

goodnews

FOR ABORIGINALS AND ISLANDERS

ATSI Bible is dedicated in Melbourne

[inside]

editorial	2
letters	3
my report	4
consider this	5
special feature	6
our history	7
out and about	8-9
our schools	10
news spots	11
real life	12
my camp	13
bible study	14
my health	15
kids' corner	16



▲ **AVAILABLE NOW** The *Easy Reading Family Bible*, see the full story on page 7 ►



▲ **ABORIGINAL & PROUD** Kempsey Adventist School students celebrate their Aboriginal heritage, see full story on page 10 ►



▲ **FILMING OF SECOND TV SERIES** HOPE Channel series *Outback Adventures* features local guests, see full story on page 4 ►



Finding a loving father

NITA GARRETT | Adventist church member – Tennant Creek, NT

I was born in Alice Springs and spent my early years in and around Glen Helen. My father worked on stations in the area digging wells. My mother was an Arrente woman who had grown up at Hermannsburg Mission. From her I learnt the Aboriginal way of life and how to speak the Arrente language.

As I think back over the years, there have been good and bad experiences that stand out in my mind. However, as I have gotten older, I feel sad that I never had a loving relationship with my Dad – he was simply never there.

Because of this, I have always struggled to think of God as a loving heavenly father who cares for me in a real personal way.

This changed for me recently when I read something in a small pamphlet called *Words of Hope*.

What I read made a deep impression on me and I would like to share it in the hope that it will help others as well. The article talked about the importance of fathers and it said: "To have a father means to have shelter, food, and also to feel secure, loved, accepted and understood. Parents [particularly fathers] give their name

to the family, granting to children their identity. They guide their family and are a source of wise advice and thoughtful counsel... [Christian] parents lead their family to God, who is the heavenly father."

As I read these words I felt God speaking to my heart and gently impressing on me the need to have a real relationship with him. He began to fill in the gaps of my understanding and helped me to see the importance of a father's role. As I bonded with him I also discovered how loving he really is. More than this, God helped me to begin to forgive my earthly father and to stop blaming him for the choices he made.

It is now clear to me that all fathers have the vital task of guiding their children through life. An ideal father will provide a loving and caring home where his family always feels secure, accepted and understood. I would like to encourage fathers to think seriously about this important role as it will help their daughters as well as their sons to have a better understanding of how God relates to every one of us – his children.

I am happy to say that this new thinking has made a big difference in my life. I am now able to continue my journey secure in the understanding that my heavenly father – who is also the God of the universe – is walking right beside me.

Story told to Eileen Fehlberg by Nita Garrett who lives in Tennant Creek, NT

"As I read these words I felt God speaking to my heart and gently impressing on me the need to have a relationship with him."

▲ **DREAM TRACK CLUB** – Brisbane, Qld

in your words...



▲ **OFFICIALLY MARRIED** Diane & Jeffrey Campbell with Pastor Gordon Stafford – Alice Springs, NT

Getting married the 'Jesus way'

On 11 September, the Alice Springs Seventh-day Adventist church witnessed the marriage of Diane and Jeffrey Campbell. Diane and Jeffrey are from the remote township of Finke and are currently residing in Alice Springs.

They were married by Pastor Gordon Stafford, the director of Mamarapha College (WA) where Diane is a student.

While Diane and Jeffrey have been married the traditional 'Aboriginal way', they both wanted to be married the 'Jesus Way'.

It was a proud and joyous occasion for the couple and our church.

Quintin & Tanya Dutlow – Alice Springs, NT

Tourists in Australia love goodnews

I look forward to each issue of the [goodnews] magazine, and the photos for this year's calendar were beautiful. Some of them reminding me of all the beautiful scenes in Western Queensland which I saw in June and July when I was camping with my family.

We were there for three weeks and travelled 3000 miles from Brisbane to Innamincka to Carnarvon Gorge, with a couple of days at Longreach – just to be tourists!

It was a little cold and windy, but I loved every minute of it, and would do it again in a heartbeat!

Jeanne Unser Hess – Sutter Creek, California (USA)



▲ **DREAM TRACK FUN** at Uncle Joe Skeen's property. The day was designed to teach young people cultural skills along with games and activities.

about goodnews

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■ For those who wish to contribute to goodnews, letters, articles, stories and photos are welcome.
■ The editor does not guarantee publication as space is limited. Articles may be edited. If you would like your photos returned, please include a self-addressed envelope.

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Filming second series for HOPE Channel

DON FEHLBERG | Associate ATSIM Director, Australia

Well known Port Augusta Aboriginal personality was filmed for an international television satellite series.

Ken McKenzie flew to Melbourne and was interviewed for a half hour program on *Outback*

Adventures with Pastor Don which airs on HOPE Channel from Optus D2 satellite.

The series takes viewers on tours to outback and remote areas of Australia and introduces them to Aboriginal

people, many of whom love the Lord.

“Outback Adventures with Pastor Don will be aired next year on Hope Channel and, in addition to being shown across the South Pacific it has become popular in Africa, America and the Philippines.”

Ken told how he was born at Nippabunna Mission, grew up in the Flinders Ranges, took to a life of drinking but was then touched by the love of Jesus and committed his life to Christ. He also told stories about his 92 year old mother, Ruth McKenzie, who is now a resident of Ramsay House. He told how she was taken away, treated badly at times, but is thankful that through it all she came to know Jesus and has found peace in Him.

As the interview took place pictures were interspersed of Port Augusta, Flinders Ranges, Ken’s family and Mother Ruth. The host of the series is Pastor Don Fehlberg who was Pastor of the Port Augusta Seventh-day Adventist Church between 2000 and 2003 and is well known in the area. Ken also played his guitar and sang a couple of songs that he wrote – “The Christian Bushman” and “One Day the Lord will Come”. *Outback Adventures with Pastor Don* will be aired next year on HOPE Channel and, in addition to being shown across the South Pacific it has become a popular program in Africa, America and the Philippines.

Pastor Don Fehlberg interviewed a number of people in this series including Colleen Roberts from Maree, Flo Peters from Darwin (youngest daughter of Bett Bett, The Little Black Princess of *We of the Never Never* fame), Kevin Merritt, show host for *Radio Mama* from Geraldton, artist and Seventh-day Adventist minister Leo Wright, and Clinton Farmer from Wiluna whose parents wandered as nomads in the Gibson Desert as children.



▲ **FILMING OUTBACK ADVENTURES** Pr Don Fehlberg with Kevin Merritt of Geraldton – Melbourne, Vic



▲ **TALK SHOW** Guest Leo Wright shares his experiences with Pastor Don Fehlberg – Melbourne, Vic



▲ **TV STARS** Ken McKenzie of Port Augusta & Clinton Farmer of Wiluna are guests on the new series – Melbourne, Vic



What I like about *Mama* [God]

HERBERT NELSON | Finke, NT

Mama is good help to me. He shows me the way through signs and dreams. Even when I am sad, he is still around me. When I talk to him, he changes my feelings inside and makes me happy again.

What prayer means to me

KEITH & DANUTA STOCKWELL | Bourke, NSW

As Jimmy Little says, it’s my ‘royal telephone to glory’ – Keith.

It’s my life line with my personal God – Danuta.



The Good Food Project near Derby



▲ **IRNIYA MANGARRI** The ladies behind the Good Food Project: (L-R) Ruth, Linda & Heather – Mowanjum, WA

Three ladies are delivering a nutrition and exercise program for their community so they can enjoy optimum health.

Heather and Ruth Umbagai and Linda at Mowanjum (WA), have a health ministry vision for their district called *Irniya Mangarri: The Good Food Project*. The project is a collaboration with Bobongie Indigenous Consulting Services.

While on their honeymoon, Johnny Murison and his new wife Erica witnessed Heather and the girls preparing for a program called The Big Boys Club. They had a supply of healthy drink cocktails and good food to deliver to the men to encourage and help them lose weight and work towards achieving good health.

“I’m impressed with their dedication and commitment and wish them every success in their ministry,” said Johnny Murison.

Johnny Murison – Sydney, NSW



NSW Aboriginal boarding school open for business



◀ **SIGNING UP** Tommie Spero, teacher, with Laurel-anne Smith & Principal Mr George Spero signed up Laurel-anne's son Bradley from Coonamble. She was so excited for her son.

A boarding school for Aboriginal students in New South Wales has officially opened near Brewarrina in the state's north-west.

Currawah Adventist Aboriginal College opened at Gongolgon this year with its first intake of Year Seven students.

The principal, George Spero, said the 16 students were from Bourke, Walgett, Coonamble, Gulargambone and Sydney.

He said, "Initially a few dropped out but those remaining were making great progress".

"We've had some challenges as students have adapted to boarding school routines and regular school life".

Mr Spero also said he was confident the model of education would be a success.

"The three areas that we focus on with our students include teaching our students to have respect for themselves and others, to be responsible for their actions and to contribute back to society," he said.

"And we're doing an intensive literacy and

numeracy program to catch up on these skills."

Currawah Adventist Aboriginal College was officially opened on 6 June by North New South Wales SDA Conference President Pastor John Lang, and the Federal Member for Parkes, Mark Coulton.

The opening was attended by almost 100 guests, including executive members of the Church, ATSIM and Adventist Education, representatives from the Association of Independent Schools Australia, local dignitaries, parents, students and board members.

It provided a chance to reflect on the past three years of development, and celebrate the innovation and opportunities of the future.

Pastor Lang thanked the many people involved in making the dream of the boarding school become a reality.

"We see a real need to develop strategies to prepare these young people to be leaders in the community and to be able to make a real difference in their areas of influence," Pastor Lang said.

The Seventh-day Adventist Church plans to develop more classrooms and staff houses as the school expands with additional grades each year.

Linda Stuart/ABC News/Record/Northpoint

Principal: 0432 1212



▲ **ENROLLING FOR CURRAWAH** Steven (JJ) & wife Eileen Smith with Jarrod – Coonamble, NSW



▲ **ALL SMILES** Teacher Mrs Tommie Spero with Aunty Ruby Dodds signing up her granddaughter Deborah – Walgett, NSW

ATSI Bible is dedicated in Melbourne

(continued from page 1)



▲ **A PRAYERFUL START** National SDA Church President, Pastor Chester Stanley & National ATSIM Director, Steve Piez at the official dedication of the ATSI Bible – Melbourne, Vic

A new Bible designed for Aboriginal and Torres Strait Islander ministries was dedicated at the mid-year Australian Union Conference Board of Directors meetings.

The Bible is called the *Easy Reading Family Edition* and has been developed by the national Aboriginal & Torres Strait Islander Ministries (ATSIM) team in partnership with Bible Society Australia. It is a user-friendly translation designed to inspire people to engage with God's word and contains contextualised colour prints, pages for recording family events, a number of short introductory readings intended to build faith, along with a 228 page full-colour Bible Encyclopaedia.

National ATSIM director Steve Piez says, "The response to the Bible has been overwhelming. We are very excited about this latest resource and believe that it will be used by all Australians, and will lead many people to Jesus".

The ATSIM team have also adapted *The Bible Says* and *Steps to Eternal Life* study guides to be used in conjunction with the Bible and will be available soon.

The Bible is now available from Bible Society outlets, Adventist Book Centres, Literature Evangelists and Conference ATSIM departments.

Steve Piez – Melbourne, Vic

remember when?

We all love to see 'old' photos. Please send in your photo so we can share it with everyone who reads **goodnews**.



▲ **HALLS CREEK CIRCA 1990** Graham Chapman, Vincent Skeene (& child), Edna Skeene, David Skeene (photo courtesy: Eric Davey)



▲ **MAMARAPHA CIRCA 1998** Gordon Stafford leads out students at choir practice (photo courtesy: Eric Davey)



▲ **MULLEWA CIRCA 1985** Young people share a special item at Mullewa Seventh-day Adventist Church (photo courtesy: Eric Davey)



1 MATES Terry & Ron Swan with John Dahlstrom – Moree, NSW **2 FAMILY TOGETHER** John, Tyrah, & Eli Housia – Cobar, NSW **3 FOOD KITCHEN** Enjoying the fellowship & the food – Darwin, NT **4 GATHER ROUND** (Back L-R) Cedric (child), Jaquie Crawford, Pauline (child), Tina & Rebecca McKenzie, Uncle Ken McKenzie, Dieter & Diana Stahl – Port Augusta, SA **5 TWO'S COMPANY** Troy Francis with son Triston – Nullagine, WA **6 DESERT STOCKMAN** Glenn Cooks' Uncle – Desert Lands, WA

7 THE BOYS Troy, Cody & Yoakam Carter with Robert – Halls Creek, WA **8 MAKING NEW FRIENDS** Danuta Stockwell with friends – Burnt Bridge, NSW **9 SAYING HELLO** Peter Elwood-Knight – Bourke, NSW **10 WHAT A VIEW** Erica Powell with Peter Hunter – One Arm Point, WA **11 NEW BEDTIME READING MATERIAL** Melissa Glover with her son Ethan & nieces Tameeka and Katrina after they received these new books – Adelaide, SA **12 HANGING AROUND** (L-R) Kate Carroll, Henry Morris, George & Unice Ocher with Karly – Bourke, NSW

Aboriginal and proud of it



Aboriginal and non-Aboriginal children showed their pride for Kempsey's Aboriginal heritage when on 5 August 2011 the Aboriginal flag was raised at Kempsey Adventist School for the very first time. An all-day program celebrating Aboriginal culture and heritage was run in both primary and secondary schools. The purpose of the program was to engender a sense of pride and understanding, particularly in the way culture and heritage contributes to day-to-day school life.

The celebration acknowledged the Dughutti people, past and present, and included a welcome to country by Mrs Esther Quinlin. There were also

◀ **HANDS OF RECONCILIATION** More than 600 hands (a set for every child in the school) decorated the lawns of the Kempsey School and were designed by each student to represent reconciliation – Kempsey, NSW

traditional dances by students, a lunch for the Indigenous families (the largest turn out the school has ever had), elders Lana and Claude Roberts telling stories over a campfire and making damper for each primary student, an art competition, the making of hands which covered the front lawn, decorating a reconciliation sign which now hangs in the school foyer and the flag raising ceremony attended by more than 400 staff and students along with more than 50 Indigenous family members and local people.

Student Kara Moseley gave an inspiring speech about what it means to be Aboriginal while the school captain, Kristy Smith-Richie, gave a beautiful presentation on the meaning of the Aboriginal flag.

A number of Indigenous students were recorded on video sharing what made them proud of their Aboriginal heritage.

More than 60 of the 380 students at Kempsey Adventist School are Aboriginal, and the number is growing each week.

The day was an incredible success and was very well received by all who attended. Organisers of the day plan to run similar events in the future.

Margo Clark/Kym Piez – Melbourne, Vic

Facelift for Karalundi Chapel



◀ **PUTTING UP THE SIGN** Karalundi staff help to install the new chapel sign – Karalundi, WA

Recently, Karalundi gave the Vaughan Seventh-day Adventist Memorial Chapel its first facelift since 1996 by renewing the official sign.

Students and staff gathered together for a dedication, where church pastor and school chaplain Robert Collins, reminded the school of the sign's significance to those who travel through Karalundi's front gate.

"It's a reminder that God lives in Karalundi", Pr Collins shared during the dedication program. And despite the improved infrastructure and development of new programs, the chapel and its sign signify to those passing through, that Karalundi is still God's place.

Robert Collins – Karalundi, WA



▲ **THRILLED WITH IT** Tasi McDonald & Glenn Grey holding the new Bible – Torres Strait, Qld

The perfect Bible

Tasi McDonald of the Torres Strait was most excited when she first saw the Easy Reading Family Bible (see article on page 7).

The new ATSI Bible, designed especially for Aboriginal & Torres Strait Islander Ministries had finally arrived in the Torres Strait.

Tasi exclaimed, "I have been waiting for something like this! I have other Bibles but this one has everything. I have to have it. Easy to read. Pictures, dictionary and concordance."

Sharon Grey – Torres Strait, Qld

Torres Strait

Obituaries



Rex Leon Marshall OAM, JP was born at Baryulgil NSW on 16 July 1943 and died at Grafton Base Hospital on 23 November 2010. Rex was one

of 10 children and is survived by Beryl, his loving wife of 25 years and children, Elizabeth (Kenneth), Faron (Kathy), Pritchard, Lena (Kamilo), Ralph (Jacinta). He had 18 grandchildren and two great

grandchildren.

He loved his Aboriginal family and was a caring person who had an inner strength. Rex was seen by his people as a trail blazer for Aboriginal Rights, a man of good character and values.

He was a member of different boards and was respected for his work in the Aboriginal Medical Service. He will be dearly missed by his family and community until we meet again on that great resurrection morning.

Leo Wright – Currawah, NSW



Wendy Curley was born in Meekatharra on 24 August 1960 and died in Meekatharra on 29 April 2011. Wendy was the eldest of

seven children, and soul mate to Robert Tullock who died in a tragic accident in 1982. They had two sons – Sharrock (dec) and Warwick, along with six grandchildren.

She was a strong woman who bounced back after several low points in her life. When Karalundi re-opened in 1986, she was on staff as the first cook. After her time there, she returned to Meekatharra where she developed the desire to become a teacher. Upon completing her degree, she was employed by Meekatharra Primary School.

Always the first to lend a helping hand, Wendy was a great believer in education, and was committed to her pupils. She served as a member of the Karalundi Executive Committee and was well-known throughout the mid-west for her catering and baking.

Wendy was well loved and everyone looked forward to seeing her at family functions and events. She had many friends and touched many lives with her caring and loving nature.

Wendy ensured that her grandchildren learnt about Jesus and shared her faith in front of many just a week before she died. She will be greatly missed by all who knew her.

Don Fehlberg – Geraldton, WA



Jean Wood was born in Arabana country in 1935, at Miller's Creek and died in Adelaide on 30 July 2011. Jean was the wife of Norman Wood (dec) for 45 years,

and mother of William (dec), Dennis (dec), Sharlee, Clifford (dec) and Bruce. Jean had six grandchildren and eight great grandchildren.

Jean was known as a good

damper maker, once even winning a competition for it. She loved listening to country music and many recall her eagerness to be on the dance floor.

She was a mother, an educator and a respected member of Antikirinya Matu-Yankunyjatjara Native Title Group and Aboriginal Languages Networks. She knew her father's language Antikirinya and was a strongly cultured woman, who taught and recorded language and history. She featured in a number of DVDs about Arabana culture and history, including one in the new SA Museum Aboriginal gallery. Jean will be dearly missed by her family and friends.

Eric Davey – Adelaide, SA

From atheism to christianity



My name is Allie Shen, I am from Henan, China. Currently I am working at Karalundi Aboriginal Education Community, WA.

"After a good few years of pursuing one aim after another, I sensed the emptiness in my soul rather than relevance. My life was like a running competition."

Aboriginal Education Community, WA.

The place where I grew up in China has nothing to do with Christianity. There is no

Christian church in my home town. My father is a communist, and my mom is Daoist. As a strong atheist, I didn't believe in God at all.

I remember coming across a brochure advertising religious studies in Europe and thought "what a waste of money!" I saw no value in studying religion as there was no God. Like most Chinese, I was taught to believe in myself – in my own ability to accomplish goals.

Initially, I really enjoyed mastering different skills, such as art and academic excellence.

After a number of years of pursuing one aim after another, instead of accomplishment I sensed an emptiness in my soul. My life was like a running competition. After fulfilling each ambition, the emptiness in my heart grew.

In 2008, I decided to come to Australia to study at Victoria University. Being an International student was no fun. Study and

● Karalundi

◀ MOVED BY WHAT JESUS DID

Once an atheist, Allie Shen now works at Karalundi – Karalundi, WA

work part-time crushed me, let alone the unreachable distance from my family and friends. At that time, I met a very special group of people at university. It was a student Christian club, called ACF. We had dinner together on Friday night, good fellowship, and most importantly, we studied the Bible.

They loved me unconditionally. I was a stranger to them, but they treated me as their own sister.

From there, I learnt about Jesus for the first time in my whole life. I was simply moved by the fact that Jesus took away the sins of this whole world. There is no greater love than this; no human being can do this. Only one intelligent being could do it – God.

For the very first time, I was happy from the bottom of my heart. Because I know that I am a beloved daughter of God in heaven. It was the first time in my life, I sensed the relevance of my life, not because of who I am, but because of who he is.

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end (Jeremiah 29:11).

coming events

Special Events

30 Sep - 2 Oct Western Zone Camp, Karalundi, WA
30 Sep - 8 Oct SDA Big Camp, NNSW
28-31 October ATSIM Camp, Lovelinks, WA
4-8 January Eastern Zone Camp, Townsville, Qld

Regionals

5 November Northern Rivers, NNSW

Meetings

20 October Mamarapha College Board, WA
23 October Karalundi Executive Committee, WA
14 November Currawah Board, NNSW
21-22 November ATSIM Advisory, Melbourne, Vic

Mamarapha College

20-28 September Classes, Year 2-4, Block 5
17 -26 October Classes, Year 1, Block 5

Townsville Camp

Riverside Convention Centre

4-8 January 2012

Singers and musicians wanted

For those who love to be involved in worship at camp, please email your expressions of interest and contact details to: atsim2012@gmail.com.

To register, please contact ATSIM on (03) 9725 5825 or 0404 223 019, or post your application form below with your payment to: ATSIM PO Box 4368 Ringwood Vic 3134.

Camp options and prices:

Accommodation per person*

- Powered site = \$55
- Conference tent = \$85
- Donga = \$115
- Ensuite Unit = \$175
- Children under 5 = \$35

Meals per person*

- 10 yrs and older = \$71.50
- Under 10 years = \$38.50
- Or
- \$8 per meal (10 years +)
- \$5 per meal (9 years and under)

- **CONFERENCE TENTS** The price given is for a minimum of four people per tent and is inclusive of the required beds mattresses chairs and a table.
- **SELF CONTAINED UNITS** The price is for a minimum of 4 people per unit.

*Prices are totals for the duration of camp and include a registration fee.

Part A Personal Details		Part B Family Details (who are you paying for?)	
Name	<input type="text"/>	Names/Ages	<input type="text"/>
Address	<input type="text"/>		<input type="text"/>
Telephone	<input type="text"/>		<input type="text"/>
Mobile	<input type="text"/>		<input type="text"/>
Part C Payment Options (please select one of the following payment options)			
<input type="checkbox"/> Centrepay* (arrangements must be made prior to camp)	<input type="checkbox"/> Cheque	Cheque/money order payable to: Seventh-day Adventist Church (AUC) Ltd ABN 24 112 101 783	
<input type="checkbox"/> Credit Card (complete details below)	<input type="checkbox"/> Money Order	Amount Enclosed \$ <input type="text"/>	
Credit card holder	<input type="text"/>	Number	<input type="text"/>
Signature	<input type="text"/>	Expiry	<input type="text"/>
		Please charge	\$ <input type="text"/> to my card

* No Centrepay arrangements can be made at camp registration. Previous camp balances must be paid in full before your camp registration can be finalised.

Reasons to come to Townsville Camp:
 ~ Make new friends ~ Catch up with old ones ~ Awesome inspiring speakers
 ~ Good old fashioned meetings ~ The real tent experience ~ spiritual revival ~ Get to know God better ~



Way to Jesus

JOHN CHAN | A Bible Study for you

LESSON 20 – TESTIMONY OF JESUS (Continued)

Be sure to pray before opening the Word of God.
 "Dear Lord, I long to be part of your family; please help me to surrender to you.
 In Jesus' name, Amen."

9. What are some of the claims of these false prophets?

Read Matthew 7:22 "On the last day many people will say to me, 'Lord, Lord, we _____,
 and through you we _____ and did _____'."

10. What was Jesus response to these false prophets?

Read Matthew 7:23 _____

11. What are some Bible tests of a false prophet?

Read Deuteronomy 18:21-22 _____

Read 1 John 4:1-3 _____

12. Are there genuine prophets in the last days?

Read Joel 2:28 _____

13. What are the two identification marks of the remnant church of God?

Read Revelation 12:17

Those who _____

Those who _____

14. What is some physical evidence when a prophet is in vision?

Read Daniel 10:8 Daniel says, "I lost my _____, my face turned _____

like a dead person, and I was _____.

If you have any questions about what you have read, write them here:

Your decision

I want to belong to the remnant church of God and I want to be filled with the Holy Spirit.

Yes

I need to learn more



Are you emotionally healthy?

KAREN WILLIAMS | Aboriginal Social Emotional Wellbeing Support Worker

Hi everybody!
 My Name is Karen Williams, I am a Noongar from Perth WA, living and working in

Armidale, NSW.

This is a very exciting time for me as I have found my calling. I went full circle working in the field of welfare, youth and now mental health.

My role is Aboriginal social emotional wellbeing support worker. It's a friendly way of saying mental health support worker.

What is social and emotional wellbeing?

Firstly we have to look at what social and emotional wellbeing means...

- *Social* – connected with people or events
 - *Emotions* – any of the feelings of joy, sorrow, fear, hate, or love
 - *Emotional* – involving emotion
 - *Wellbeing* – health, happiness and prosperity
- Aboriginal And Torres Strait Island people can view their health differently to non-Aboriginal people.**

The term *mental health problem* is a broad term which describes conditions that may not be severe enough to be called a mental illness.

This can lead into *long term mental illness*, which is a term used to describe major persistent changes in a person's thinking and feelings which disrupts the person's ability to carry out normal daily routines.

When looking at health we tend to look at the big picture – social, emotional, spiritual and cultural.

When feeling unwell or ill, this will affect the whole person – their mind, body and soul.

What causes your social and emotional wellbeing to get out of balance?

- Unhealthy lifestyles
- Maybe a death in your family or you may have faced a trauma
- You are homeless
- A loved one may be in gaol
- Maybe alcohol or drugs have taken over your life
- Domestic violence is affecting your home
- Or you are away from your spiritual belonging, your country or community – that can have a big effect on your soul

If you broke your arm, would you go to a hospital or doctor and get it looked at? The answer is yes, so this is what you should do if your social emotional wellbeing has been affected.

Where can I go for help?

If you are feeling down or depressed and it has lasted for more than two weeks, chances are you are experiencing depression.

Don't feel like doing anything and sad all the time? You may be thinking that nothing is going good and you might have thought about taking your life. Now is a good time to get help.

Who to talk with.

- An aunty or uncle, or family member you can trust
- Talk to your local pastor
- See a doctor who might give you medication that can help
- Counselling (someone to yarn too)
- Visit your nearest Aboriginal Medical Service or Aboriginal Social & Emotional Wellbeing Support Worker

"The term mental health problem is a broad term which describes conditionals that may not be severe enough to be called a mental illness."

Don't be ashamed my friends. Healing begins when you take the first step. You may be experiencing mental health problems and if not treated early this can end in long-term illness.

So, for both your own and your family's wellbeing, remember don't just sit around, if something is wrong, do something about it. Don't be embarrassed, just like the story of the broken arm, get it looked at.

If you need to speak to someone urgently out of hours, call Lifeline 13 11 14 or Kids Helpline 1800 551 800 (for children and young people from 5–25 years) they're available 24 hours a day 7 days a week.

Information adapted from; Freeman, D & Freeman, B 2009, The Aboriginal Social & Emotional Wellbeing Fact Sheet, Sydney South West Area Health Service NSW Health, retrieved 4 August 2011, <http://www.sswahs.nsw.gov.au/mhealth/content/pdf/Factsheet_1_Social_and_Emotional_Wellbeing.pdf>.

What can an ant teach us about life?

Even the Bible mentions how hard-working the ants are.

The Bible says... *lazy people can learn by watching an ant hill. Ants don't have leaders, but they store up food during harvest season (Proverbs 6:6-8).*

What words can you find in the puzzle below? (They go forwards, backwards and diagonal...)

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

ANTHILL ANTS
 CARRY FOOD
 LAZY LEADERS
 SEASON TERMITES
 WORKERS



How will you help the good news reach more people?

Name Phone

Address

I would like to donate \$

My cheque or money order is enclosed – payable to "SDA Church (AUC) Limited"

Please charge my credit card Monthly Just once

Card Number Expiry Date: /

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