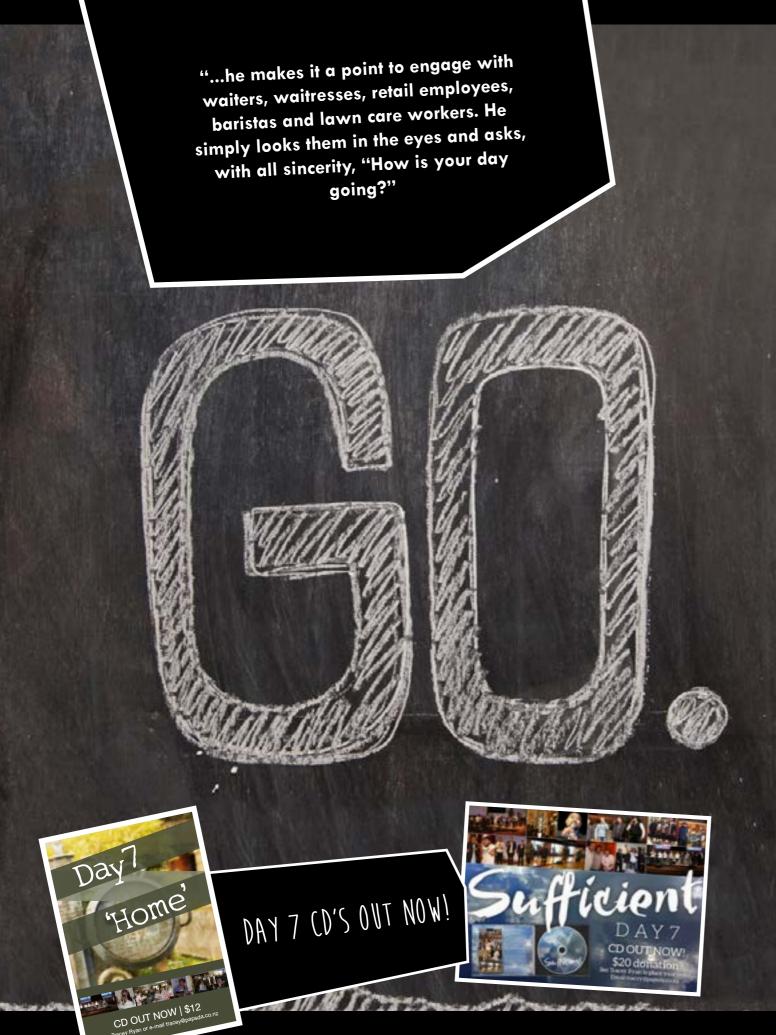












THE "MISSIONAL" MINDSET

For the average Christian, planning your week might look something like this: "Tuesday night I have a work social event. Wednesday I'll hang out with friends at group. Friday afternoon I'll clean the house. Then, next Saturday at 6:30, I'll visit Auckland City Mission to serve or 'be missional'"

OK, so you might not use that terminology, but chances are, the attitude is there. As Christians, we talk about "being missional," but our conversations about what that means are often misunderstood or absent. We strive to perfect the planned, short-term mission trip and the "once-every-so-often" local service project. Both are great endeavours, but by themselves, these events do not make an individual or church "missional." What we fail to realise is that the question is not "are you missional?" The question is "what message are you declaring?"

Mission is not an event we attend or a block of time on our agenda. Mission is the medium for God's message, and everything we do reflects His story. From what we buy to how we talk—every interaction we have demonstrates what we believe about the God of the Universe. Our present-day understanding of mission comes from the scriptural passage in Matthew 28: 18-20, where Jesus says: "Go therefore and make disciples of all nations."

This may sound like Jesus was telling His disciples to go on a trip or volunteer a few times a year. But according to its Greek connotation, this word "go" means "as you are going," which means Jesus was talking about the idea of missions as an everyday experience, not just a seasonal event. The reality is that mission takes place all the time—as we go to the store, drive in our cars, eat in our homes—everywhere we go, Jesus commands us to make disciples. Living "on mission" for Jesus means being conscious of the Kingdom of God among us, with every-thing we do as an active demonstration of the Gospel.

Marketing guru Marshal Mcluhan coined the phrase, "The medium is the message," which implies that whatever message you attempt to convey will be changed by whichever medium you use to express it. Throughout the narrative arc of Scripture, God continually uses humans to communicate His story. This shows us that God has, in fact, chosen the body of the Church to be the medium for His message, which is centrally about His Kingdom.

If you have spent any time in church, you have probably heard at least one of the stories, or parables, Jesus uses to describe the Kingdom of God. Each parable tears down traditional thoughts, ideals and philosophies we can believe about our existence. Jesus declares the subversion to our story of humanity. He shows us life is more than we think it is. The Kingdom of God is an overlapping of heaven and earth and an insurrection against the powers that be. Jesus points us toward this reality as a full embrace of the divine in our daily lives.

This may look different than we think. I know a sincere, Bible-believing Christian who has made it his mission to love his neighbours and engage with them on their terms—no matter the cost. He boldly steps into uncomfortable environments, one of which includes occasionally attending a cult meeting, just so he can learn about his neighbours and share the Gospel with them.

Another one of my friends loves to talk with people, especially those who go unnoticed or get treated like garbage all day. Thus, he makes it a point to engage with waiters, waitresses, retail employees, baristas and lawn care workers. He simply looks them in the eyes and asks, with all sincerity, "How is your day going?" Even if you don't realise it, your interactions with people, in every second, carry significance and meaning. For many, this one question is all it takes to break through the drudge of everyday life. People often respond by thanking my friend for his "extreme" kindness, which can seem unnatural in the world, yet his compassion allows him to build relationships and share the Kingdom with people in very real ways.

Living on mission means recognising where your true work lies. For example, my former Pastor intentionally works out of a local coffee shop so he can interact with people as they spend time in the store. He initiates conversations with complete strangers in order to one day be able to share the Gospel with them. This is what it looks like to live as the Kingdom of God. Even if you don't realise it, your interactions with people, in every second, carry significance and meaning. Living on mission means constantly keeping your eyes open, looking for opportunities to live in Jesus' subversion to our story.

We have the privilege of inviting everyone we know to come and experience the life-giving power of the Gospel. When we step into the lives of other individuals and demonstrate the Kingdom of God, we show them the way of Christ. The festive season, with societies heightened awareness or openness to the birth of Jesus, provides wonderful opportunities for us to engage people in the Story of God. So let us not merely say we are missional. May be truly be on mission to spread the story of Jesus' Kingdom today!

Article by David Valentine. Adapted by Norman Hurlow.

as published in Relevant Magazine: http://www.relevantmagazine.com/god/practical-faith/stop-saying-youre-missional

"We have the privilege of inviting everyone we know to come and experience the life-giving power of the Gospel. When we step into the lives of other individuals and demonstrate the Kingdom of God, we show them the way of Christ."

Louise Inglis

I think it's important to remember that any God barrier is of our own doing. Nothing we do can ever actually separate God from us, but it can separate our feeling of intimacy with God. Speaking for myself, I have to say busyness and tiredness are my most common barriers. At times, busyness is of my own doing; I love to be involved, contributing and enjoying life to the full. At other times busyness and fatigue is thrust upon me. Irrespective of the cause, when I'm too busy and tired it's impossible to experience all God wants for me.

God made David lie down (Psalm 23) and many times God speaks of giving us rest. Regularly stepping out of the pressure, even if just for brief moments, reflecting, bringing my concerns to God, seeking his guidance and then obeying Him, brings that sense of closeness again.



Keli Pepa

I think one of the biggest God barriers in our lives today is gnorance. When a society is in need of the gospel in all its potential to change our communities socially and morally, I believe that one of the most alarming things we could do, is to not do anything at all. We should all be compelled by the gospel, and to believe that with Christ... all things are possible: courage, intervention, creativity, organisation, and motivation.

Kerryn Swanepoel

Personally I think our biggest barrier is that we limit ourselves with God. We give him ultimatums like, "God use me today," and then we wait to see this huge impact that we should be having on the world. Suddenly when we don't see the big impact we though we should have, our faith waivers. I think it is because we come from a generation that is instantaneous, order this and get it now, want this grab it now. We feel that the satisfaction in our relationship with God should be to show everyone else the way in a grand way. But God is the still quiet voice to some, and that person you walked past that was homeless outside Burger King was your opportunity to look after the poor, you telling the cashier that they look lovely today was your opportunity to show kindness, you tipping the waitress could mean the difference between her making rent or feeding her family. We have to humble ourselves and open our minds and hearts to be able to be used.



What would you say the biggest God barrier is in our lives today? How do you think, with God, we can overcome this?

Rhys Ellis

As far as a barrier, I reckon social media has a lot to answer for. I mean, in one generation society has changed so much. It's quite scary. Where will we be in 20 years? Perhaps another barrier could be ourselves. I know I get caught up in what I'm doing and I forget to smell the roses along the way. Is it okay to be this self-involved? I don't know...balance is hard.



Karen Blyde

I think our biggest God barrier is busyness. Being too busy to take the time to spend time with God. I believe we need to ask God to help us refine our priorities, and then consciously focus on what it is we want to be important and how we want to spend our time.



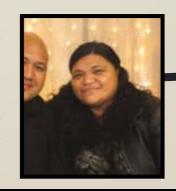
For me the biggest God barrier in people's lives is the me, me, me. Me, me, me in that we don't always really know our Bible like we should. Me, me, me that we are often 'one day a week' Christians. Me, me, me in that we think we will be saved because we are Adventists who attend church on Saturday. Me, me, me that we forget to do all things for the glory of God no matter what day of the week. Me, me, me that we hide behind the no time excuse rather than saying it's not important to me so I won't make time. 'When I was hungry you fed me, when I was cold you clothed me' – come on people, let's get this job done and go home!



Ana Pepa

Unbelief. That He actually cares about and guides us in our everyday circumstances. I think this can be overcome through faith. It's believing in those moments when you hear that small voice. It's Him; listen. It's also recognising when He is loudly calling to you, through conflict, others, a bible text, family, etc. That's when it's important to stop and listen.





WO years ago Papsda adopted a very poor village in rural Cambodia. Since then three teams of volunteers have travelled and served and loved there. Working in conjunction with ADRA we've built water tanks and household toilets, a preschool and more recently initiated training programmes in sewing training, engine repair and chicken raising. The most recent team returned early December. Here are some of their reflections:



"I cant even explain this experience. I went to the genocide museum today and I knew it was going to be sad, but I didn't think it would break my heart. I actually couldn't hold back the tears. You have to experience it yourself. I couldn't bring myself to take photos of that horrific event. I got to meet one of the survivors too. You can know about it and read about it, but nothing prepares you for being there. This place is amazing. The people are so beautiful." ~Jen Akast



"I have worked with the Health Assessment Team. The ADRA programme worked with the children that had been identified in our village, as malnourished. Each morning for a month the mothers or grandmas meet with an ADRA worker where the children are given an extra meal of porridge, made up of rice and cooked vegetables. Caregivers are taught how to make the porridge for their children, and also about the importance of hand washing and hygiene. "We have also been involved in checking the children's eyesight and assessing their teeth. The eyes are good but the teeth are very poor. It is so sad to see such dental decay in such young children. Serving like this and seeing how grateful the people are is so rewarding. I'm so glad that I got to be a part of this." ~Val Jones



When planning started for the Cambodia trip I came across this promise in Isaiah 44:3 and prayed it for our village: "I will give water to the thirsty land and make streams flow on the dry ground. I will pour out my Spirit on your children and my blessings on your offspring." It was so amazing to me to hear God fulfil his promise when we arrived and were told the rice harvest this year in our village had been better than other villages because of better rains and better seed from ADRA.

Over the initial few days of sewing training the students used paper and doing straight line exercises to get familiar with the machines. When we progressed to scraps of material the women started getting really creative making bags, machine covers, mini pillows and scarves out of the scraps. To see them already applying the basics they've learnt in the one week we spent with them means with practice, and the further 3 months of training they're going to get, this will be a life changing opportunity for them. Hearing the hope they have of being able to exchange their hard lives working in the fields or in Thailand in favour of starting a sewing business is life changing for me too. ~Esme Rogers



It is most rewarding to see the fantastic progress our little pre school is making. The children are quiet and attentive with the teacher, they have learned a number of songs related to keeping clean and healthy, and they sing them at home with their parents. The older children are learning to draw, colour, cut out and paste work into a book. The teacher writes a caption and the child writes over it. The chief commented that the children are now much more respectful. Our teacher is doing a fabulous job of helping the children to learn through play and keeping the classroom immaculately clean - we are so fortunate to have her.

Getting the electricity hooked up to the preschool means that the children now have an even better environment for learning with lighting, ceiling fans, and power to run a TV monitor, DVD player and laptops providing access to modern learning tools. It also means they have a good supply of water because we have been able to install a water pump from the new well. God has certainly blessed in Papsda and ADRA's work within this community. ~Audrey Harvey











"Thank you Papsda team for being with us in Cambodia. It has been a great opportunity and lovely time for me to get to know and work with you guys in the village. Each and every one of you guys are truly azing. You have come a long way to share, serve

amazing. You have come a long way to share, serve and help our people to grow and create more opportunities, that helps them to help themselves more in the future. The best part of the trip I have observed is that you have built a very good and strong connection/ relationship within the community through the various activities you have run with your amazing love and care for the people. This can be seen through the way you work with the kids, giving them the most joyful time they have ever wanted, teaching them songs, playing games and telling stories with a life lessons, even make them happier. Building more latrines, installing water tanks have made their life a lot easier. Providing them with livelihood and vocational skills gives them hope to earn more income to support their family. Supporting the preschool teachers and kids, educating them about nutrition enable them to have a good start for their future and have healthy life... Your intention to really help the life and future of the villagers has been shown by you coming in person, when Papsda has already given so much. I am so truly

family and truly connected with the village.

The Papsda team has really been a blessing to the community and has made it possible for the changes in lives. I know that the villagers are also truly grateful for the team. And I hope that through this work and love you have for the people, you will make the village transformed for the better one day soon!

~Phano – Public Relations Officer for ADRA Cambodia

grateful for the people of the village. I

have already felt that we are now one bia

Another promise for our village

Ps 132:13,15 — For the Lord has chosen our village in Cambodia, he has desired it for his dwelling: "I will bless her with abundant provisions; her poor will I satisfy with food"





Give Life

Purchase a life changing gift today!

Looking for a gift that really means something this Christmas? This year give a gift that's extra special by giving life with a gift from ADRA's Gift Catalogue. These gifts bring lasting change to families most in

need. Purchase a gift from the tree in the foyer or use the form below and help support families around the world and here in New Zealand.

When you purchase a gift you will receive a gift tag to hang on your tree and a gift card to pass on to a friend or loved one. All gifts are tax-deductble)



Baby's first outfit pack

\$20 Too many newborns are carried out of hospital wrapped up in hospital clothes and linen. By purchasing a baby's first outfit pack, you will provide a young mum with a stretch and grow, pair of booties and a hat for her new bundle of joy.



Gladys the Goat

\$100 By gifting Gladys the Goat you have given her a new home where she will be well looked after. Gladys will not only provide a family with additional income but will help around the farm with nutrient rich manure



Toilet

\$100 What invention has saved the most lives in the history of the world? The humble toilet of course! Your gift will provide a family with their own toilet which truly is a life changing gift.



Clucky the Chicken

\$40 Your gift of Clucky the Chicken will help a family by providing income from the eggs that Clucky lays. Plus the eggs will provide a valuable source of nutrition.

Yes! I want to Give Life this Christmas

MAY AVORY	Postcode: Daytime Pho	Select gift by specif	ying the quantity you'd like to	purchase e.g. 1,2,3
City:	Postcode: Daytime Pho	Seeds / Veges	Gladys the goat	Carla the Cow
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comments:		Clucky the Chicken	Where it's needed most \$250	Water Tanks
Y A Y A Y		Where it's needed	Welcome baby	Village Water System
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FRUIT SALADS & PASSPORTS

A friend recently told me of a time he was upgraded to First Class on an overseas flight. His stories of grapes on a platter, child-minding flight attendants and leg room for Michael Jordan felt a real injustice compared to my most recent flight experience. 14 hours with a wiggly 2 year old on your lap can only be endured when the destination is a good one.

His story got interesting though. Somehow in the rush of getting on board with his own young family, his wife's passport was lost. Suddenly, the luxury of the trip was meaningless. It didn't matter that the fruit salad was bottomless, or the movies were endless. Because these things (as enjoyable as they were), weren't the point of the trip. Nor could they ensure success, or distract my friend from the fact that the journey might be of little significance if the destination could not be reached.

It got me thinking.

How easily am I distracted from the destination? From the purpose? How often does the fruit salad put me off course and the beauty of that extra leg room make me forget why I'm here? What are my priorities in life knowing (and embracing) that I'm a child of God and He's set a mission before me?

I started evaluating my priorities on the basis of what I put first, where I spend my time and what consumes my thoughts. Maybe you're not like me. Maybe you've got this thing called life all sorted. But if I put my hand up and say that my time on earth has the sole purpose of acknowledging God is my Saviour, wanting to grow to be more like Him and letting Him use me to show others that He's coming back for us... then what does the journey

I'm not going to deny it. I'm a 'generation Y'. This can mean lots of unflattering things, but in general, our use of technology could best be described as quite reliant. The first thing I noticed was where my mind went to when I first woke up. Aside from hopefully willing that wiggly 2 year old to sleep an extra half an hour, my hand reached for my phone to check the time. Which led to checking the headlines... which resulted in checking Facebook. I'm ashamed to say my first waking moments weren't thanking God for another day, or asking Him to show me what He wanted from me during the day, or even starting with reading His Word. Instead, I would grab the moments I had before said two-year-old would demand me out of bed, and rush on to the next 'must do' tasks of the day. Generally consisting of much wiping of food off face and picking up of toys. My priority of where I spent my waking moments and what time spender I defaulted to first if I ever had a break, spoke clearly to me. Did it bring me closer to Christ or ready me for a day of serving Him? I have to be honest and say no. Even if I do throw in that nice little token Bible verse appearing on my newsfeed.

I could bore you with the rest of my day... worrying about two year olds asthma and not asking God to take my worry, rushing through an appointment with a contractor, even when she stopped to talk, or being too tired at night to pick up my Bible; wondering where all the time had gone during the day.

The point is, when I considered the things I was prioritising and spending the majority of my resources on, they weren't destination orientated. I was rushing the wrong areas! If my priority was God, and I was remembering what my purpose was, I'd know that the things I filled my journey with had to come in a different order. I'm telling you all this in the hope maybe someone has a similar journey to me. And maybe by saying these things out loud we can encourage each other to remove the distractions and put God first. Let Him mould our journey, and see the opportunities He gives us everyday to grow and see things the way He does, without the obstructions that distort His voice. I'd love to say it all comes naturally, but in my case... it's taking time. And a whole lot of help from my God.

So did my friend reach his destination? I'm pleased to say he did. After hours of searching he finally located the lost passport stuck between the plastic of the fancy enlarged first class seats. He reported he didn't watch α single movie, or enjoy much of the food on platters... but in the end, he made it home. And a million fruit salads would never compare to that, - Katie Hurlow

PRACTICAL IDEAS FOR MAKING

- ♦ Invest in a (good) audio Bible. I use mine when I'm working on my computer, cooking dinner or on trips in the car.
- ♦ Many of us take our phones everywhere and it's easy to lose 10 minutes scrolling through social media after a notification comes through or spend all our down time on app's that don't grow us in a meaningful way. For me, removing the Facebook app from my phone (or it might be a game or something else for others) meant I spent my down time more intentionally and still had access to the benefits of it on my computer without totally deleting my account.
- ♦ Start your day with God. I often wonder sometimes why it's so hard to 'hear' God. I have to turn this question on myself and ask what time I was aiving God to actually speak into my life and what other things were 'making noise' in my life.
- ♦ Make a mental note of where you spend your 'down time'. Is there something you love to do that is being given priority over God? It doesn't mean you can't still enjoy it, but does it need to be prioritised or used differently?
- ♦ Make a Bible reading plan that interests you. Whether it's a Bible Study Guide that helps this process or an app on your phone that guides you through a topic. I've found the simple Sabbath School 4 app great but there are lots out there to choose from
- ♦ Find a 'God friend'. Someone you can share your spiritual questions and journey with. Someone who you trust will always encourage your walk with God.
- ♦ Find some God music you love. Play it. Often.
- ◆ Create 'God' thinking time. Time where you won't have other distractions or be interrupted. Evening walks have been my favourite for this.

