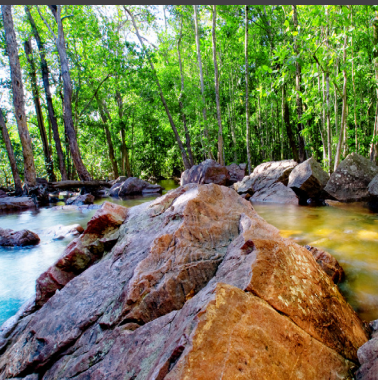


# Top News

NEWS FROM THE TOP END OF  
THE SEVENTH-DAY ADVENTIST  
CHURCH IN AUSTRALIA

FEB - APRIL 2021



ADVENTIST CHURCH *in Northern Australia*

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## CALENDAR UPCOMING EVENTS

**14 - 16 MAY**

MACKAY YOUTH CAMP

**15 MAY**

WORLD ADVENTURER DAY

**20 - 25 MAY**

GENERAL CONFERENCE SESSION

**22 MAY**

WORLD DAY OF PRAYER FOR CHILDREN AT RISK

**05 - 09 JULY**

CHOSEN

**16 - 18 JULY**

CAIRNS SAMOAN AND EDMONTON YOUTH CAMP

**24 JULY**

CHILDREN'S SABBATH

hope  
for troubled times



## IMPACT MONTH MAY, 2021

*50,000 copies of Hope For  
Troubled Times have been printed*

**Join the movement**

**Contact Your Local Pastor Today!**

[literature.adventistchurch.com](http://literature.adventistchurch.com)

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Please include photos with your submissions wherever possible.

**Top News** is the official magazine of the Seventh-day Adventist Church in Northern Australia. All articles express the opinions of their authors and not necessarily those of the Seventh-day Adventist Church.

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“CHRIST-CENTRED THRIVING  
DISCIPLE-MAKING MOVEMENT”

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# HOPE

I recently saw some footage of one of the most secure prisons in Eastern Europe. This facility actually had a prison within the prison – a special high security building for the worst offenders, those sentenced to life. Within the thick concrete walls life actually means life and those prisoners would not leave their cell where they spent 23 hours a day (and a cramped, caged exercise space where they had one solitary hour per day if the guards felt like giving it to them) until after their death.

Once a month a psychologist would meet with each inmate in this high security block and check on their mental health with the aim of keeping them alive. One prisoner's responses mirrored the outlook for most. He was not interested in doing further academic study or trying to improve himself in any way, but just wanted to be left alone to go through the motions of incarcerated life. He had given up hope.

Hopelessness is a powerful emotion that is characterised by a lack of hope, optimism and passion, where there is no expectation of future improvement or success. And it is not just found within prison walls. Many of us can recall difficult periods in our lives where we bordered on hopelessness, or indeed felt embraced by the

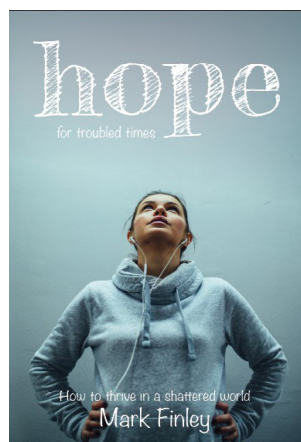
emotion. Covid-19 and its flow on effects have devastated the hopes and dreams of millions and plunged many families into grief and loss. Numerous other social and natural disasters have produced similar reactions. Life is tough for many and often hope is in short supply.

So how fitting and timely that our church has just now produced a little book simply titled "Hope for Troubled Times" which is designed to be handed out to anyone who could do with some reassurance that there is hope out there? It is a great initiative which each of us can get involved in, handing out a few copies to those of our acquaintance who we are impressed need to hear THE Good News – there is hope!

Your pastor has ordered copies, so collect a handful from him and in this month of May go and make someone's day by handing them this little book full of hope. Now more than ever people need to know that God is interested in them, and has big "plans to prosper you and not to harm you, plans to give you hope and a future" (Jeremiah 29:11).



**Darren Slade**  
President  
Northern Australian Conference



## ADRA

### HEADS WEST

On April 19 Pr Darren Slade left Townsville in the fully loaded ADRA truck carrying mattresses, linen and food hampers for needy folk in Tennant Creek, Haasts Bluff and Finke communities. Stopping over at Mount Isa, bags of clothes and shoes were added to the load that the church there had sourced. The truck and trailer were loaded to the brim with all these donated goods coming from Cairns, Mackay, Townsville and Cloncurry. Upon arriving at Tennant Creek, our Bible worker Martin Tanner assisted Darren in unloading half of the contents while his wife Michelle began organising them into piles for families. The next day the remainder of the load headed for Alice Springs where it was unpacked to be sorted and shipped out to Haasts Bluff and Finke. Within a few days all the items in Tennant Creek had been distributed and families were very excited, noting that no other church there had ever done anything like this. Further trips are in the pipeline, being planned around Darren's visitation and preaching in the NT. There are so many needs in these indigenous communities and thanks to ADRA our pastoral team working in those places are being equipped to provide assistance and raise the profile and impact of the Adventist church in these areas.



## NEW ADMINISTRATIVE AND DEPARTMENTAL STAFFING

Immediately after the NAC Constituency meeting, the newly elected Appointments Committee began their work in filling Departmental positions and a vacant administrative position. They have now completed their work and the following is a list of the appointments:

- Secretary Treasurer (Jeffrey Masengi)
- ADRA Director (Chris Kirkwood)
- ATSIM Volunteer Director (Eddie Hastie)
- Children's Ministries Director (Travis Siutu)
- Communications Director (Darren Slade)
- Family Ministries Liaison (Travis Siutu)
- Health Volunteer Director (Kylie Davis)
- Men's Ministries Volunteer Director (Peter Keioskie)
- Ministerial Association Director (Graeme Chapman)
- Personal Ministries Liaison (Darren Slade)
- Partners in Ministry (Suzanne Slade)
- Religious Liberty Director (Darren Slade)
- Sabbath School Liaison (Darren Slade)
- Stewardship Liaison (Jeffrey Masengi)
- Women's Ministries Volunteer Director (Nathenea MacRae)
- Youth Director (Travis Siutu)

We welcome our new Secretary Treasurer to the NAC. Jeffrey will be moving up here early in June to take up his responsibilities and we will introduce him more fully then. One departmental position that makes its debut appearance is Men's Ministries. We look forward to be able to minister in that space over this quadrennium, in addition to the many other areas that are covered by these departments. You will notice that there are different designation for some of these departments.



Jeffrey Masengi  
New Secretary Treasurer  
Northern Australian Conference

## ADVENTIST VIRTUAL GLOBAL CAMP MEETING

### GENERAL CONFERENCE

The General Conference is running an Adventist Virtual Global Campmeeting from the 19 - 23 May. This is a great opportunity to grow as disciples of Jesus with others from all over the world. The details are on this website: <https://www.campmeeting.com/>. This event will encourage people to be involved in mission with Jesus



## HEALTH

KYLIE DAVIS

Health Week is 22nd-29th May 2021 with the special offering being taken up on 29th May. This year's health offering supports the development of health and wellness projects. 50% will stay in our local conference to be used for local health initiatives. The remaining 50% goes toward the development of projects that follow Christ's example in bringing health, hope and healing to communities across the South Pacific.

If you are interested in learning more about health and wellness or joining a program go to <https://eliawellness.com/>.

*Globally, 70% of deaths from disease are related to lifestyle and most of them are preventable.*

**PARTNERING WITH US WILL:**

1. **Connect** people with Lifestyle Medicine.
2. **Empower** our 10,000 Toes Ambassadors to combat lifestyle disease.
3. **Launch** a new Lifestyle Medicine Centre.

**SPECIAL OFFERING: 29 MAY**  
health.adventistchurch.com/healthweek

**ADVENTIST HEALTH WEEK 22-29 MAY 2021**

Adventist Health | ELIA | WELLNESS | 10,000 TOES



## AITKENVALE CHURCH

BAPTISM

Aitkenvale church enjoys the blessings of three new church members and the youth leaders (Gidex and Nathan) assisted Pr Alfredo to baptise David, Miria and Rufaro.

From left to right Gidex, David, Miria, Pr Alfredo, Rufaru and Nathan



## MULTILINGUAL GROUP

KINGDOM GROWTH

Five families from the Multilingual Church in Townsville dedicated nine of their children. This was an occasion to celebrate and to renew their commitment to the Lord.



## PATHFINDER CAMPOREE 2021 - VICTORY

### QUINOLA LAKES

We had the privilege of having 220 Pathfinders from around our Conference fellowship together over the Easter long weekend for Camporee. Our guest speaker, Pastor Rick Meale, spoke on our theme Victory taken from 1 Samuel 17:47 which is, the battle belongs to the Lord from the story of David and Goliath. We had Pastor Jeff Parker from AUC help us run Sabbath afternoon activities. After Sabbath there was a games night, plus all day Sunday team activities of capture the flag, mud slide, water rafting and wipe out challenges. We finished off with a Pathfinder talent night concert from all our clubs. A big thank you to all the club directors and staff that made this possible by bringing all your Pathfinders to Camporee. I'm sure all clubs made new memories and lifelong friends with other clubs over the weekend.



## ADVENTURER FAMILY CAMP

### CHILLAGOE

Anzac long weekend was a time of adventure for our Adventurers and families that came along to Chillagoe. Our speakers for the weekend were Pastor Brendan & Kyle Davis who challenged everyone to spend time with God as a family in teaching and nurturing our kids in training to follow Jesus by loving, serving and walking in the light of God. It was a time of reaching out to God in nature and spending time together as one big family worshiping God away from our everyday busy life and enjoying the peace and beauty of God's creation of caving. A big thank you to Keith Offer, Bruce Dane, Axel Buthmann and Bones as our cave guides over the weekend.



## YOUTH LEADERSHIP RETREAT

### REACHING UP, REACHING IN AND REACHING OUT

February 26 - 28 we had our Youth Leaders and their team come together in Townsville for a time of fellowship and networking. A group of 40 leaders all over our Conference came together to be blessed and enriched about Youth Leadership. Our speaker's Pr Sean Tavai and Pr Travis Siutu were our presenters on topics like, What is the role of the Youth Leader, Mission & Vision, Hour of Power, Youth Ministry Challenges, Life Groups & Resources. The weekend was highlighted with time of singing and prayer throughout the sessions and sharing together.



## DUKE OF EDINBURGH ADVENTUROUS JOURNEY

### FNQ PATHFINDERS

Several Pathfinders from the FNQ club have been working extra hard over their school holidays to qualify for the Duke of Edinburgh (DoE) Award Adventurous Journey, with a Chillagoe Caves exploration. Bruce Dane is now accredited by Duke of Edinburgh to lead the exploration and with the help of Bones and Keith, took Simeon Edwards and Beth Suchanek (Gold Award), Sharni and Stewart Edwards (Bronze Award) plus another non Pathfinder from Cairns completing Silver Award on the trip of a lifetime. It was an amazing trip to see the Caves in September and compare them on the second trip during the wet season in January. Part of the experience involved an extremely rare event of swimming in crystal clear water inside one of the caves. Anyone aged 14 years and over who would like to work on your Duke of Edinburgh award, please contact Sean Edwards: [Sean.edwards.fnqpathfinders@gmail.com](mailto:Sean.edwards.fnqpathfinders@gmail.com).

## DARWIN, KATHERINE AND MOUNT ISA YOUTH CAMP BACHELOR

We had over 80 people turn up to our Darwin, Katherine and Mount Isa Youth Camp for the long weekend at Bachelor. It was a time of fellowship reconnecting with old friends and making new friends over the weekend. Our guest speaker Pr Alexis Ratu from Greater Sydney Conference spoke on our theme REACH! Teaching us to reach up, in and out for Jesus. Our activities on Sunday were rock climbing, high ropes, swimming at the water holes, team activities and butterfly farm.



# TEEN EXPEDITION HIKING 2021

## SAVE THE DATE

### 27 OCTOBER - 01 OCTOBER





## TIPS TO INCREASE INTIMACY IN MARRIAGE

**Developing intimacy in marriage is not always easy, and people often ask how to survive marriage without intimacy, or whether a marriage can survive without intimacy.**

After marriage and children, and for others, during menopause, the idea of actively seducing your partner often seems downright absurd. You may be able to just about muster the energy to watch Netflix in the evenings, but even then, you tend to fall asleep. When you have used up all your energy on your daily tasks and chores, and you finally fall into bed at the end of the day, exhausted, then all you want is to be left alone. Sexual overtures from a partner would not be welcome.

For those who used to really enjoy sex, this can come as a bit of a shock. Who would have thought things would change so much?

But is the general decline in sexual activity due to reduced sexual arousal, or a relationship pattern that has grown a bit stale? It has been shown that for most couples who have been married for many years, sex during the middle years is no longer central, but instead the relationship adapts to this new phase of life.

However, it very much depends on the habits and behaviours that have been fostered in the relationship; there are couples who still enjoy frequent sex even after 30 years together.

During menopause, a woman's physical needs change. They are scaled back in favour of a phase of inner reflection. You may want to focus on other things, on your secret desires and new ways of expressing your personality. You often hear women who have taken a different path say, "This is more satisfying than any partner or lover." That can be the case—but it doesn't have to be. They are not mutually exclusive; you can be passionate about spiritual matters, for example, and still be interested in sex.

Take a bold look at your sexual needs. Do you still feel desire and, if so, are your desires being met or have you been able to fulfil them yourself over the last few years? For those who have recently fallen in love, the days seem long as they look forward to the next time they will see their new partner. But how can sexual relationships between couples who have been together for a long time be revitalised? How do you feel about your own body? Do you feel desirable? How is your self-esteem?

If society persuades older women to think they are no longer desirable or beautiful, this can nip sexual desire in the bud completely. When a hormone imbalance is making a woman feel ill, or if she is stressed or depressed, clearly this will also have a significant impact on her libido.

We know—and this isn't only through research—that women's sexuality is a complex matter. Women's desire works differently from that of men. Women react less to optical stimuli. A man's physique or appearance can be sexy but that's not always necessary for women. Feeling cared for, hearing expressions of love and having an attentive partner . . . it may sound like a cliché, but these factors can increase female desire. If women are not stimulated on an emotional and spiritual level, then not much is likely to be happen on a physical level either. Whether a woman's sex life is fulfilling depends on many factors: sex education, self-image, age, cultural background, good and bad experiences, general health and any kind of ongoing pain (which in the case of vaginal pain could occur because of dryness due to lack of oestrogen). Of course, a partner's empathy and the quality of the relationship in general play a decisive role. That is, perhaps, one reason the Viagra pill for women—to increase sexual desire—was such a failure. Female sexuality is too complex to be switched on and off with a pill, not to mention the side-effects.

Studies have shown that a fulfilling love life does not depend on age so much as on a woman's health. If a woman is in good health, then there should be nothing standing in the way of good sex. This is why it is so important to take care of your own health if you want a fulfilling sex life.

What we can all do without are the exhausting comparisons between ourselves and other women; comparisons that leave us feeling inadequate because we don't fit the slender, youthful ideal. This causes stress. All those associations that are related to getting older, for example the notion of being “past your best” can be incredibly stress-inducing. These psychological factors lead to sexual problems in many women, without there being a physical cause.

Older women who are in relationships in which they feel secure and valued often have a particularly good sex life. There is no reason this shouldn't continue into old age. Women in perimenopause and menopause today feel significantly younger than previous generations did. They are often more educated about sex and also more open to experimenting—not least because the risk of an unwanted pregnancy is much reduced. This means that women can enjoy sex more openly and without fear. Many women report that this freedom and also their acceptance of their own body in this phase of life leads to an unprecedented sexual curiosity. All of a sudden, they dare to express their desires and try out things that previously only took place in their imagination. And yes, they feel desirable and sexy.

We would also like to talk about sensuality. You discover beauty in small things, breathe in the smell of herbs or a new favourite perfume and sharpen your senses. Feeling, smelling, tasting and touching stimulate the reward system and ensure the distribution of, among other things, dopamine and oxytocin. The rediscovery of sensuality in everyday life can be a way to reach more erotic sensuality. Like erotic massages, a foot, neck and back Thai massage, for example, has been shown to raise oxytocin, strengthen the immune system and lead to relaxation.

As we said earlier, some women do go off sex. They can't bear the thought of it; the most they might want is some physical closeness with no expectation of sex. This might be a cause of tension with their partner, and some women don't even want any physical contact at all. It's totally natural and okay to experience these different phases; at the start of perimenopause there is an increase in desire but later on the libido decreases, though this may not present any problem provided your partner is compassionate and patient. The best thing to do is to communicate that the way you're feeling is due to the stage of life you're in. If a partner is understanding, it may help a woman to feel some desire again.

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Find more parenting-related articles and recipes, or sign up for a free developmental milestones checklist for your child at [www.MumsAtTheTable.com](http://www.MumsAtTheTable.com)

# Northern Australian Conference - 2021 Calendar -



## JANUARY

18 - 24 JETS Summer Camp

## FEBRUARY

12 - 15 Converge

26 - 28 Youth Leadership Retreat

## MARCH

1 - 6 Riverside Adventist School (WoW)

5 - 6 FNL & RALLY - Townsville

8 - 13 Cairns Adventist College (WoW)

12 - 13 FNL & RALLY - Cairns

15 - 20 Carlisle Adventist College (WoW)

19 - 20 FNL & RALLY - Mackay

20 Global Youth Day

20 Global Children's Day

20 - 27 Youth Week of Prayer

20 - 21 NAC Constituency Meeting

## APRIL

2 - 4 NAC Pathfinder Camporee

16 - 18 PLA Training

23 - 24 NAC Adventurer Camp

## MAY

30 - 2 Darwin & Mount Isa Youth Camp

14 - 16 Mackay Youth Camp

15 World Adventurer Day

20 - 25 General Conference Session

22 World Day of Prayer for  
Children at Risk

## JUNE

25 - 3 July Big Camp (CANCELLED)

## JULY

5 - 9 CHOSEN

16 - 18 Cairns Samoan & Edmonton  
Youth Camp

24 Children's Sabbath

23 - 25 Alice Springs Youth Camp

31 Mini Big Camp event (Darwin)

## AUGUST

13 - 15 Northern Beaches & Cairns  
Youth Camp

20 - 22 Townsville Youth Camp

28 Mini Big Camp event (Townsville)

## SEPTEMBER

4 Mini Big Camp event (Mackay)

11 Mini Big Camp even (Cairns)

18 World Pathfinder Day

19 - 24 ἐκκλησία (ekklesia) Road Tour

27 - 1 Oct Teen Expedition

## OCTOBER

1 - 31 ADRA Appeal

22 - 24 Tully, Innisfail & Mareeba  
Youth Camp

23 Creation Sabbath

## NOVEMBER

1 - 7 Institute of Youth Ministry

13 Darwin, Alice Springs Investiture

20 Mount Isa, Townsville Investiture

20 World Orphans and Vulnerable  
Children's Day

27 Mareeba, FNQ Investiture

## DECEMBER

4 Mackay, Ayr Investiture

11 Cairns, Edmonton Investiture

13 - 18 SPD Youth Congress - Rotorua NZ



Seventh-day  
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