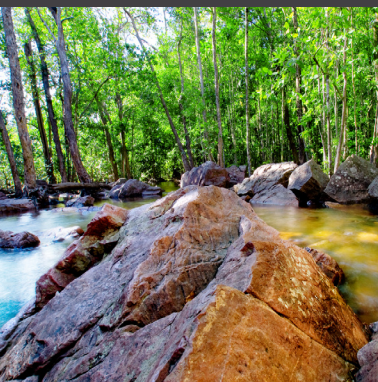


# Top News

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

JULY - SEPTEMBER 2021





# CONFERENCE NEWS

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## CALENDAR

### UPCOMING EVENTS

**01 - 31 OCTOBER**

ADRA APPEAL

**22 - 24**

TULLY, INNISFAIL AND MAREEBA YOUTH CAMP

**23 OCTOBER**

CREATION SABBATH

**13 NOVEMBER**

DARWIN AND ALICE SPRINGS INVESTITURE

**20 NOVEMBER**

MOUNT ISA AND TOWNSVILLE INVESTITURE

**27 NOVEMBER**

MAREEBA AND FNQ INVESTITURE

## JETS SUMMER CAMP (10 - 16 YEAR OLDS)

# GOTCHU

GOD'S GOT YOU

**WHEN: 18 - 23 JANUARY 2022**

**WHERE: QUINOLA LAKES (MALANDA)**

**BUSES FROM MACKAY, TOWNSVILLE AND CAIRNS**

**PRICE: \$300 PER CHILD**

**TO REGISTER: [NAYOUTH.ADVENTIST.ORG.AU/EVENTS/](http://NAYOUTH.ADVENTIST.ORG.AU/EVENTS/)**

**REGISTRATIONS CLOSE: 25 NOVEMBER 2021**

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If you would like to contribute to Top News, please contact us using any of the methods on the left.

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.

OUR VISION IS TO BE A  
"CHRIST-CENTRED THRIVING  
DISCIPLE-MAKING MOVEMENT"

Find out more about us at [na.adventist.org.au](http://na.adventist.org.au)

# BEING READY!

Only a few weeks after Jeffrey Masengi, our new Secretary Treasurer, moved into his home in Townsville, someone came along in the middle of the night, broke through the storeroom door and stole his pushbike. It was not the welcome to the NAC that he and his family expected or deserved. “If [Jeffrey] had known at what time of the night the thief was coming, he would have kept watch and would not have let his house be broken into,” said Jesus, using this incident as an illustration about watching and being ready for the unexpectedness of His return (Matthew 24:42-44).

While Jesus makes it clear that we will have no idea of the precise timing of His return (cf. v36), just like Jeffrey was unaware that his home was being broken into, He goes on to describe in detail how He would like us to watch and be ready:

- By being a hardworking and faithful servant (The Wise and Wicked Servants - Matthew 24:45-51)
- By overflowing with the Holy Spirit (Parable of the 10 Virgins - Matthew 25:1-13)
- By conscientiously using our talents (Parable of the Talents - Matthew 25:14-30)
- By caring for the basic needs of those around us (The Sheep and the Goats - Matthew 25:31-46)

These stories illustrating how to watch and be ready are a surprise because their message is not calling us to focus on world or end-time events, or pack up and leave the cities, or stock up our garage with months of rations or the like. Rather, the call is to faithfully serve God and others while remaining filled with the Holy Spirit. So as we continue to see signs around us that indicate that the end is near, let's remain faithful in service for Jesus, for when we have shared the Gospel with everyone, “then the end will come” (Matthew 24:14).

“let's remain faithful in service  
for Jesus”



Darren Slade  
President

Northern Australian Conference

# CFO/GENERAL SECRETARY REPORT

## JEFF MASENGI - CFO/ SECRETARY REPORT

### TORRES STRAIT ISLAND UPDATE

In my first month in this conference, I had the opportunity to attend a regional meeting at Kubin Village, Moa Island, Torres Strait, from June 28 to July 4. That week was a special week as the StormCo team fly and build volunteers from South Queensland came to run community programs on the island and renovate Torres Strait's first Seventh-day Adventist church at Kubin Village. There were around 25 children every morning attending the Vacation Bible School with the theme of "Jesus Rescues Me," where they sang, played, and heard stories about Jesus.

As we started the church renovation by pulling the sheets off the roof, the elder came and took a picture of the church. I noticed that she was pretty emotional about what is happening. As I talked to her, she shared that her parents helped to build the church in 1988. The evening meeting was attended by around 45-50 people, where I had the opportunity to share the Word of God. It was not easy to coordinate different activities on the island with challenging logistical arrangements, but all went well. Thank you to Pastor Graham Chapman (Torres Strait Pastor), who did an excellent job leading this program.



THE CHURCH  
BEFORE AND DURING THE RENOVATIONS



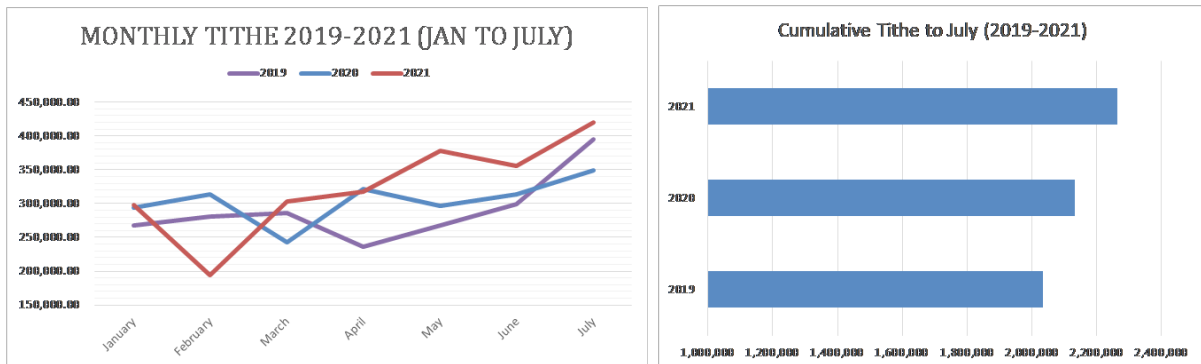
THE EVENING MEETINGS AND VACATION  
BIBLE SCHOOL

Friends, God is always faithful and good to the mission work in Torres Strait. God sent the StormCo team and volunteers, and God continued to sustain and help the gospel work around Torres Strait. It started when Annie Wigness and her husband attended one of Pastor Jim Cherry's mission programs in Townsville in the 1960s and went home to Kubin Village on Moa Island to share the gospel of Jesus Christ. Would you please pray for our mission in Torres Strait, Pastor Chapman, and our church members as you read this news?



# CFO/GENERAL SECRETARY REPORT

## TITHE REPORT



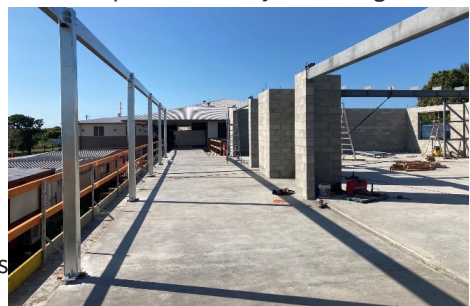
The first chart shows an increasing tithe trend month by month compared to prior years and prior months. In the second chart, total tithe received between 1 January and 31 July 2021 is \$2,264,491 (or 6.1% increase on the same time last year). Thank you for your faithfulness in returning God's blessing. By giving to God first, we exercise faith and trust in the Lord.

## CARLISLE MULTIPURPOSE BUILDING

As you are aware, our school Carlisle Adventist College in Mackay is under major construction. The project involves construction of a 900m<sup>2</sup> multi-purpose building over two levels which incorporates the much needed food technology space, additional flexible learning spaces plus storage and future higher tech areas. Construction works commenced on 31 May 2021 and expect to complete and hand over to the school on 10 December 2021.

As of August 25th, the project has completed the blockwork walls for the first floor and the installation of the structural steel for the upper level has commenced. September will see further significant progress with steel works completed, roof trusses installed and the tin roof installed followed by the window install in early October to fully enclose the building and allow internal works to commence. The overall project is on time and on budget. The updates above clearly show that God is always faithful and good as we continue to trust in Him. For some of us, the uncertainties, the challenges, and the lockdown caused by the COVID-19 pandemic may discourage and frustrate us but rest assured that God is at work during this crisis.

He is working all things for His glory and for the good of those who love Him. I remember a wonderful hymn written by Thomas Chisolm, "Great is Thy Faithfulness", which comes from Lamentations 3:22-23 "Through the Lord's mercies we are not consumed, because His compassions fail not. They are new every morning; Great is Thy faithfulness." Praise the Lord always! Because we know that "Thine own dear presence to cheer and to guide; Strength for today and bright hope for tomorrow, Blessings all mine, with ten thousand beside!"



## KEY DATES AND EVENTS:

- 9 September 2021 – Zoom meeting with Pastors and Church Clerks on membership
- October 2021 – Expected date regarding Building Better Regions Fund application for campground upgrades
- October 2021 – NAC Strategy meeting for 2022 with Departmental Directors and School Principals

## TOWNSVILLE ADVENTURERS

### BEE ADVENTUROUS

Townsville Adventurer Club had a sweet afternoon at their August club meeting as they were blessed to have a visit from the Townsville & District Beekeepers Association. Starting with a worship time encouraging everyone to be their best and let God do the rest, Adventurers then learnt all about Bees from Miss Bev and even got to sample some different types of honey after performing the Bee waggle dance. The afternoon was finished off with Honeybee Hive cupcake decorating and some un bee-lievable crafts! It was a wonderful afternoon of faith, fellowship and fun as Adventurer families were able to mingle and bless each other.

“Pleasant words are a honeycomb, sweet to the soul and healing to the bones.” Proverbs 16:24



## ALICE SPRINGS

### YOUTH CAMP

On the 23rd - 24th July the Alice Springs Youth travelled to Kings Canyon for a weekend. It was a time of reflection and fellowship with the Youth. Everyone had an awesome experience doing life together.”





## CAIRNS REGION YOUTH COMBINED CAMP

Close to 70 young people from Cairns Samoan, Edmonton & Cairns church combined for a Youth Camp at Mungalli Falls where we had Pastor Ragoso Tagaloa as our guest speaker. It was a great time of fellowship, discussion topics, activities and after Sabbath games. All our youth groups were all involved in the weekend. Camp ended with a Sunday morning mudslide.





## TOWNSVILLE

### YOUTH CAMP

August 20th marked the beginning of a memory filled, relationship building and fun weekend of camping for the young adults of Townsville. With our guest speaker Pr Sean Tavai, a group of around 20 people and more who came up to spend the Sabbath together, we all got to enjoy the beauty of God's creation at Crystal Creek. Together we reflected on how John 1 introduces Jesus, and discussed what we want our 'word of purpose' to be in our lives. We enjoyed swimming, bible taboo and camp cook-ups during the day and campfire food, fellowship and fun at night. We're thankful to God for the great weather and all round blessed weekend together.



## MAREEBA CHURCH

### CULTURAL EVENING

On the 1st of August, the Mareeba SDA Church organised and held a cultural evening with a social purpose of building healthy relationships, learning of the various cultures in the congregation and church family. Each culture was to present two unique dishes that teach us of the flavours and ingredients used in the cultures foods. The cultures that presented were Cyprus, Italy, Spain, Mexico, Indigenous Australian, Samoa and Cook Islands. A super foods stall was held by Karen Gallo who had fruits and vegetables blended and juiced for everyone to taste, help boosting the immune system and topping up nutrients for everyone. Our pathfinders also saw the opportunity to fundraise and sell burger combo's to launch their journey to the AUC Camporee 2023. A great evening to bring support, love and a bit of fresh air within the relationships of our church family.





## NORTHERN BEACHES GROUP

### KIDS CLUB

Our dedicated Kids Club “Investigation Station: Genesis Factor” program is full steam ahead - we’ve just completed week 3 and only 2 more to go! Our adults and young people (as well as some from Cairns and Edmonton churches) are having a blast each week as we take 19 children through different stages of learning about God’s creation through video, story telling, craft, food and games. The children have a mission project which we’re calling “Kids Helping Kids”, and each week they bring in a gold coin donation to raise money for much needed school supplies for other local primary school kids. All this while making sure we stay below the always present distancing and number restrictions.



## EDMONTON CHURCH

### OUTREACH FOR GOD’S GLORY

Edmonton Church is taking their Motto seriously ‘Building a Christian Community one person at a time.’ Here are a few projects that we are currently involved in.

Our youth team have enjoyed leading out in the Action, Craft and Outreach sections in Northern Beaches Kids Club. We have created Educational Stationary Packs for 6 children initially at Woree Primary School. More money has been raised through the Northern Beaches kids program that will go towards making more packs for other kids in need. The children were so appreciative and happy.

Edmonton Church is also working with Mission Australia and Generations Church in Edmonton to provide food to our community. There are two food banks running in Edmonton. Our church is supporting this work by collecting food and distributing it to those in need. We are building friendships and becoming visible in our community. We endeavour to continue this work, to seek and save the lost and bring God glory.



## DARWIN CHURCH

### REGIONAL CAMP - REACHING OUT

Darwin Church was blessed to have been able to hold its annual Regional Camp Meeting over the weekend of 13-15 August 2021, finishing just one day before the NT Chief Minister announced a snap COVID-19 lock down for three days.

God answered our prayers before the Camp to allow it to go ahead but it was not without struggle. All four intended guest speakers from interstate had to cancel their attendance due to the impact of COVID-19 restrictions. But God provided a short notice replacement with Pastor David Riley from the South QLD Conference, who just happened to be visiting Kakadu with his family at this time.

Pastor David took the Friday night devotional, Sabbath Sermon, presented on stewardship and small groups and spent time with the Adventist Youth. Before his Sabbath Sermon, Pastor David also went 'live' for a few minutes on his personal Facebook page using his mobile phone to introduce his Facebook friends to the Camp meet and venue, Riyala, which is 10 minutes from a small town with an interesting name called Humpty Doo.

Literature Evangelist, Andrew Johnson presented on the topic of door knocking, and provided information and resources on the success of a set of short surveys he has devised, to help identify the needs of people and help lead them to bible study. Andrew also had a literature stand in the evenings at the Camp.

We were blessed with wonderful singers including the Fijian Group from Katherine Church, Darwin Church's African Group, Ima Cokanasiga and the Fijian Group and Music Leader, Rosa Di Cesare and Malak Church Elder Batbatshi Mpenya singing a perfect rendition of 'People need the Lord'. Elders from Darwin, Palmerston and Malak Churches also provided uplifting and inspirational morning and evening devotionals throughout the weekend.



The theme of the Camp this year was 'Reaching Out' and the theme song was the beautiful hymn 'Reach out to Jesus'. Senior Pastor, Esava Koro, said " 'Reach Out' is part of our commission as stated in Matthew 28 to go and make disciples. Yet we were reminded on the weekend that before we can reach out to others, we need to reach up to Jesus. The promise is sure – 'Lo I am with you always even to the end of the age.'"

Pastor Esava said his hope is that our people may realise the urgency of the time that we are living in, and that people in the world are desperate to know what the future holds.

"You and I know the end of the story, that Jesus is coming soon", said Pastor Esava. "Tell someone that amidst the pandemic, sickness, disasters and violence that is rampaging our world, Jesus is preparing a disaster free world for all of us. That is the good news that we need to tell everyone."

Thank you to everyone who attended and contributed to the success of the Camp. May we take what we have learnt from our time together and apply them into our life for the Lord's honour and glory.





## KATHRINE CHURCH

### HOW THINGS ALL WORK TOGETHER FOR GOOD

During the 2 day Katherine Show, helpers from the Katherine Church, manning the 'Real Life Resources' Display tent distributed more than 100 pieces of free literature. They invited attendees to complete a community health awareness questionnaire, from which they received 1 request for Bible studies, and 2 requests for cooking demonstrations. It was almost closing time when a fight broke out in front of our display tent. Suddenly a young man was pushed into their tent, knocking over the table and magazine rack sending our brochures and books flying everywhere. The man was concussed and bleeding but refused to go to hospital. God got the attention and interest of the 3 ladies who came to help Jeanette tidy up, and they were grateful to receive brochures and books. Again this was a reminder of the promise "ALL THINGS WORK TOGETHER FOR GOOD" Rom 8:20. This text brings great encouragement knowing that our mistakes show God's mercy and grace, while our victories and good deeds reveal God's power working through us. Once again God had brought good out of a seeming disaster.



## AITKENVALE CHURCH

### SEEKING GOD IN PRAYER

Pastor Alfredo made an invitation to the church to seek God in prayer on Wednesdays at 5:30am. About fifteen church members came on the first Wednesday. Although the numbers fluctuate, Aitkenvale church continues to become a prayer warrior church.



## RIVERSIDE ADVENTIST SCHOOL

### STORY DOGS

Riverside Adventist School was thrilled to be the first school in Townsville to welcome Story Dog Gabby and her friend Wendy to school this August. Students from grades 3-6 take time out to read with Gabby and are excited to have her in our school each week for more stories. Gabby is a great listener and greets the children with her beautiful doggy smile, providing them with a safe and fun opportunity to practise their reading skills. God blesses us in so many creative ways and our students are beginning to understand just what an amazing creator He is.



# CHURCH NEWS / LE CORNER

## CONNECTING WITH CHURCH CLERKS



On Thursday, 9 September the Conference General Secretary, Jeffrey Masengi and Conference Membership Clerk, Sarah Tekopua met on Zoom with 19 Church Clerks and Ministers to discuss the importance of membership and how we can work together in this space. This was an exciting turn out and we are thankful for the Church Clerks volunteering their time in using the new membership system – Adventist Church Management System (ACMS) and connecting with their church congregation. Membership management is an important role of each Church Clerk as it not only captures the commitment of our members but it helps to maintain relationships within our congregations.

If you are a church clerk who missed out on this meeting, please call the Conference Office and speak with Sarah Tekopua.

If you are a member and would like to transfer your membership or update your details, please see your Church Clerk.

## LITERATURE EVANGELIST

### GRATEFUL

Willa sent a delivery for one of her customers. It took a while to arrange a time to deliver the books, but eventually contact was made.

Full of enthusiasm Lynette talked about her relationship with Jesus, her circumstances and family. She also talked of her desire for more of the books, especially the children's Bible stories.

There were several items she was interested in, so I left her a copy of the catalogue and called back some time later to take her order.

Lynette teaches Sunday School at a local Community Church, so she ordered a colouring book and My First Handy Bible for each of the 25 young children in her class. For each of the teens, she chose War of the Invisibles.

How marvellous are the ways of God. We continue to be in contact with Lynette and her husband, who was brought up Seventh-day Adventist.

John 8:32 says: "And you shall know the truth and the truth shall make you free."

Lynette Hastie  
Literature Evangelist  
Northern Australian Conference



## LITERATURE EVANGELIST

### SEWING SEEDS

It was hot. We were thankful to stop in the shade and talk with Melinda Russell and her husband Derryl. The pair were sewing – bags and other items to sell at markets. They were happily retired and enjoying the opportunity to pursue their own small business venture and chat with people who browse and hopefully purchase their wares. I showed the couple Simple Tasty Good and Peace above the Storm. They were not interested in purchasing, but were happy for us to pray for them. We left Ministry of Healing and the Great Hope. Just as we were about to turn away, Mr Russell came over with a bag as a gift – for me to carry the books in! Pray that this couple are blessed by the material we left in their home.

Matthew 13:3-9 says: ‘Then He spoke many things to them in parables, saying: “Behold, a sower went out to sow. And as he sowed, some seed fell by the wayside; and the birds came and devoured them. Some fell on stony places, where they did not have much earth; and they immediately sprang up because they had no depth of earth. But when the sun was up they were scorched, and because they had no root they withered away. And some fell among thorns, and the thorns sprang up and choked them. But others fell on good ground and yielded a crop: some a hundredfold, some sixty, some thirty. He who has ears to hear, let him hear!”’

Karen Gallo  
Literature Evangelist  
Northern Australian Conference

## LITERATURE EVANGELIST

### INNISFAIL

The Outreach in Innisfail was the first I had attempted on my own (and yet I was never alone). The sermon went well, and several members put their hands up to help give out books in the afternoon. After a wonderful lunch, we took our bags of book packs out to the Hudson area.

The whole area was covered that afternoon, with stories shared of interesting encounters! Shout out to Maurice, Sue, Lexie, Bruce, Christine, and Marilyn!

The thing that touched me most was the willingness of people to give of their time to come out and work with us through the week.

Pr Musu had cleared his calendar, and he and Thereisa were out with us almost every day. Mark had come with me, which made the week even more enjoyable. Lucy and Lexie spared some of their busy time, and Christine and Bruce covered area around their home.

We gave out so many packs, I had to make up some more by mid-week!

Hearing some of the Innisfail members talk about how they enjoyed going door-to door talking with people instead of just letterboxing, really blessed my heart. At least two are getting together to give out materials monthly.

Pr Musu has several contacts he is following up with, including two Bible Studies. Praise God! These people are not just “contacts”, they are friends, they are family. Jesus is sending us out to find our brothers and sisters, His children.

<sup>37</sup> Then he said to his disciples, “The harvest is plentiful, but the workers are few. <sup>38</sup> Ask the Lord of the harvest, therefore, to send out workers into his harvest field.” Matthew 9:37-38 (NIV)

Karen Gallo  
Literature Evangelist  
Northern Australian Conference

## NEW MANDATORY REPORTING REQUIREMENTS FOR QUEENSLAND

Previously only certain people were required to report child sexual abuse in Queensland. New laws starting on 5 July 2021 will mean:

- all adults must report sexual offending against children to the police unless they have a reasonable excuse
- adults in an institutional setting (e.g. a school, church or sporting club) must protect children from the risk of a sexual offence being committed against them

For these laws, child means a person under 16 or a person under 18 with an impairment of the mind. An impairment of the mind, as defined in the Criminal Code, means a disability due to an intellectual, psychiatric, cognitive or neurological impairment (or a combination of these).

A child sexual offence is an offence of a sexual nature committed against a child and includes:

- Indecent treatment of a child
- Carnal knowledge with or of a child
- Rape
- Incest
- Grooming a child (or their parent or carer)
- Making child exploitation material
- Maintaining a sexual relationship with a child

There is more information on the Queensland Government website. It is important that you familiarise yourself with these definitions and what is required of you. If you fail to report this is an offence and could result in serious consequences for you. The law attaches a criminal penalty to wilful or negligent failures to do so.

There are terms such as “reasonable belief” and “reasonable excuse” that are important to consider. A reasonable belief is a belief that a reasonable person would form in the same position and with the same information. If you have a reasonable belief that a child has experienced sexual abuse or is at risk of sexual abuse, you must report it to the police—unless there is a reasonable excuse for not doing so.

A reasonable excuse for not reporting sexual abuse against a child is not exhaustively defined in the legislation. It may include if:

- you have already reported the offence to an appropriate authority, or you know another person has or will report it
- you received information about the victim who is now an adult and you reasonably believe they do not want to reveal it to the police
- you believe reporting the offence would endanger you or another person (other than the alleged offender).

You will not need to report an offence to the police if it has already been reported to an appropriate authority, such as Child Safety Services.

The second component of this new law is the requirement of those in an institutional setting to protect children who are at risk of a sexual offence. Adults in responsible positions in institutions will have an obligation to protect children in their care from known significant risks of sexual abuse. If you know there is a significant risk that another adult associated with an institution will sexually abuse a child, it is not enough to wait until sexual offending occurs to inform the police.

This legal duty to protect focusses on preventing sexual abuse of children. The law attaches a criminal penalty to wilful or negligent failures to do so.

### More information

These new laws implement recommendations from the Royal Commission and are part of an extensive package of reforms to improve the safety of children and protect them from sexual abuse.

Read more in the Criminal Code (Child Sexual Offences Reform) and Other Legislation Amendment Act 2020 and the Queensland Government Website.



# LOVE GIVES

It sticks out like a sore thumb. It's as plain as the nose on your face. It's obvious, evident, plain, visible, as clear as day and cannot be hidden. But I didn't see it.

Anyone with a simple grasp of written language sees it. It's unmissable and it's absolutely foundational to the Christian faith. I'm still not sure how I overlooked this simple, two-word truth for so long.

I've spent years studying and sharing about faith and finances and generosity, yet I still missed it. Maybe I overcomplicated it or just skipped right over it, but it was right there, under my nose, in black and white, staring me in the face. Nothing could be clearer.

It's embedded at the start of the Bible's most famous verse, John 3:16. Millions, maybe billions of people have memorised it. I've heard five-year-old children say it, and probably understand it.

I've been able to recite it myself for more than forty years, and have done so regularly, and yet it might as well have been invisible to me. I just didn't see it.

Then one day, there it was.

“For God so loved the world that He gave ...”

It's simple. Love gives.

God Bless,  
Julian Archer

ARTICLE FROM NAC STEWARDSHIP DIRECTOR



# Wellness Hubs

DISCOVER HOW YOU CAN HELP  
YOUR COMMUNITY TO THRIVE

## What does a Wellness Hub do?

A Wellness Hub exists to serve the  
unique needs of their local community.

ELIA Wellness provides training,  
resources and tools to help cater for  
a wide variety of needs, including:



**Wellness Enhancing  
Programs**

**Community  
Exercise Events**



**Plant-Based Cooking**



**Community Groups**

## Did you know...

...that due to the ongoing pandemic,  
there is an increasing demand for  
wellness services in local communities?

You can make a difference by  
becoming a Wellness Hub and helping  
the needs in your local community.

1.Arjmand et al. Front. Psychol. May 2021.



1

Choose who will be trained as  
an ELIA Wellness partner and  
manage your Wellness Hub.

2

Be trained and resourced  
by ELIA Wellness and create  
a team.

3

Create a plan on how to  
engage your local community  
on their wellness journey.

4

Provide wellness programs  
and community groups to  
help your local community.

## ARE YOU READY TO HELP YOUR COMMUNITY TO THRIVE?

Register now at [www.eliahubs.com](http://www.eliahubs.com)



## What is a Wellness Hub?

A Wellness Hub is a venue that has a  
trained ELIA Wellness Partner, who  
coordinates a team to engage the  
community in wellness activities.

The Wellness Hub helps their local  
community discover the 7 Dimensions  
of Wellness and assists them on their  
wellness journey.

The 7 Dimensions of Wellness are:



**Emotionally Thriving**



**Physically Energised**



**Socially Connected**



**Vocationally Enriched**



**Spiritually Empowered**



**Intellectually Engaged**



**Environmentally Attuned**

## About ELIA Wellness

ELIA Wellness advocates for and  
promotes evidence-based lifestyle  
medicine, integrated with conventional  
medicine, to prevent, arrest, and in  
some cases, reverse chronic diseases.

Wellness is more than just physical  
health or not being sick. It's about  
thriving, which involves a whole-  
person approach that touches all  
aspects of life. We believe everyone  
should be empowered to have an  
abundant life.

In order to help people to experience  
abundant living, we do the hard work  
to make it easy for your community to  
take the next steps in their journey of  
attaining better health and wellness.



**WELLNESS**

[www.eliawellness.com](http://www.eliawellness.com)

Check out the [eliawellness.com](http://eliawellness.com) website for information about their programs: The Live More Project, Forgive to Live, Retirement Ready, Complete Health Investment Program, de-stress and thrive, Elia Kitchen, and their Knowledge Centre which has fantastic clips covering all areas of health. If you want to know more, please contact [Kylie.Davis@adventist.org.au](mailto:Kylie.Davis@adventist.org.au).