

Outlook

FIRST QUARTER 2014 • SOUTHERN ASIA-PACIFIC DIVISION

One Nation, One People,
One Singapore



Outlook

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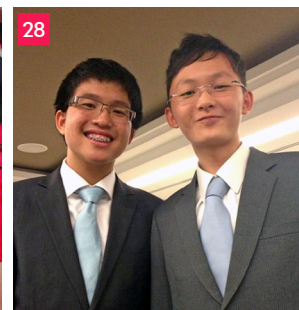
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Singapore

EDITORIAL

The Building of a Perfect Society

Singapore - the name alone conjures up images of chic city-dwellers striding purposefully to work, fashionistas looking for the latest designer labels along Orchard Road, uniformed students with bulging backpacks wearily navigating the metro after a long day at school, foodies (food-lovers) debating what global dish to try among the seemingly thousands of hawker stalls and tourists taking in the sights in Chinatown, Little India or Arab Street. Indeed, Singapore packs a lot into its 716.1 km² (276 sq miles) city-state. So much so that it attracts an estimated 11 million visitors per year who come for the food, shopping, culture and crime-free environment.

As I've slurped delicious noodles in Chinatown with my family or followed friends around the 24-hour-shopping destination known as Mustafa Centre in Little India, I've sometimes been amazed by all the tourists. Later, I've wondered what the more than 5 million residents think about these visitors. Keeping in mind that more than 40% of Singapore's residents are foreigners, what kind of impact does this influx of visitors (and foreign residents) have?

Perhaps this is why Singapore seems to be a unique myriad of cultures rather than one single culture, language or ethnicity as in other countries.

I became so curious about this that I conducted some informal research consisting of conversations with other visitors to Singapore and reading online articles. Based on these subjective sources, it seems to many tourists that Singapore has the best of everything: little

crime, low pollution levels compared to other cities, efficient transit systems, manageable traffic, a multi-cultural society, and clean, green spaces.

Consider for a moment that perhaps, just perhaps, it's more difficult to share the gospel in a society that does not seem to have unmet needs. You may disagree and feel it's more difficult in a non-Christian or strongly anti-Christian environment or in areas with high levels of poverty, abuse and hunger combined with little resources or gospel workers. True, the challenges are great there but these great needs can also give opportunities to share the gospel in practical ways. Many times, the people in those situations realize their need of the One who can sustain them more readily than those who have it all. When you have all you need in all areas, it's easier to depend upon yourself, to feel you have provided for yourself through your hard work, your intelligence, your training/education or even your networking skills or social connections. If this is your life

■ PHOTO BY ROY ESPINA



as determined solely by you, then there is no void, no space that needs to be filled by God...or so it would seem. However, a life of more-than-enough has its hidden stresses such as the stress of trying to maintain a certain lifestyle or to ensure that one doesn't need help from others.

The Adventist churches, members and workers in Singapore believe that there is a great need to reach their friends, classmates and colleagues in that more-than-enough environment. These faithful ones share Jesus in areas they have identified as being of interest to the communities in Singapore: education, health, and youth. Singaporean parents want the best education for their children and this starts in preschool or before with fierce competition among families to make sure their child makes it on the limited approval list for the top schools. In response, the Adventist church operates a large Christian school that has been recognized for its quality. Many non-Adventist and non-Christian parents send their children there.

With diabetes, colon cancer and respiratory diseases among the top health concerns, Singaporeans are interested in health seminars and workshops. Youngberg Wellness Centre meets that need by offering workplace and

school health programs as well as community programs. In addition, local Adventist churches offer various health programs for the community.

To meet the needs of youth in a very fast-paced, competitive and materialistic environment, Adventist churches and youth groups in Singapore offer a variety of creative programs through local churches and island-wide events. Youth-organized and youth-led worship programs give young people opportunities to develop their leadership skills and share their talents. Bonding events and small group programs add emotional richness to busy teens' lives and give them more positive and encouraging circles of friends as Nicholas notes in this issue's Youth-Link.

True, all these programs have to be done on a more urban ministries scale than ministries in other places but they have the same purpose: meeting the needs of the community, even if the community is unaware of some of those needs. The reality is that there are no perfect societies in this world. There is only one and that is the one to come when Jesus returns and brings

us to our perfect heavenly home. But until then, we all can contribute to the society in which we currently live. So, look around. Are there people or groups of people whom you've passed by because they don't have obvious needs? How can they be reached? What can you, a group of friends or your local church do? Sometimes it may take a bit more time or effort to uncover those needs. Thankfully, you do not have to do this alone. We're reminded that the most effective ways to reach others, even those who seem to have it all, is by being ourselves in Christ. "The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character and love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them." Christ's Object Lessons, p. 415

■ TERESA COSTELLO



History of the Seventh-day Adventist Work in South East Asia

BY C.Y. WU

FEATURED COUNTRY

According to the Seventh-day Adventist Encyclopedia, “The first SDA to visit Singapore may have been Abram La Rue.” At the advanced age of 65, this pioneer self-supporting lay missionary of the Far East left Oakland, California for Honolulu, Hawaii on December 7, 1887, and was there till March 21, 1888, when he took a ship for Hong Kong to sell and distribute SDA literature among the seamen who called at the port there.

The reason he chose Hong Kong was that the Mission Board’s only counsel about his destination was that he should go to work in “one of the islands of the Pacific,” and that Hong Kong was a Pacific island near China. To be sure, this was not his first visit to Hong Kong. Long years before he became an SDA, he had sailed to Hong Kong many a time as a seaman. This time he arrived in Hong Kong on May 3, 1888, and stayed in that British colony till he passed away on April 26, 1903. During this period he made trips to Singapore and the surrounding regions, and once even to Palestine, selling and distributing SDA literature as he went.

About the year 1893, a colporteur from America, either on his way to or from India, spent a few weeks canvassing in Singapore and the Malay Peninsula with SDA health books and sold a good number of copies of Home Hand Book.

While in Singapore, the colporteur made his home with an Englishman, whose Australian wife later became a member of the early SDA

church in Singapore. Then again in 1900 H. B. Meyers, an early convert in India, and his son spent five and a half months working over the same territory. They sold 283 Man the Masterpiece, 123 Ladies’ Guide, 69 Great Controversy, and 89 Patriarchs and Prophets, making a grand total of 564 books.

The next SDA worker to visit Singapore was Edward H. Gates, a pioneer missionary in the South Sea Islands. During the latter part of 1901, while in Australia, he began to plan a survey trip to the Malay Archipelago. His main purpose was to study the field for locating SDA workers there in the near future. Sailing from Sydney on November 30, 1901, and stopping at various places in the islands of New Britain and New Guinea, he landed in Singapore on the last day of December. A few days later he left for Padang, on the west coast of Sumatra, where Ralph W. Munson had opened SDA work about two years earlier. On his way home after visiting Sumatra and the island of Penang, E. H. Gates visited Singapore again. He was accompanied

by R. W. Munson.

While in Singapore, Gates received a letter from Jacob N. Anderson, the first commissioned SDA missionary in China, who had just arrived in Hong Kong on February 2, 1902. Gates was asked to look for a young British soldier, who had learned the truth from Abram La Rue, of venerated memory. The soldier had for some time desired baptism, but was transferred to Singapore before the arrival of J. N. Anderson from America. Without difficulty Gates found the soldier at Fort Canning. They visited each other on several occasions. Satisfied that the young soldier was an earnest Sabbath-keeping Christian, Gates agreed to baptize him. On March 9, 1902, the young soldier, Munson, and Gates took a carriage and drove a few miles to a quiet place on the beach. Sitting under a coconut tree, the three of them read from the Bible and talked of the importance of baptism. After Munson offered a fervent prayer for God’s blessing on what they were about to do, Gates led the young man “down into the water and buried him beneath the waves of the China Sea.” Except for a Malay who happened to be nearby, no other person was present to witness the scene. Referring to this first SDA baptism in Singapore, Gates remarked, “The blessing we received was worth more than the wealth of Asia.”

During his brief stay in Singapore, E. H.



Gates was instrumental in bringing another precious soul to God's kingdom. He boarded with an old Eurasian widow who was living with her widowed daughter. After returning to Australia, he began to send literature to the family. Afterwards while in Singapore on various occasions, he paid them visits. A few years later the daughter sought treatments for her rheumatism at the SDA sanitarium in Australia. After many prayers were offered in her behalf, she yielded herself to God. As a result, Gates had the happy privilege of baptizing her. Exactly eight years from the day he first met her in Singapore, she sailed for her Singapore home, happy in the knowledge of God's truth. E. H. Gates, who later spent about two years in Singapore himself, urged through the Review and Herald that Singapore should be entered at once by SDA medical workers, for it was ripe for this type of work. He further cautioned that only seasoned workers with good health be sent, for "the climate is very trying." The call for

missionaries to Singapore, however, had to yet wait for a couple of years before being answered.

The year 1894 saw the organization of the Australasian Union Conference, the first union conference in the SDA denomination. In 1901, the year in which the General Conference was reorganized, the Australasian Union Conference, which consisted only of Australia and New Zealand, took over the direction of the work in the South Pacific Islands. The union conference seemingly caught the spirit of the Gospel commission. Feeling the burden to spread the Third Angel's Message to its neighbouring areas and countries, the union conference asked the 1903 General Conference session to add the East Indian archipelago to its mission field. The request was granted, and the vast territory was placed under the supervision of the Australasian Union Conference, which had, at that time, a total membership of less than 2,500.

Consequently, the executive committee

of the Australasian Union Conference began to make arrangements for missionaries to go to the new mission field. On December 31, 1903, it was voted to advance cash to a colporteur for travelling expenses and support until he made the first delivery of books in Singapore. However, the plan evidently did not materialize.

Later, a missionary was assigned to Singapore. However, he declined the assignment. Finally the committee voted on August 7, 1904, to send Robert A. Caldwell and Griffiths F. Jones to open work in Singapore as pioneer missionaries in Malaysia, a geographical term used then to refer to the Malay Peninsula and the Dutch East Indies together. R. A. Caldwell, publishing secretary of the Western Australian Conference, was to serve as a self-supporting colporteur. His fare was most likely paid by the union conference just as his successor was supported. G. F. Jones was a Welsh master mariner who became an SDA in Britain in 1893 and shortly after was engaged in city work with the Doctors Kress in England. At the time of the assignment, he was directing the work at Rarotonga, Cook Islands.

Sailing from Sydney on September 28, 1904, G. F. Jones and his wife, accompanied by R. A. Caldwell, arrived in Singapore exactly a month later. At last the SDA church had an organized work in "this great eastern city - the centre of a thickly-populated field of fifth million." ■ REPRINTED FROM THE MESSENGER, JANUARY - FEBRUARY 1988, PP 8-9.



Singapore Adventist Conference

BEGINNING OF ADVENTIST PRESENCE

In 1904, when Singapore was a colony of the British Empire, Australian missionaries set foot on the island hoping to bring the gospel to every person there. For the next several decades, many church establishments were formed on this island. The former Far Eastern Division (FED), the administrative headquarters of the Seventh-day Adventist Church in this area of Asia, was based in Singapore to serve countries stretching from the northern to the southern part of Asia. In addition, the Southeast Asia Union Mission was established in Singapore and today serves as the regional office to eight missions in this region. Adventist institutions like a hospital, schools, a college and a seminary were the eventual development in subsequent decades with the purpose to train and equip workers to serve Adventist institutions and churches in this region. However, there was a

major tsunami change in the nineties when some of the institutions were closed or relocated due to the loss of land that was acquired back by the Singapore government for national development. FED was among them and as a result, it was relocated to Silang, Cavite in the Philippines in 1997. Other institutions relocated out of Singapore due to the change of church demographics and needs.

TODAY'S SITUATION

Today, Singapore Conference (SAC) has nine churches and two fellowships scattered across the island with a membership of more than two thousand eight hundred. It operates a school (both primary & secondary), a kindergarten, the Youngberg Wellness Centre and also a radio station in Batam, Indonesia that transmits the Adventist message via airwaves to the Riau islands, Singapore and the southern part of Malaysia. In a span of forty years, Singapore has transformed itself from a fishing village to a first-world country with a modern infrastructure and high-rise buildings. This nation has a very secularized society. There is a strong legal framework established to ensure harmony among different racial groups and religions. In spite of our significant challenges, the members desire to win the city for Jesus. SAC has a small but dedicated team of pastoral staff, workers and committed lay members who strive for growth and endeavor to seek for breakthroughs in our city evangelism.



COMMUNITY HEALTH EFFORTS

Our intentional efforts here at the SAC office in collaborating with the local churches have helped us to create a more significant impact in our communities. Besides regular health screenings in public and community areas, we are working with local grassroots and community leaders to reach our city and neighborhoods in a very pragmatic and relevant way. Often, good and cordial relationships ought to be established first before the gospel can be authentically shared. Youngberg Wellness Centre deals with corporate health, whereas the Adventist Community Services is the community arm to reach the masses. We are gradually correcting the preconceived and incorrect Adventist image of being a cult and living in isolation to that of individuals who truly are concerned about their community needs and desire to impact society in a positive way. And as the government turns its focus on building a nation of health and wellness, this provides an opportunity for the church to integrate her health & community service at a higher level. We continue to learn to work with our grassroots organizations and government health institutions in order to have a wider platform for us to share the Advent message.

YOUTH AND YOUNG ADULTS

Another crisis confronting the church is the loss of youth and young adults. We have lost many of them across our churches in the last two decades. As a result, the Urban Youth Community was established with the sole purpose of equipping and empowering our youth to work as a team to reach out to secular youth in our communities.

The focus is on the students in our school, the second and

third generation Seventh-day Adventists, and their secular friends.

Several combined attempts had been made to reach these specific demographics. Many of these activities involved school camps, youth camps, social activities and games. Many “organic groups” with creative activities were informally formed as a result of these formal collaborations. Several seminars and meetings were also conducted and organized to train pastors, youth leaders and parents regarding the culture of our city youth and how we can disciple and reach out to them. We are also working with different small groups to form pockets of young working adults with common needs. The goal is to form pockets of communities across the island.

Under the global mission emphasis, the Filipino fellowship group was voted to become a church on January 1, 2013 and moved into its own facility in June 2013. It is hoped that our other fellowship groups can someday also attain that status. Our San Yu Adventist School (SYAS), through the efforts of the administration, teachers and staff, was granted the EDUTrust status – the government certification required for any private school to operate in Singapore. The Singapore government did a “clean sweep” (evaluation) of all private schools in 2009 to 2011, and SYAS received its EduTrust status at the end of 2011. The certification credited to the increase in enrollment to 420 students in 2012 compared to 280 in 2011.

There is also greater collaboration between the school and churches in terms of evangelistic programs and endeavours.

RADIO STATION FM107

The Conference has also made a heavy investment in purchasing a piece of land with plans to construct a building to better house

our radio station, crew and transmitter at a permanent location. Our programs on air have been well received despite the lack of continuous financial support, and the challenge of a very difficult administrative re-organization. FM107 is financially supported solely by the Singapore Conference, from the production in our Singapore studio to its operation in Batam. We are praying and seeking for potential donors who can share this vision of ministry via the airwaves.

PRACTICAL EVANGELISM

The church is also exploring for a more integrated approach to reach the city with the Advent message. We want our evangelistic thrust to be integrated with community services and other programs to build relationships. Many of our churches have conducted need-based seminars, short evangelistic meetings and other programs to reach the masses. We are also focusing on establishing a greater Adventist presence in the northeast of Singapore.

LOOKING FOR THE FUTURE

It is indeed a costly endeavor to do ministry in Singapore as the cost of living is one of the highest in the world. We hope to raise our existing tithe-giving percentage in the coming years. And we will continue to improve our financial transparency, governance and stewardship education among our members. Singapore Conference pastors and leaders choose to be opportunity-focused, not problem-centered, in our work for the Lord in Singapore. And we believe God will provide. Please remember us in your prayers and support us in every possible way.

SECOND ASIAN VEGETARIAN CONGRESS ATTRACTS INTERNATIONAL AUDIENCE

■ TERESA COSTELLO

More than 100 health ministries leaders, health professionals and health-conscious individuals representing 20 countries attended the 2nd Asian Vegetarian Congress held in Muntinlupa City, Philippines from November 11 to 13, 2013. The focus of the three-day event was current perspectives on vegetarian nutrition and featured an international slate of speakers from a variety of health and medical fields.

Thirty-one seminar topics were offered in six categories: Understanding the Plant Powered Diet, Vegetarian Diet for the Prevention and Control of Diabetes, Foods and Nutrients of Interest to Vegetarians, Practical Applications and Strategies in Teaching Vegetarian Diet, Vegetarian Diet and Spirituality, and Vegetarian

Nutrition in the Life Stages. The key note address, “Understanding Vegetarian Diets”, was given by Dr Fred Hardinge, adjunct Professor of Nutrition at Andrews University and an associate Director of Health Ministries for the General Conference of Seventh-day Adventists (GC). Seminar presenters included representatives from the GC Health Ministries department, Loma Linda University (LLU) in Loma Linda, California, Andrews University (AU) in Berrien Springs, Michigan, the Pacific Health Education Center (PHEC) in Bakersfield, California, the Public Health Department from the Adventist Institute of Advanced Studies (AIAS) in the Philippines and Southwestern University – MHAM College of Medicine in the Philippines.

In terms of significance, Dr. Peter Landless,

Director of the GC Health Ministries department, feels a vegetarian congress in Asia can have a lasting impact. He shared, “I hope that the enthusiasm that I’ve seen here, the willingness to learn, the engagement will translate to people going back to their communities and not just keeping what they’ve learned for themselves but sharing it. ...The temptation when we have health understanding is to keep it to ourselves, not intentionally but because we don’t want to be intrusive. Instead, if we can share with our friends, if we can show them healthful ways of eating and preparing food, we can do a great deal of good in our communities.” Fellow presenter Dr. Winston Craig from the AU Department of Nutrition added, “The whole purpose of these principles and messages is to raise the level of knowledge and influence the people in communities to be better prepared to live a

ATTENDEES’ PERSPECTIVES

PARTICIPANTS CAME FROM A VARIETY OF BACKGROUNDS. HERE A FEW SHARE THEIR REASONS FOR ATTENDING THE CONGRESS:

“ We gave every support to our Masters in Public Health students to come here because it’s a nice opportunity for them as health promoters and for them to be embedded with the latest research in vegetarian nutrition. Second, it is one of the reasons of our existence – to be embedded with everything that backs the Biblical revelation and this kind of research backs up that kind of Revelation knowledge. Finally, we gave our support for this congress because it’s very rare for our students to have an opportunity to attend 30+ health-related seminars featuring the latest research in just three days. ”

■ DR. CESAR GALVEZ, CHAIRMAN OF THE AIAS MPH DEPARTMENT

“ I read about the congress in the newspaper, registered and traveled from Mindanao to attend. I’m not an Adventist but I have a lot of friends who are SDA. I believe that among all religions, it’s the SDA that is the healthiest. I believe if we follow the Seventh-day way, everybody is going to be healthy. I’m an integrated family medicine practitioner so I combine western medicine with other complementary therapies. I believe integrated medicine is a lifestyle-based practice. If I have an opportunity to attend a program given by SDAs, I attend. I’ve been to a lot of SDA programs.



Attendees to the 2nd Asian Vegetarian Congress filled the meeting hall at the Crimson Hotel Filinvest in Muntinlupa City, Philippines. [Photo courtesy of SSD Communication Department]



Healthful cooking demonstrations such as how to convert favorite recipes to more healthful ones were featured during the lunch hour. [Photo courtesy of SSD Communication Department]

better lifestyle so they will more fully reveal the love of God. That really is the ultimate goal that we have, not to just reveal information but to change people's lives for the better."

These sentiments fall in line with the three objectives for this congress. "The goal was to present current research on the benefits of plant-based diet, explore the sustainability of a plant-based diet in all ages and create greater awareness about a plant-based diet's ability to reduce degenerative diseases as shown by current research," said Abe Carpena, health ministries director of the Adventist church in the Southern-Asia Pacific region (SSD) and one of the congress organizers. "It has been proven in many parts of the world. Studies after studies tell us that," he noted.

Participant Jun Tanamal is a believer. "After experiencing a severe health scare last year during which I almost died, the doctors advised me to make lifestyle changes," shares Tanamal. "Because I wanted many more years with my family, I took their advice and decided to go even beyond so I could have the best health possible and fight my heart disease."

As for his motivation to attend the congress, Tanamal notes that "even though I have made significant diet and exercise changes, I wanted to enhance what I've been practicing. This Vegetarian Congress has been a great source of new knowledge and encouragement from others interested in a healthy lifestyle."

Craig agrees that this sharing of knowledge and interaction between participants

has great benefit. "I would hope and pray that the information that is given here would be translated into balanced and effective lifestyle changes around all these different countries represented," he exhorted. "The hope is that people from different areas will be able to take the principles and messages we've given and adapt them in a realistic way to their culture, to their foods, and to their lifestyles to enhance all parts of life."

The congress was a collaboration between the Vegetarian Nutrition Academy of the Philippines and the SSD Health Ministries department. A two-day weight loss management seminar and a Sabbath health summit were also offered as supplementary events to the congress. ■ TERESA COSTELLO

The SDA way is a holistic way – moral, spiritual, emotional, physical. As a medical practitioner, I find it very useful to attend these programs to impart this knowledge to my patients. I've even started a health ministry with my diocese following the SDA module and my bishop is very supportive. I have all the SDA materials.

It's easier to pop a pill; it's harder to change lifestyle. You go forward and backward so I appreciate the physiological aspect of lifestyle change being taught here. It's a very important component for more lasting change. ”

■ DR. APRIL DEL ROSARIO-LOPEZ, MINDANAO

“ I'm starting the journey to wellness holistically. I just wanted to learn and soak in a lot of new information and learn from the experts. I hope to implement these good practices in my life and help others do the same. I'm learning how to bring wellness to the masses, particularly people in my early-twenties age group.

My generation is much more "Looks count" rather than health. Society through advertising has taught us that. 80% of 13-year olds want to lose weight; they don't think they are beautiful. I want to bring them a healthy lifestyle. When you eat healthy, then you feel better, you're happier. We need to be active not for beauty' sake or to lose weight but to be healthy and happy. ”

■ AMELIA DAVIS, NURTURE WELLNESS VILLAGE AND SPA (INTERN)

PRESCRIPTIONS FOR HEALTHY LIVING FROM THE 2ND ASIAN VEGETARIAN CONGRESS

GO LOCAL

Use native foods, foods which are available locally, foods which are available less expensively. Move away from the way it's always written in Western books/cookbooks. Instead contextualize it to the environment in which we find ourselves. There is an abundance of very tasty and healthful foods here so let's use them. ■ DR. PETER LANDLESS, GC HEALTH MINISTRIES DIRECTOR

NATURAL AS POSSIBLE

To eat as many vegetable and fruits as you can. To limit animal products to the bare minimum. In the process of doing that, some people choose to go total vegetarian. Those that do that need to supplement the B12, calcium and their vitamin D. The advice is to move in that direction as responsibly and as quickly and as comfortably as possible. ...We need to become the architect of people's decisions and choices by showing them what is the best, the healthiest way and most importantly, let them choose. ■ DR. PETER LANDLESS, GC HEALTH MINISTRIES DIRECTOR

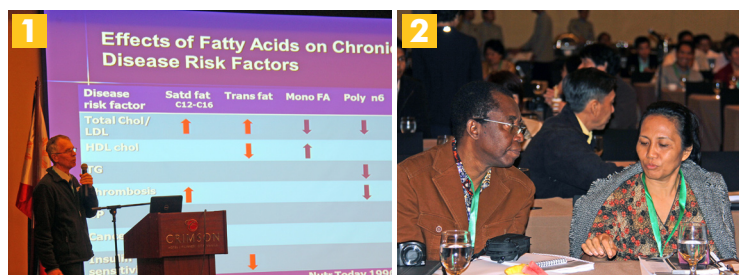
APPRECIATE YOUR CULTURE

Don't follow the West. Keep your own nice cultures. Don't follow the path that America and the West has gone in eating fast foods. Some of that has already made inroads here but hopefully we can encourage people to stop and go back to their roots food-wise. Simple rice, vegetables, and fruits will enable them to enjoy a lot better health than the American way.

■ DR. WINSTON CRAIG, AU PROFESSOR OF NUTRITION AND WELLNESS

DIABETES PREVENTION

To reduce the risk of diabetes, it's best to avoid refined foods such as white sugar, white flour, white rice and even corn and white potatoes. (Go for colorful meals instead – greens from different types of leafy vegetables, yellows and oranges from squashes and carrots, reds from tomatoes and peppers, and so on.) ■ BERT CONNELL, LLU SCHOOL OF ALLIED HEALTH



1 Dr. Winston Craig, professor of Nutrition at Andrews University, shares the latest research regarding fats in the diet. [Photo courtesy of SSD Communication Department]

2 A health leader from West Africa enjoyed the discussions during the 2nd Asian Vegetarian Congress. [Photo courtesy of SSD Communication Department]

3 Attendees had many opportunities to learn the latest health research from experts during the 2nd Asian Vegetarian Congress. [Photo courtesy of SSD Communication Department]

LET THE SUN IN

You have beautiful sunshine here but you're not getting enough vitamin D. So I would recommend that you make conscious effort to get more sunlight. You do not need to get sun-burned. You need sunshine during heat of the day between 10 am and 2pm for approximately 5-10 minutes for at least 3 days a week. It will make you much healthier in the long run. ■ DR. RUTH STANHISER, FAMILY PHYSICIAN AND HOSPITALIST

HEALTHY WEIGHT

Try to discover your ideal weight for health, not appearance and try to achieve that for both yourselves and your families. Obesity is a world-wide problem. In another few years, World Health Organization thinks that obesity is going to be one of the major factors for chronic disease. We need to start educating our children about healthy lifestyle and we as adults and parents need to understand that a happy, healthy child is not necessarily a plump child. ■ DR. RUTH STANHISER, FAMILY PHYSICIAN AND HOSPITALIST/LLU SCHOOL OF ALLIED HEALTH

LONG THANH HEALTH EXPO IN VIETNAM

■ TO PHUONG, VAM HEALTH MINISTRIES DIRECTOR

Long Thanh Health Expo was the first health event organized by the Seventh-day Adventist Church in Vietnam for the purpose of exposing the general public the Adventist lifestyle. This was held on December 8-9, 2013 in Phuoc Thai high school and clinic. This was the first time the church conducted a program in a government place.

The opening ceremony held on December 8th at 9am was officiated by Pr. Tran Thanh Truyen, Executive Secretary of Vietnam Adventist Mission (VAM). Each participant enjoyed a series of health screenings such as BMD (Bone Mineral Density), BMI (Body Mass Index), body

fat analysis, blood pressure, glucose and cholesterol test (optional) where all the data was reported by a computer and then presented to the doctors who provided health counseling for each participant.

The Health Expo emphasized the 8 principles of healthy living namely, **NUTRITION, EXERCISE, WATER, SUNLIGHT, TEMPERANCE, AIR, REST & TRUST in Divine power, also known as NEWSTART.**

The event also included hydrotherapy demonstrations and the anti-stress chair message where people enjoyed a time to relax. The children had their own corner with health activities and crafts also.

Altogether these services were provided to 357 people, and each was given a gift. ■

2014:

YEAR OF EVANGELISM IN MYUM SCHOOLS

■ PASTOR KELLY P. LYAN, MYUM EDUCATION DIRECTOR

Under the leadership of the Myanmar Union Mission (MYUM) Education department, 200 students were baptized as a result of the Year of Evangelism for Adventist Schools in Myanmar in 2013.

From the opening of the school year, the teachers worked very hard to present Jesus to their students and the education leaders supported their work through prayer and



Sixteen students were baptized during the Year of Evangelism for Adventist Schools in Myanmar (photo courtesy of Pr Kelly Lyan)

visits throughout the year. Teachers and senior students assisted the pastors who led out in the evangelism and baptismal studies.

There was much rejoicing in October and November when schools in the Ayarwaddy Mission baptized 70 precious souls and then the Upper Myanmar and South East Myanmar Mis-

sions baptized 130 precious souls to culminate the year.

Please continue to pray for Central Myanmar Mission schools, Yangon Adventist School, Ayarwaddy Mission schools and our college's soul winning work. ■

DIVISION WORKERS BEGIN NEW YEAR WITH PRAYER

■ TERESA COSTELLO

EMPLOYEES AT THE ADVENTIST CHURCH HEADQUARTERS FOR THE SOUTHERN-ASIA PACIFIC REGION (SSD) BEGAN 2014 WITH AN EMPHASIS ON PRAYER. AN INSPIRING WEEK OF PRAYER FROM JANUARY 1-6 AND THE GENERAL CONFERENCE'S 10 DAYS OF PRAYER INITIATIVE BEGINNING ON JANUARY 8 BROUGHT A RENEWED DEPENDENCE UPON GOD AND A REVIVED SPIRIT TO THOSE WHO SERVE OVER 1 MILLION ADVENTIST MEMBERS IN THIS REGION.

During the Week of Prayer, Pastor Saustin Sampson Mfune, an associate director from the General Conference Children's Ministries department, challenged workers with the theme of "Dig a Little Deeper" into the Bible. Through high-energy storytelling and heart-touching points, Mfune brought the stories of Cain and Abel, Joseph, Saul and Ananias, and Joseph and Mary to life and concluded with his own mesmerizing life story. Due to Mfune's exuberant and powerful preaching, the SSD worship hall was packed and overflowing for the special Sabbath worship service on January 11, the final day.

The 10 Days of Prayer initiative at SSD began halfway through the Week of Prayer so the participants were doubly blessed by Pastor Mfune's challenging messages and

the opportunities for corporate and individual prayer. With a focus on the Lord's Prayer, workers gathered for one hour each day to think on specific parts of the Lord's Prayer and then pray together. Themes included The Secret of His Power, Children of the King, Name Above All Names, Kingdom Work First, Walking in Step with Jesus, Filled to Overflowing, Clean Hands/Pure Heart, Victory in Jesus, Unlimited Power and Pleading for the Spirit. The finale featured a Friday night communion service that extended into a night of prayer, and then a Sabbath worship program the following morning on January 18.

Workers were visibly energized by both programs, and several commented that it was the best way to begin a new year so that they could serve from renewed and revived hearts.

SINGAPORE ADVENTIST REACH THEIR COMMUNITIES WITH PAY IT FORWARD

■ JOHN CHEANG/TERESA COSTELLO

SINCE 2011, ADVENTISTS IN SINGAPORE HAVE USED AN INNOVATIVE LOCAL-LEVEL PROGRAM TO MEET COMMUNITY NEEDS IN THIS COSMOPOLITAN ISLAND-CITY. THE PAY IT FORWARD (PIF) PROGRAM IS BASED ON A FILM BY THE SAME NAME IN WHICH THE CHARACTERS COMMIT ACTS OF KINDNESS THAT CREATE A POSITIVE CHAIN OF EFFECTS ULTIMATELY BENEFITING LARGE NUMBERS OF PEOPLE.

Originally started by interested Adventist as a grass-roots initiative, PIF was adapted by the Singapore Conference and now every Adventist church in Singapore offers some form of the PIF program if not the full-fledged version. In addition, the conference Adventist Community Services (ACS) department currently seeks to bring PIF to unentered areas in the city.



PIF is comprised of two components: short-term activities and long-term connections. The short-term component is a one day event. PIF team members invite 50 to 200 needy residents from the community to attend a program and give grocery baskets full of daily necessities and vouchers during that day. Some churches transport the invitees to shopping malls and give them \$50 vouchers to purchase needed items.

Member of Parliament or a governmental representative for that area is also invited as a guest of honor and often expresses his support and appreciation for the event as a result.

The long-term component is called PIF Plus and consists of a six-month long monthly visitation program. During the one-day events, participants are invited to register for the PIF Plus program. Trained volunteers known as Wellness Ambassadors go to the homes of PIF Plus registered residents to take their blood pressure, blood glucose and body mass index on a monthly basis for six months. In addition to health education, the trainers listen to the participants, befriend them, and encourage them to embrace healthier lifestyle and health habits. Results after the six-month sessions are encouraging as residents showed significant improvements in their health, have lower blood pressure, eat higher-fiber foods, eat more fruits and vegetables, and sleep better.

As a result of these programs and church members invitations to their friends and colleagues, many non-Adventists who would never step into a church are faithfully joining Adventists for these one-day community

events and enrolling in the PIF Plus visitation programs. Some of these non-Adventists are even asking for Bible studies because they are impressed with how Adventists care for the needy in Singapore.

In addition, the Singapore Conference ACS has collaborated with community clubs, grassroots organizations and other voluntary welfare organizations such as the Chinese Development Assistance Council (CDAC), an organization that helps the low income Chinese community in Singapore. Because of these collaborations, previously-held prejudices are being replaced with positive impressions and more openness to work together with Adventists. These community efforts have also been recognized by leaders as well as residential committees. ACS was awarded a People's Association Community Spirit Excellence Award 2014 on May 31, 2014. ACS and PIF volunteers praise God for the award and the recognition and say it will spur them to serve the community even more passionately.

For more information regarding PIF and ACS, please refer to the following website: www.communityservices.org.sg. ■

ADVENTIST YOUTH FROM SOUTHERN ASIA-PACIFIC REGION SHARE IN GLOBAL YOUTH DAY

■ GAY DELES

CROWDED TRAIN STATIONS, HEATED STREETS, CHATTER-FILLED CITY PARKS, QUIET SECLUDED SHOPS, MARKETS BRIMMING WITH HAWKERS AND THE NOISE OF DAILY LIFE. THESE BECAME THE STAGE FOR RANDOM ACTS OF COMPASSION BY ADVENTIST YOUTH IN THE SOUTHERN ASIA-PACIFIC REGION (SSD) ON MARCH 15 DURING GLOBAL YOUTH DAY.



Youth from Hat Yai Adventist Church in Thailand sing to the waiting passengers at a local train station during Global Youth Day on March 15. (photo courtesy of Hat Yai Adventist Church)

Youth from the Hat Yai Adventist church enjoy walking under the rain to show compassion to random strangers in the streets with free food and water to celebrate Global Youth Day, March 15. (Photo courtesy of the Hat Yai Adventist church)

THE MISSION? TO MIRROR CHRIST'S CHARACTER WHICH IS DEEPLY ROOTED IN COMPASSION. AS THESE YOUNG PEOPLE WALK THE STREETS OF HAT YAI IN THAILAND, LAHORE IN PAKISTAN, CITIES AND RURAL AREAS THROUGHOUT THE PHILIPPINES AND MANADO IN INDONESIA, GOD'S LOVE WAS SHARED IN VARIED AND CREATIVE WAYS.

In Hat Yai, the third largest metropolitan area in Thailand, youth from the Adventist church spent time at a home for the elderly.

With bags of food and water in one hand and an umbrella in the other to shield from the rain, the group also made their way to a local train station to sing to the waiting passengers. Once there, they shared the supplies and connected with the people.

For the group's organizer, it was important for them to be involved in Global Youth Day as part of their spiritual development. "Compassion is sincere care which leads to a sympathetic act resulting from profound love and humility. By showing compassion we emulate Jesus Christ's character- the character of heaven, our original character," said Ringyaomi Phungshok Shimray, who is from India but currently resides

in Hat Yai.

His comments were echoed by members of the group. "By showing compassion to people we show to them that God cares," added Denelly Barrientos, a local youth leader.

"It could be all put together in a simple word of "LOVE", throughout the new testament the only thing that's emphasis on is that of love, Jesus sum up the whole law into two (Matt 12:30-31), so if you have love, you will feel, and have compassion, you will want to help. Compassion is very important and every true Christian should be able to practice it (if they believe in Christ because Christ is love and he also had lot of compassion), said Mr. Jeffrey Fai from Cameron currently residing in Thailand.

Rangsiya Rungtawanruangsri, a local Pathfinder director, feels that, "actions speak louder than words and without words actions seem in vain." Inspired by their GYD experience, Rangsiya has many new ideas. "Next year, we hope to reach out to more people on the streets and houses in the communities and have blood donation and hospital visitations. We can continue to regularly visit the elderly. During GYD most of the elderly asked us to visit them again."

Like their fellow youth in Thailand, youth and Pathfinders in Lahore visited the elderly as part of GYD. In addition they gave away free food to people in the streets.

In the municipality of Polomolok in the southern Philippines, the local Seventh-day Adventist Youth Association (SADYA) focused on hospitals in their area. Member JP Alitao shared



Pathfinders in Lahore, Pakistan show acts of kindness as they gave away free books to strangers in the city to celebrate Global Youth Day, March 15. (Photo by Samuel Nazir)



Youth and Pathfinders in Lahore, Pakistan organized a meal at a home for the elderly during Global Youth Day. (Photo by Samuel Nazir)



that they went to the Polomolok Municipal Hospital. “The youth offered fresh flowers, sang and offered prayer to the patients. One mother who heard us singing asked us to include her family for a special prayer. They were so thankful for the visit. We were blessed to become sermons at the moment.”

In the rural outskirts of Silang in the northern Philippines, 15 youth of Munting Ilog church hiked into the pineapple fields and visited residents there. It was a follow-up to

Geronimo, the church’s Adventist Youth leader, shared that their youth were “very happy to participate in this community service day and want more activities like this.” In the afternoon, the group met with other youth groups in Silang to report on their GYD activities and share their experiences. “We learned many things from our Global Youth Day experience. When serving others by sharing their burdens through acts of kindness even in small ways, we add more love, peace and laughter to our

clothes. Stephen Salainti, youth director for the church in east Indonesia (EIUC) shared that “the youth remembered the victims of the recent flooding in the city and distributed rice to the victims.” Seeing the excitement of the youth, Salainti hoped that “everyone who participated is blessed and encouraged.” Salainti challenged the rest of the youth in Indonesia to demonstrate acts of compassion in their lives.

Videos of the GYD activities from designated locations around the world were



Adventist Youth in Manila prepare roses to give away during the Global Youth Day. (photo by RJ Almocera)



Youth from Munting Ilog Adventist church give away tracts in their local neighborhood. (photo courtesy of Quelly Geronimo)



Adventist Youth in Manila gather in Luneta Park to celebrate Global Youth Day on March 15. (photo by RJ Almocera)

an on-site tutorial school recently conducted by one of the church’s youth leaders, Janette Lanoza. Many of the young people are from non-Adventist homes while others are the only Adventists in their families. During the visits, they distributed Christian pamphlets, told Bible stories and sang for the local children. Raquel

lives,” reflected Geronimo.

In Manado, Indonesia, Adventist youth were carrying fruits in baskets to exchange with sticks of cigarettes from smokers in the streets. Some of the youth leaders carried garbage bags to pick up trash in the streets while another group gave food packs and

streamed via the internet. Some of the youth were interviewed live via Skype, and social media flooded with real time photos and video clips of the ongoing community services. A GYD app for smart phones was available for the youth to upload photos and videos of their activities. ■

TORRENTIAL RAINS FELL IN NORTHEASTERN INDONESIA FOR FOUR DAYS BEGINNING JANUARY 14, CAUSING FLOODS THAT HAVE DEVASTATED HOUSES, CLAIMED LIVES AND DESTROYED LIVELIHOOD. THE NATIONAL DISASTER MITIGATION AGENCY (BNPB) REPORTS THAT THERE ARE 18 PEOPLE DEAD, TWO MISSING AND APPROXIMATELY 40,000 DISPLACED. IN ADDITION TO THE DAMAGE INFLICTED IN THE MAJOR CITY OF MANADO, THE FLOODING ALSO AFFECTED JAKARTA, BANDUNG, SAMARINDA, PADANG, PALU, AND PEKALONGAN, THE COAST CITIES OF NORTHERN JAVA ISLAND.

Bryan Sumendap, associate communication director for the Adventist church in east Indonesia (EIUC) reports that “it was two days of continuous rains affecting six cities and municipalities. Four Adventist churches were hard hit by the floods: Paal 2, Tikala, Tikala Baru and Sario churches. There are also other churches near the rivers and coast line but no confirmed news heard from the pastors yet regarding the conditions of these churches.” After four days of rain, the weather improved but Manado remained paralyzed due to the impassable roads covered with thick mud and sludge. To add to the difficulties, a rumor of a tsunami spread wildly if. It proved false but nevertheless caused widespread panic.

On the Saturday that followed, results of an organized clean up enabled members to hold a modified Sabbath worship service even though the main portion of the Tikala church was not functional. Two church schools in the area also sustained some damage as well as the church headquarters in the city of Manado (Manado Conference). Data from the conference states that 42 Adventist families are among those affected.

TORRENTIAL RAINS IN MANADO CAUSE WIDE-SPREAD FLOODING

■ BRYAN SUMENDAP AND STAFF



The Paal 2 Adventist church in Manado is submerged in water after days of torrential rains that caused landslides and flooding. (photo provided by Bryan Sumendap)

Pastor Noldy Sakul, EIUC president made an appeal to raise funds for the survivors. Many Adventist mission headquarters responded with monetary donations while Klabat University and the mission headquarters in north Minahasa donated food items such as rice, bottled drinking water, noodles and vegetables. On January EIUC received a significant amount of food donations in the form of 3,000 kilograms of rice and 60 sacks of vegetables (pechay, cabbage, potatoes and tomatoes) from Adventist members in the Bolaang Mongondow field.

The EIUC staff built a makeshift public kitchen to provide ready-to-eat food for affected church members. The church leaders and members of Manado Conference responded to the needs by providing clothes and bedding for

displaced church members. To the Alert Level 1 declared in Manado, ADRA Indonesia personnel made an assessment and drafted a National Emergency Response Plan.

The lack of water and potential rain is hindering people's efforts to clean up their houses from mud and debris. In spite of these challenges, the church members in Manado are working together to persevere, and assist others during this difficult time.

Manado is the capital city of the North Sulawesi province in eastern Indonesia and is located south of the Philippines, east of Malaysia and west of Papua New Guinea. With an approximate population of 22.9 million, eastern Indonesia is home to over 700 church and over 100,000 Adventists. ■

ALOJADO IS NEW TREASURER FOR TIMOR LESTE MISSION

■ TERESA COSTELLO/GAY DELES

ALBERTO “ALBERT” DIMACLID ALOJADO WILL BE SERVING AS THE TREASURER FOR THE ADVENTIST CHURCH MISSION IN TIMOR LESTE, EFFECTIVE IN APRIL 2014. HE REPLACES BUDI DHARMADI WHO HAS RETURNED TO INDONESIA TO SERVE IN HIS HOME COUNTRY.

Albert was born in Culasi, Antique in the central Philippines. He earned a bachelor’s degree in Commerce from Mountain View College. He first served as assistant manager in the Adventist Book Center (now Home Health Education Services) for the church in southern Mindanao in 1974. From there, he went on to serve in other capacities such as church auditor, cashier, and treasurer.

In 2001 he was called to serve as the treasurer for the Adventist mission office in Sri Lanka and later in 2006 was called back to serve in southern Mindanao as secretary-treasurer for the church until his retirement in 2011. He has remained active in the ministry and joined other retirees in his church to sup-

port evangelistic meetings. When asked why he has accepted another call to a mission field after retirement, Albert answered, “Because it is the call of God.”

Albert’s wife, Rebecca, has served the church alongside her husband to wherever they have been called. She is grateful for her degree in commerce and accounting which has enabled her to have a supportive role in her husband’s ministry. They are blessed with four grown kids and five grandchildren.

The Seventh-day Adventist church began its Timor-Leste work in the early 1970s. Due to the challenges of a two-decade occupation by neighboring Indonesia, the first Adventist church in Timor-Leste was not established



Alberto Alojado is the new treasurer for the Adventist mission headquarters in Timor Leste. [photo by Gay Deles]

until 1992 and inaugurated in 1993. Since 1999, the membership has grown to where it is now—close to 500 people. Timor-Leste was organized as a Field in 2009 and as a Mission in September of 2011. It is directly attached to the Southern Asia-Pacific Division of Seventh-day Adventists. ■

SEVENTH-DAY ADVENTIST CELEBRATE

LOVE IN ACTION IN MANILA

■ PAULA BORLONGAN

CLOSE TO 20,000 SEVENTH-DAY ADVENTISTS RALLIED AT THE LIWASANG BONIFACIO IN MANILA FOR A VICTORY CELEBRATION OF THE “LOVE IN ACTION” INITIATIVES OF THE SEVENTH-DAY ADVENTIST CHURCH IN CENTRAL LUZON (CLC) ON SATURDAY, FEBRUARY 22.

♥ LOVE-IN-ACTION

For three consecutive Sundays, CLC conducted simultaneous community services such as Clean-up drives, child guidance and feeding program, and medical/dental missions to aid the government in providing basic community needs.



Manila City Mayor Joesph Estrada (3rd from left) takes part in the “Love-in-Action” organized by the Adventist church. (photo courtesy of CLC)



Adventists in Manila gather at the Liwasang Bonifacio to promote love through actions. (photo by Abel Cruz)



An Adventist member hands out encouraging tracts to jeepney passengers in the streets of Manila. (photo by Michael Caroro)

In recognition of the month-long community services given by the church members, Pastor Jose Zabata, Jr., Sabbath School, Personal Ministries, and Adventist Community Services director conceptualized the idea of how the Church can show care for the environment and its inhabitants. The Conference administrators and directors supported the effort by committing its resources for promotion and groundwork.

“LOVE-IN-ACTION” exemplifies the gospel message in the lives of Seventh-day Adventist Filipinos. It is the result of the Integrated Evangelism Lifestyle or IEL - an evangelism tool for the Hope Manila 2014: iCare. It aims to bring

the message of hope to the people and prepare them for the two-week reaping campaign this month of May at the Philippine International Convention Center in Manila with Adventist World Church President Pastor Ted Wilson.

♥ PROCLAIMING HOPE

Preceding the event, was a Caravan of Hope – the physical movement of members from different areas towards the venue, distributing 1,000,000 tracts to people along the way.

Church members in blue shirts with “God’s love in you” print filled one of Manila’s historical places, the Liwasang Bonifacio, a park close to the City Hall of Manila.

“This design (God’s love in you) shows how God’s love affects our lifestyle. It intends to produce ‘Happy Faces’ in people as we reflect His love and introduce Seventh-day Adventists as warm and caring people who impacts the society they belong,” explained the organizers.

CLC President Pastor Romeo Mangiliman started the huge gathering by greeting and thanking the attendees for their warm support. Government officials also came to congratulate and testify how the Church showcases its passion for public service and for upholding God’s love through unselfish acts.

Under the scorching heat of the sun, former Philippine President Joseph Ejercito

HELM TRAINING IN CENTRAL PHILIPPINES ATTRACTS LOCAL COMMUNITY

■ BERNIE C. MANIEGO/ TERESA COSTELLO

The Adventist church in Negros Oriental and Siquijor (NSM), Philippines held a one-day health education (HELM) seminar for the Lifestyle Modification level 1 training at the Siquijor Seventh-day Adventist church on January 23, 2014. Approximately 50 non-Adventist participants from the community attended. These include a national police retired colonel, public school supervisors and teachers, local government officials and employees and local businessmen.

The local community is known for its strong devotion to Catholicism and mysticism. Thus, Adventist members in the area were delighted with the greater-

than-expected community response since the event was held on a Sunday morning, historically a time of worship in the area. Members credit the Holy Spirit for breaking down the previously-held walls of prejudice towards the Adventists and generating new interest in the church’s health program. Community participants seemed excited to listen to the lectures of Dr. Glenn Maypa, Health Director of the church in the central Philippines (CPUC) and Mr. Bernie Maniego, health and communication director for NSM.

HELM is a strategy for health evangelism conceptualized by NSM Health Ministries Department

and contains four levels. Each level only requires one day of training and a one-month period of application for the participants to normalize their blood pressure, blood sugar and BMI (body mass index). During the application period, Adventist members visit their new community friends to further develop the friendships, follow up on their health and lifestyle improvement, pray for them and study the Bible’s health and eternal messages.



Estrada, now Manila Mayor, welcomed the crowd and acknowledged the organizers for choosing the Liwasang Bonifacio, a famous Manila landmark after the Philippine hero Andres Bonifacio, as venue of this event of the Seventh-day Adventist Church.

Estrada, during his presidency, signed the PRC Modernization Act that ensures licensure examinations be scheduled on weekdays in respect of those who observe Saturday as holy. He also mentioned the support of Congressman Harlin Castillo Abayon, First District of Northern Samar; and Ambassador to Papua New Guinea Pastor Benjamin Tejano in the passing of the said administrative order.

Undersecretary Benjamin Gonzales, Jr. representing the Hon. Jejomar Binay, Vice President of the Republic of the Philippines, gave the message of the Vice President congratulating the Church for “choosing to give life to its message and remaining united with a mission to serve the least of its brothers.”

According to Binay’s chief of staff, the Vice President plans to attend the opening ceremony of Pastor Ted Wilson’s evangelistic meetings in Manila in May, this year.

Also gracing the meeting was Philippine

Senator Nancy Binay-Angeles, who expressed her thoughts on the Church’s public service initiative in her congratulatory speech. “Indeed, through these events, the Seventh-day Adventist Church reminds hope to the Filipino people despite difficulties and how this hope remains to be a testimony to Christ’s second coming,” she said.

In attendance were celebrities Miss Philippines Earth 2009 Sandra Siefert, and actor Cesar Montano sharing their joys in worshipping God on the Sabbath day. “I am nothing if it weren’t for the Lord; I am nothing, because the true celebrity is Jesus!” says Seifert during her testimony of how God touched her life 15 years ago.

Born in a Seventh-day Adventist Hospital in Taipei, Taiwan this half German beauty queen stands as a living witness to her friends as she ventures serving the Lord at her own pace. “Just like you, I am a seeker of truth—and I know Jesus is coming really soon,” Seifert said.

Actor Cesar Montano, after almost two years of renewing Bible Study admits he is a ‘full-blooded Adventist’ during his talk in the afternoon celebration.

Raised in an Adventist home, Montano

used to attend Sabbath services at Sta. Ana Church (the first Seventh-day Adventist Church in the Philippines that celebrated its centennial anniversary on March 2011). “God designed this event to share the light we have,” shares Montano after singing the hymn ‘To God be the Glory’.

Dr Jonathan Catolico, director of communications of the Adventist Church in the southern Asia-Pacific region (SSD), also gave a message and a prayer for unity. This followed the short message of Pastor Nephthali Mañez, president of the Church in northern Philippines (NPUC). The closing remarks was said by Pastor Nelson de Chavez, NPUC.

♥ GOD’S LOVE IN YOU

The saying “A sermon lived is better than a hundred sermons preached” runs true in the Love in Action initiative as it shows God’s love, reflecting His method of touching lives with compassion and unselfish deeds.

“LOVE ONE ANOTHER. AS I HAVE LOVED YOU, SO YOU MUST LOVE ONE ANOTHER. BY THIS EVERYONE WILL KNOW THAT YOU ARE MY DISCIPLES, IF YOU LOVE ONE ANOTHER.”

John 13:34. 35 (NIV) ■



During the HELM level – 1 training, the following curriculum subjects were covered: 1. Health Screening, 2. Overview of Non Communicable Diseases, 3. Diet for a Lifetime, 4. Killing the Silent Killers, 5. Lifestyle Medicines for Natural Healing, 6. Importance of Exercise, 7. Conquering Cancers, 8. Health Age Composition Assessment through KARADA Machine, 9. Diet Recommendation and Exercises Program.

The January 23 training concluded with inspiring testimonies from selected participants. Many of the participants are influential in their communities, and so it was encouraging to see their desire to stay for the entire day and to hear their opinions regarding the training. One lady commented, “Some of my friends asked why I would attend the HELM, which is an Adventist program. But I told them that it is a good program; in fact, I subscribe to the magazine,

“Health and Home”, and it tells of the Adventist lifestyle. Adventists are a good people and they have good health programs and I want to know more about health because I want to live longer. I do not regret attending the HELM because I’ve discovered lots of health information.”

Chita Maglinte, Municipal Agriculturist of Siquijor, said, “We need to apply and practice what we have learned and share it to our family members and friends for us to enjoy good health. Let us encourage others to attend the HELM and learn from these very informative lectures on health.” The group agreed to meet for the 2nd level on March 23, 2014 in the same venue of the Siquijor Adventist church.

The Adventist church operates 11 churches in the six towns of Siquijor island. The population in that area is over 90,000. ■

ADVENTIST APPOINTED AS CHIEF OF POLICE IN SULAWESI PROVINCE, INDONESIA



Brig. Gen. Jimmy Sinaga (9th from left), newly installed North Sulawesi Police chief and Manado Mayor Godbless Lumentut (5th from left) stand on stage with other guests to receive a welcome from the Adventist members of Tikala Adventist church, Manado on January 15. (photo by Bryan Sumendap)

THE NEW CHIEF OF POLICE OF NORTH SULAWESI PROVINCE IS A SEVENTH-DAY ADVENTIST. BRIGADIER GENERAL JIMMY PALMER SINAGA WAS INAUGURATED ON FEBRUARY 14 AT THE NATIONAL POLICE SCHOOL AT KAROMBASAN, MANADO, BASED ON THE OFFICIAL TELEGRAM RELEASED BY THE INDONESIAN NATIONAL POLICE HEAD NO. ST/258/I/2014 ON JANUARY 29. BRIG. GEN. SINAGA WAS ONE OF THE MANY POLICE GENERALS WHO RECEIVED NEW ASSIGNMENTS. HE REPLACED BRIG. GEN. ROBBY KALIGIS, WHO WAS ASSIGNED AS THE HEAD OF BRIMOB CORPS, THE ELITE GROUP OF THE INDONESIAN POLICE, IN JAKARTA.

Brig. Gen. Sinaga was formerly the Graduate Program Director of the College of Police Science at the Institute of Police Education in Jakarta. In his introductory speech, he took the opportunity to introduce his wife and two sons. He said, "In the future, I request the same support that you have shown to Brig Gen Kaligis during his stint as the Chief of Police. I know that the people in North Sulawesi are loving and caring people as evident in their motto 'sitou

timou tumou tou' (man lives to help other men live) and 'torang semua basudara' (all of us are brothers and sisters)."

He wishes to continue the program of the police in North Sulawesi of eradicating excessive alcohol consumption, which is often the cause of crime and violence. North Sulawesi is well known for their local strong alcoholic beverage, cap tikus, made from fermented coconut water.

A native of North Sumatera, Sinaga is a member of the MT Haryono Adventist Church in Jakarta. He held the responsibility as the coordinator for the Public Affairs and Religious Liberty for many years. On February 15, Sinaga attended Sabbath service at the Governor's Hall together with his family and the Mayor of Manado, Dr. Godbless Vicky Lumentut. Sinaga was proud and happy to have his sons visit with them in their new home in Manado. The eldest is a practicing lawyer and the youngest, a Police Inspector in the Brimob Corps.

"As a newcomer to this region, I want to spend as much time with our Adventist members in the different churches. I want to get to know them," he stated in his speech before the Sabbath sermon.

In his speech, Sinaga recalls his previous official visits to Manado. He said he was happy to see the friendly faces of the Adventist church members and appealed to them to continually pray for him as he assumes his new responsibility of maintaining peace and religious freedom in North Sulawesi.

Dr. Richard Sabuin, Seminary Dean of the Adventist International Institute of Advance studies located in Cavite, Philippines, was speaker that Sabbath and was happy to have the Manado Mayor and the Chief of Police worshipping with the members of Tikala Adventist Church and other neighboring churches.

North Sulawesi is a province in east Indonesia. The Adventist union headquarters in east Indonesia (EIUC) is located in north Sulawesi's capital and largest city, Manado. EIUC oversees its more than 700 churches and over 100,000 Adventist members. ■ BRYAN SUMENDAP/
GAY DELES

FESTIVAL OF RELIGIOUS FREEDOM CELEBRATED IN SOUTH PHILIPPINES

“IT’S GREAT TO BE FREE!” THIS IS THE SENTIMENT OF MORE THAN 3,500 ADVOCATES OF RELIGIOUS FREEDOM WHO CAME TO CELEBRATE THE EVENT, FEBRUARY 1, AT DAVAO CITY’S CAP CONVENTION CENTER. THE PUBLIC AFFAIRS AND RELIGIOUS LIBERTY (PARL) CONVENTION DREW DELEGATES AND BRETHREN FROM ALL OVER THE ISLAND OF MINDANAO AND GUESTS FROM VARIOUS FIELDS.

Amidst reports of unrest elsewhere in Mindanao, World PARL director, Dr. John Graz looked unfazed as he spoke on the importance of religious freedom to accomplishing the church’s mission and the efforts being made to preserve it worldwide. Opening his message was a thought-provoking statement: “Many thousands of Adventists in other parts of the globe would want to be here with us, but they cannot. You must be so privileged to have this freedom to come and worship God.”

Giving their testimonies at the event were Adventists in public service. “It inspires me and helps me to be firm doing what is right in government service,” commented Atty. Dick Gungob, provincial prosecutor, Misamis Occidental. “It makes me more prayerful to serve the people,” confessed Neneth Taroy, vice-mayor of the municipality of Gitagum in Misamis Oriental.

A night earlier, Friday, January 31, at Adam’s Center Church, Dr Jonathan C Catolico, PARL director for the Adventist Church in the



- **“MANY THOUSANDS OF ADVENTISTS IN OTHER PARTS OF THE GLOBE WOULD WANT TO BE HERE WITH US, BUT THEY CANNOT. YOU MUST BE SO PRIVILEGED TO HAVE THIS FREEDOM TO COME AND WORSHIP GOD,”** said Dr John Graz, director of Public Affairs and Religious Liberty of the Seventh-day Adventist World Church, as he opened his message at the Festival of Religious Freedom held in Davao City, Philippines, February 1.
- **“STANDING TRUE TO YOUR PRINCIPLE WILL NOT DISSUADE YOU FROM DOING RIGHT AMIDST HOSTILE SITUATIONS,”** testified Ms Joyce Pilarsky, the reigning Ms Magnificent Woman Icon 2013-2014, as she spoke during the Festival.
- **“I KNOW THAT THERE LIES MORE TO DO IN THIS CITY TO MAKE IT A BETTER PLACE TO LIVE IN, AND THIS EVENT INSPIRES ME TO DO MUCH MORE,”** said Mayor Ronnel C Rivera of General Santos City after receiving a Plaque of Appreciation during a Thanksgiving banquet held for him at the headquarters of the Church in Southern Mindanao.

southern Asia-Pacific Region (SSD), expounding on the Sabbath and described its observance as an expression of real freedom. “We have this freedom, and we ought to benefit from it immensely. By doing so, we give glory to God, who is the author of freedom,” he stressed further.

Fashion Designer and reigning Ms Mag-

nificent Woman Icon 2013-2014, commented, “I did not realize that on Sabbath, we have the highest share of our religious freedom by attending church worship services.” Ms Pilarsky, a well-known socialite and an Adventist, came to Davao City to testify on how the Lord blessed

■ CONTINUE ON PAGE 25

NORTH SUMATRA ERUPTS, AFFECTS ADVENTIST CHURCHES



SINCE SEPTEMBER 2013, MOUNT SINABANG IN NORTH SUMATRA HAS SPORADICALLY ERUPTED, CAUSING DAMAGE TO HOMES AND LIVELIHOOD AND PROMPTING VILLAGERS TO TEMPORARILY MOVE TO SAFER AREAS. THE ERUPTIONS INTENSIFIED TILL EARLY 2014 SPEWING HOT ROCKS AND ASH UP TO 5,000 METERS IN THE AIR. HOT LAVA HAS CONTINUOUSLY STREAMED FROM THE VOLCANO SINCE MID-MONTH, FILLING VALLEYS AND FLOWING INTO RIVERS. "NEWS SOURCES REPORT AN ESTIMATED 31 DEATHS IN THE DESTRUCTION OF INDETERMINATE HECTARES OF FARM LANDS IN THIS WELL-KNOWN AGRICULTURAL AREA AS OF JANUARY 2014."



A local news reporter interviews evacuees inside the Adventist church in Sumbul that hosted them after the eruption. [Photo by Bergman Siahaan]



Over 20,000 people have been evacuated as clouds of volcanic ash fill the air, creating health risks for the villagers and poisoning their livestock. Thousands of Seventh-day Adventists are among the evacuees, some of whom face the possibility of living in evacuation centers for an extended time due to the conditions and loss of homes.

FESTIVAL OF RELIGIOUS FREEDOM CELEBRATED IN SOUTH PHILIPPINES

her in her career and as she represented her country worldwide.

“Indeed, we haven’t realized the significance of this freedom until we learn that this commodity cannot be found in so many places around the world, for they do not enjoy [this freedom] as much as we do here in our country,” said Gemma Cabatingan of Prosperidad Church, in Agusan del Sur.

In the afternoon of February 1 the same number of participants comprising a vast number of professionals and church members jam-packed the CAP Convention Center.

Organized by the PARL Department of South Philippine Union Conference (SPUC) in coordination with the leadership of Davao Mission the whole Sabbath affair was the first Festival of Religious Freedom in the island of Mindanao. It was a day of singing and inspiring stories and news from far and near, a day of celebration to praise God for our freedom and for our faith.

Prior to this Convention, three “Salamat Mayor” (Thank You Mayor) events were held in three cities: Panabo City, in Northern Davao; in Koronadal City in South Cotabato; and in General Santos City, a chartered city in Southern Mindanao. “Salamat Mayor” is a way for the Church to recognize local executives for governance that contributes to everyone’s free expression of faith, desire for good life, community cooperation and fellowship. All three mayors responded that they were never feted to such Thanksgiving dinner during their public life more so by any church, except this one tendered by the Public Affairs of the Seventh-day Adventist Church. ■ NELSON V. PAULO



Surrounded by vegetation covered by volcanic ash, Pastor J.S. Peranginangin, president of the Adventist church mission in west Indonesia (WIUM) stands from a safe distance away from Mt. Sinabung. [photo from WIUM]

In a Facebook post, Indonesian President Susilo Bambang Yudhoyono credits the safety of the residents to the provided shelters in the vicinity. While a five-kilometer radius around the crater remains deserted, shelters can be found within a 10 and 15 kilometer radius. Pastor D. Nainggolan, president of the Adventist church

Of the 37 Adventist churches around Mount Sinabung, three were affected: Mardingding, Berastepu and Kuta Rakya. With continuing eruptions, damage assessment on homes and churches is difficult, according to a young Adventist pastor, Trisawaty Sinuhaji.

In response to the disaster, Adventist



and mission in north Sumatra (North Sumatra Mission), said that Adventist schools in Sumbul Kaban Jahe are serving as evacuation centers, accommodating an estimated 700 refugees. The immediate necessities of the people are food, medicine, blankets, clothing, clean water and home renovation.



churches in west Indonesia collected offerings on January 25 to help the survivors of the volcanic eruption and the flooding in Jakarta and Manado. ■ SAMUEL SIMORANGKIR/GAY DELES/TERESA COSTELLO/PHOTOS BY BERGMAN SIAHAAN

A trip to the Zoo



TREASURE CHEST

Yi-Ling clapped her hands and jumped up and down, sending her long black ponytails flying. "Yay! Today is zoo day!" she exclaimed. "I want to see Inuku the polar bear, the lorakeets, the grumpy pig, the noisy monkeys, the beautiful peacocks, the biiiiiggg tortoise, the scary Komodo and most of all, funny Veera, the baby Orang Utan! Mama, may we buy some food there to feed my favorites, please? I'm sure they're hungry and waiting."

"Yes, yes," said Mama. "But I don't know if we can..." She trailed off with a little frown on her face. "Oh, no! Why not, Mama?!" cried Yi-Ling who stopped her jumping and stared worriedly at Mama. "Well....," Mama said slowly. "If you keep jumping and talking about the animals, we may never leave to actually GO and see the animal, hmmm..." Then a smile spread over Mama's face as she teased, "So, why not jump into your shoes and let's go, lah." Yi-Ling erupted into giggles and covered her mouth with both hands. "Oh, Mama! You are so funny, almost as funny as Veera! Yes, let's go!"

Soon they were on the bus and on their way to the Singapore Zoo, Yi-Ling's most

favorite place in her home island country of Singapore. She chattered with her mother all the way about which trails they would take when they arrived and what they would do. Since Yi-Ling had visited the zoo from the time she was a baby, she had almost memorized where each animal exhibit was in the zoo.

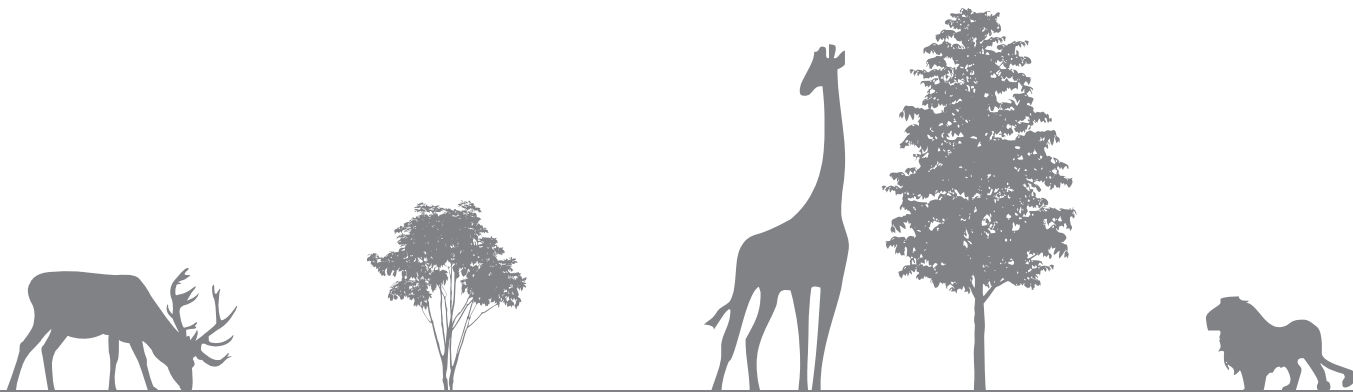
They stepped off the bus, used their yearly pass and were on their way to the first exhibit when Mama noticed a booth for children. "Look, Yi-Ling," said Mama as she guided Yi-Ling to the booth. "They have a special activity for children today. You know the zoo so well that this challenge will be easy for you." Yi-Ling looked at the display board of pictures. Yes, she



1. PANTHERA TIGRIS JACKSONI
2. AILUROPODA MELANOLEUCA
3. MACACA FASCICULARIS
4. EQUUS QUAGGA BOEHMI

5. LEMUR CATTALIA
6. CTENOMORPHODES CHRONUS
7. PARADOXURUS HERMAPHRODITUS
8. CROCODYLUS POROSUS

9. PROBOSCIGER ATERRIMUS
10. GEKKO GECKO
11. PONGO PYGMAEUS
12. ANTHRACOCEROS ALBIROSTRIS



knew were each of these animals were. “What is the game, Mama?” she asked. A friendly young woman dressed in a zoo staff shirt and wearing a name tag that said Prema smiled up at Yi-Ling. “It’s a scavenger hunt,” she said. “You have to find all 20 animals on the list. See the pictures here?” she asked as she pointed to a small grid of photos on a paper. “We’re pretending the animals are lost and you have to find them and when you do, you receive a stamp on your paper. When you’re all done, you return the paper to us and we’ll see how well you know the animals and the Singapore Zoo.” She continued, “And there will be some fun activities along the way so you can learn

even more about the animals. Would you like to play?” “Oh, yes!” replied Yi-Ling. Before long, Yi-Ling and Mama were racing through the zoo, finding all the animals.

How about you, boys and girls? Would you like to join Yi-Ling in the scavenger hunts? Although we can’t transport you all to the real Singapore Zoo, you can play the game here in the pages of this magazine using books and the internet. Below is a list of 20 of the animals at the Singapore Zoo. But there is a challenge; The list shows their scientific names, not what we might normally call them.

We hope someday that you can see them in person for yourself but for now, look care-

fully through books or the internet using these scientific names. Just type the full scientific name of an animal into the search box if using the internet.

If you want to make it a game with your brothers and sisters or friends, copy the list or parts of the list of names and see who can be the first to find the most animals. Later, you can see how many of these animals you spot on the official Singapore Zoo site. You can learn more about Yi-Ling’s favorite place at <http://www.zoo.com.sg/> ■ STORY & PHOTOS BY TERESA COSTELLO



- 13. *TAPIRUS INDICUS*
- 14. *MYRMECOPHAGA TRIDACTYLA*
- 15. *VARANUS KOMODOENSIS*
- 16. *EQUUS CABALLUS (FALABELLA)*

- 17. *URSUS MARITIMUS*
- 18. *PHACOCHOERUS AFRICANUS*
- 19. *NAJA NAJA SPUTATRIX*
- 20. *SPHENISCUS DEMERSUS*

The Adventist Difference

YOUTH LINK

First, please tell us a little bit about yourself, and how you came to be here in Singapore! My name is Nicholas and I am 16 years old. I'm originally from Malaysia, but my family wanted me to come to Singapore to study, and so I live with my godmother here. I am currently in Secondary 3 (3rd year high school). My family in Malaysia owns a business selling cakes, bread, Chinese delicacies, and other things used in Taoist prayer. My godmother attends the Jurong Seventh-day Adventist Church, and a few years ago, she brought me there with her. I have been attending church for 4 years, and have since then been baptized as well. I am currently involved with the youth ministry in the Jurong Church, and I am in the youth music ministry. I play percussion with the ministry for various events, special music and sometimes corporate worship.

WHAT IS YOUR FIRST MEMORY CONNECTED TO THE ADVENTIST CHURCH?

My first memory of the Adventist community was at church camp several years ago. I met the people from the church, and realized that they were a lot of fun. Since then, we often play music together in church. Although there may sometimes be conflicts, like in any other friendship, I feel like Christ is closer to me when I am with them. I have discovered that the friends I meet in church are completely different compared to people you usually meet outside.

WHAT MAKES THE PEOPLE IN CHURCH DIFFERENT FROM THE PEOPLE YOU MEET OUTSIDE?

I feel like the people I meet in church are awesome. They are so much more forgiving and encouraging compared to people we meet outside, and also more trustworthy. I just feel really comfortable with them. Sometimes we

hang out after worship in church to play music together, or simply hang out and talk. During the week, we play online games together.

WHAT KEEPS YOU COMING BACK TO CHURCH?

God loves me even though I am unworthy. I also feel that Seventh-day Adventists are very

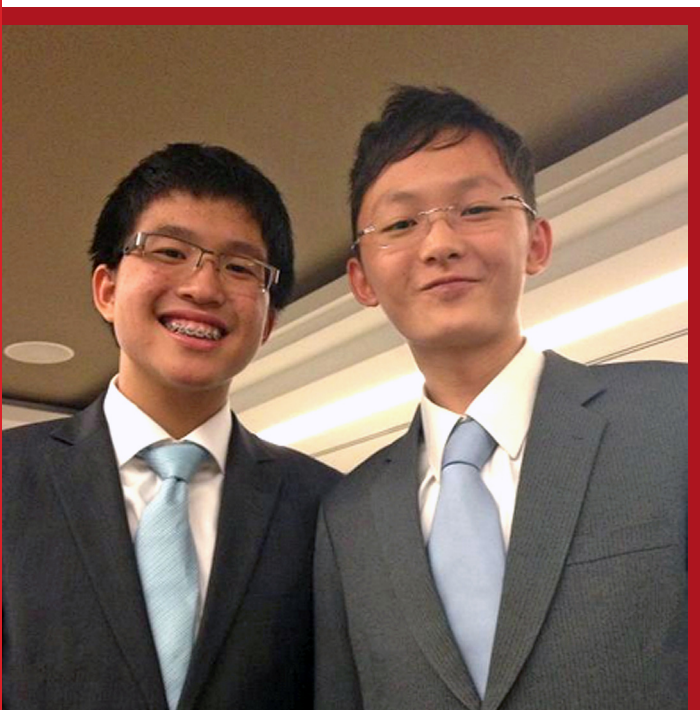
different compared to other religions - the things we read and study make sense, and definitely make more sense to me than any other religion does. We worship one true God, who loves us and is merciful to us.

WHAT ARE SOME OF THE MOST COMMON STRUGGLES FOR ADVENTIST YOUTH LIVING IN SINGAPORE SUCH AS YOURSELF?

One of my struggles is that most of my school friends like hanging out and doing things on Saturdays. Singapore is a multi-religious society, and they do not understand the Sabbath. Not being with them sometimes when I choose to go to church instead makes me feel left out sometimes. It's also hard to explain the Sabbath, or why I don't do certain things with them, like why I do not eat certain foods, especially when they all go out to eat together. Sometimes, it's hard to explain why I'm so 'into' religion as well.

WHAT ARE SOME WAYS ADVENTIST YOUTH ENCOURAGE EACH OTHER OR BOND IN SINGAPORE?

Playing sports and having fun activities help us to bond. I also enjoy going for cell group and Experience (a monthly youth evangelistic event) because you can learn more about your cellmates' lives and the interesting things they experience. We also share about the difficulties we face, and that helps us to feel better. In Experience we meet new people, and it feels really good when your friend's friends decide to start coming to church or cell group.



Nicholas (right) and a fellow church member at a friend's wedding.

CAN YOU SHARE ONE EXPERIENCE OR SITUATION IN WHICH YOU FELT GOD'S CARE FOR YOU?

On New Year's Day this year, I was doing Brazilian Jiu-Jitsu (a type of Martial arts) with my godbrother. It was only my fourth day of training, and it's something that I really enjoy. We had an open mat session that day, where people are free to spar together, regardless of experience or rank. I was sparring with a boy who had a year's experience. When I was winning, he deliberately grabbed my pinky and twisted it so hard that it broke. Of course, this is an illegal move in the game.

Although it hurt, I thought that it was not a big deal, and that my finger would heal over time. Unfortunately, my finger seemed to get more and more painful, to the point where I could not straighten it and it swelled to an alarming size. A doctor in church suggested that I see a specialist as soon as possible.

When I did, the specialist told me that my finger may not be able to bend for the rest of my life, because it had been broken for several weeks and I had not thought to seek help earlier. I was devastated! On top of that, the necessary micro-surgery to fix my finger was really costly. For several days, I was at a loss as what to do.

In the end, the specialist referred me to a skilful surgeon back in Malaysia. I returned to Malaysia to have my surgery done on my birthday. I was a nervous wreck, but the surgery turned out to be a success - not only did my finger have a chance to go back to normal; the results were much better than expected!

Although I missed a week of school, I could see that God cared for me, and had sent people to help me and comfort me when I most needed it. My finger is still recovering, but I believe that faith in God is powerful, even if your situation seems impossible. The moment I received the results of my surgery, I just knew that God had His hand in it.

WHAT DO YOU HOPE TO DO IN THE FUTURE?

In the future, I hope to be just like Jesus.

■ BERNICE LEONG IS AN URBAN MISSIONARY VOLUNTEER BASED IN SINGAPORE

Recipes



Singapore is known as a food-lover's delight, a place where you can try the best of almost any kind of cuisine from all around the world. Unfortunately, not all of the those delicacies are the healthiest for you. So, this issue our friends in Singapore have chosen to share some healthy recipes that have garnered rave reviews. Plus, the staff at Genesis Restaurant, an Adventist-owned healthful restaurant in Singapore have added a few twists to some well-known toppings. Enjoy!

MANGO AVOCADO SALAD

INGREDIENTS:

150 gm Romaine lettuce (tear in bite size)
70 gm red capsicum (sliced thin)
110 gm carrots (grated)
270 gm cherry tomatoes
160 gm Japanese cucumber (sliced)
180 gm Thai mangoes (cubed)
160 gm Avocado (cubed)

SALAD DRESSING:

50 gm extra-virgin olive oil
120 gm honey
90 gm calamansi lime
170 gm Philippine mango (pureed)
A dash of salt

GARNISHING

60 gm pumpkin seed

PROCEDURE:

- Prepare all salad ingredients as stated under salad ingredients
 - In a salad bowl, mix the romaine lettuce, red capsicum, carrot, cherry & Japanese cucumber together.
 - Mix all the ingredients of the salad dressing together.
 - Pour half of the dressing, avocado and cubed Thai mangoes into the salad bowl.
 - Toss the salad gently.
 - Add the remainder half of the dressing, avocado and Thai mango.
 - Toss gently again. Sprinkle pumpkin seeds on top. Serves 6
- SINGAPORE ADVENTIST CONFERENCE (VEGECAPABLE PINK GROUP)

VEGETARIAN CHICKEN RICE (Servings: 2)

INGREDIENTS:

200g rice, washed and drained
400ml water
1 tablespoon fresh ginger, finely chopped
1-2 stalks lemon grass, peel off outer layers leaving tender whitish centre, cut out 4 cm
4 pandan leaves (screwpine), tied into a knot
1 tablespoon sesame oil
½ teaspoon salt

RECIPES FROM PAGE 29

METHOD:

- 1 Combine all the Ingredients: into an electric rice cooker, mix well and turn it on.
- 2 When done leave the cooked rice to rest, covered, for 5-10 minutes. Fluff with a fork and serve hot with sliced vegetarian poached chicken or vegetarian chicken nuggets, cucumber slices, tomatoes and vegetarian chicken rice chilli.

● RECIPE COURTESY OF DEBBIE CHAN

CHILI SAUCE

INGREDIENTS (MAKES 225G)

- 100g (6-8) fresh red chilli, seeded and halved
- 1-2 fresh red chilli padi (optional) (birds' eye chilli)
- 25g ginger, coarsely chopped
- 25g garlic, coarsely chopped
- 75g shallot, coarsely chopped
- 5 tablespoons (6-8 limes) freshly squeezed kalamansi lime juice
- 1-2 teaspoons sugar
- ½ teaspoon salt

METHOD:

- 1 Puree the chill, ginger, garlic and shallot in a blender or food processor until it is smooth.
- 2 Transfer the mixture to a container, add lime juice, sugar, salt. Mix well and store in the refrigerator until ready to serve.

Topping it off!

[A variety of toppings for your favourite dishes from the Genesis Restaurant in Singapore]

PARMESAN

- 1 cup toasted sesame seeds
- 1/4 cup nutritional yeast
- 1 tsp salt
- 1 tsp onion powder

DUKKAH 1

- 2/3 cup hazelnuts
- 1/2 cup sesame seeds
- 2 Tbsp coriander seeds
- 2 Tbsp cumin
- 1 tsp salt

DUKKAH 2

- 2/3 cup almonds
- 1/2 cup sesame seeds
- 2 Tbsp fennel
- 2 Tbsp cumin
- 1 tsp salt

PESTO

PESTO 1

- 3/4 cup parsley
- 1/4 cup olive oil
- 2 clove garlic
- 1/4 cup nutritional yeast
- 1 tsp salt
- 1/4 cup almond

PESTO 2

- 3/4 cup oregano or basil
- 1/4 cup olive oil
- 1 clove garlic
- 1/4 cup nutritional yeast
- 1 tsp salt
- 1/4 cup walnut

■ BY TEO POH GEOK



■ PHOTO BY GAY DELES

Revived by His Word

DEVOTIONAL

At the start of this quinquennium, there was a call for revival, reformation, discipleship, and evangelism among Adventist church leaders and members worldwide. Revival, reformation, discipleship, and evangelism are components of the overarching theme of the world church for the quinquennium (2011-2015).

In 2011 the theme chosen by the world church was "Revival for Mission." This theme helps us to focus on why revival is such an urgent need of the church at this time. God has uniquely called the Seventh-day Adventist Church both to live and to proclaim His last-day message of love and truth to the world. The challenge of reaching the more than 7 billion people on planet Earth with His end-time message seems impossible. The task is overwhelming. Unless there is a dramatic change, we will not finish God's mission on earth but we are reminded that **"not by might nor by power, but by my Spirit,"** said the Lord Almighty (Zech. 4:5).

God has promised to pour out His Holy Spirit in abundance in the last days. The earth will be "illuminated with His glory." The work of God on earth will be finished rapidly. The greatest and most urgent need of the church today is a genuine spiritual revival. To seek this should be our first work. This genuine spiritual revival among us will usher in the outpouring of the Holy Spirit in the power of the latter rain to finish God's work on earth.

In 2012 the theme chosen for the world church was "Revived by His Word." Adventists are a Bible-based, Bible-believing, Bible-reading people. We have been known as the people of the Book. Spiritual renewal arises from a Christ-centered study of God's Word. Although prayer is the heartbeat of revival, the Word of God is its foundation. The Bible writers repeatedly link revival and new life in Christ to God's Word: **"..... revive me according to your Word."** (Ps. 119:23); **"... you have been born again through the living and enduring Word of God."** (1 Pet. 1:23).

In 2 Kings 22-23, we read how King Josiah and the people of Judah rediscovered the joy and importance of God's Word. During the repairing of the temple, Hilkiah the high priest found the Book of the Law. The scroll was read to King Josiah. **"When the king heard the**

words of the Book of the Law, he tore his robes" (22:10-11) in repentance. He sought further understanding of it (22:12-20), and he led the people to renew their commitment to its importance in their lives (23:1-3)

How can we have the same commitment? By realizing how much we need the Bible in our lives. God himself through the Bible itself tells us of its value. The psalmist says, **"I have hidden your Word in my heart that I might not sin against You"** (Ps. 119:11). **"For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart"** (Heb. 4:12); **"All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work"** (2 Tim. 3:16-17).

Today, we have unprecedented access to God's Word. Let's renew our commitment to find it every day and respond as did King Josiah so that our lives show its prominence.

■ **JOSHUA MOK** IS PRESIDENT OF THE SOUTHEAST ASIA TERRITORY OF THE ADVENTIST CHURCH LOCATED IN SINGAPORE, OVERSEEING SEVEN COUNTIES).

VEGECAPABLE

What is VegeCapable?

VegeCapable is an online tool and resource material designed for aspiring cookbook authors. Its user-friendly interface will allow people with little computer experience to maximize its features.

What can I get from VegeCapable?

VegeCapable will allow you to encode your local and personal recipes and provide the nutritional value of the dish. This will then be automatically laid out on a sheet of paper ready to be printed. You can also have the option to store and compile it and make a book. Short courses covering the knowledge, skills and the necessary preparations will be given to equip the participant.

You can also view and acquire public recipes of the other participants.

Who can join VegeCapable?

Anyone with a passion to share healthy recipes to his or her fellow men.

SCHEDULE

West Indonesia Union Mission

Date: November 25-27 2013;

Venue: West Indonesia Union Office



VEGECAPABLE
vegecapable.com



VEGETARIAN FOOD ANALYSIS

- Generates nutritional value for a wide range of plant food items.
- Calculates the nutritional value of your vegetarian recipes.

RECIPE BOOK WRITING

- Helps you write your own recipes in your own dialect with automatic nutritional value (limited to alpha-numeric case).
- Makes you a vegetarian cook book author.
- Aids you to create your own cook book within 6 months. It comes with a template layout, instant arts and easy instructions so that you can write even more than one book in a short period of time.
- You can reproduce your cook book using an ordinary computer and printer.

FOOD PREPARATION AND PRESENTATION

- Teaches you how to prepare healthy dishes.
- Guides you in preparing healthy meal plans.
- Helps you make food beautiful.

NUTRITION EDUCATION MATERIALS

- Through the aid of Information Technology, CAPABLE helps you produce learning materials of your own. It can automatically convert your recipes to ".PDF" files so reproduction and distribution would be an ease, and convert them to slides to be projected on any screen.

DAY 1

SEMINAR

Introduction to Vegetarian Cuisine

Pastor Abe Carpena

Why Be a Vegetarian?

Dr. Blecenda Varona

Cooking Demonstration

from Local Conference

Short Courses

"Basic Foods"

"Basic Nutrition"

"Food Technology"

AUP Nutrition Department

Short Course

"Making Food Beautiful and Delicious"

Dr. Blecenda Varona

DAY 2

PRACTICUM

Short Course

"Meal Management"

AUP Nutrition Department

Making A Recipe Bank

Dr. Blecenda Varona

DAY 3

APPLICATION

WORKSHOP ON

VEGECAPABLE.COM

Mark David Varona

Mir-mel Miranda

Closing Message

Pastor Abe Carpena

Why Be a Vegetarian?

This question has been baffling science for a long time. Witness the latest studies provide the modern world with new answers.

Basic Foods

A concise introduction about the chemical reaction of food to the regular methods of food preparation and how to utilize its properties.

Basic Nutrition

A discussion on how nutrients affect the health status of an individual, the interactions that happen inside the body, and how to maximize the nutrients found in natural food.

Food Technology

Proper sanitary measures and food handling should always be in mind whenever preparing food for the table.

Meal Management

This will equip the participant with the skills of a meal manager and menu planner.

Making Food Beautiful

We do not only eat with our olfactory sense but also our sight. Beautiful food will definitely taste better.

Making A Recipe Bank

Recipes are the cornerstones of effective cooking. Multiplying your recipes to millions will make food preparation a breeze.