

## History brought to life by PAU Theologians



Ellen Luke acting as Ellen G. White beside her dying husband's bed (Robert Wai)

By: Stephanie Oli

It was a wonderful view of history as the theology students brought to life the life story of Ellen. G. White. It started on Monday evening, the 6th of October and continued to Tuesday the 7th of October. It began with the history of how Ellen. G. White began to receive her visions and how she began to search the word of God for the truth about his second coming after the great disappointment.

On Tuesday night it was a wonderful story told of how Ellen. G. White lived her life during her ministry and the sad story of the death of James White was also told. It was creatively presented with innovative background and refreshing pictures of the past history of our Seventh-day Adventist church. It was a wonderful reminder to everyone that attended on how God can take men and women who are willing to do his work and turn them into great evangelists and writers of his gospel whom the world recognises.¶



Sammy Kaipua acting as the blind man

## PAUSA shares vision



Theology students discuss some issues

By: Jonathan Davai

This week's assembly was taken by the Pacific Adventist University Students Association (PAUSA). Their presentation highlighted three main projects that are underway as an initiative to assist particular students who undergo financial difficulties here at PAU

The three main projects as outlined by PAUSA President Jonah Lupi include, Ministry Support Fund, The National Executive Council Grant Fund and the Community Impact Programme.

The Ministry Support Fund comes as a result of the need to promote quality pastoral care and theological training among pastors, ministers and church workers in general. This comes as a result of the exponential growth of Adventist Church members as compared to the number of qualified pastors here in the country including other smaller Pacific Nations. Thus, this support fund aims

to support those ministers and pastors who are already in the field but desire to further their education here at Pacific Adventist University. Beneficiaries include third and fourth BA and MA theology students. This programme also caters for students of other disciplines provided that they meet the requirements.

The launching of the ministry support fund will be held on the 19th of this month-October. Another Initiative of PAUSA projects is the National Executive Council (NEC) Grant Submission that is currently being worked upon by the team. According to Joseph Morimai, the TESAS programme caters for almost 75% of the total fees of National Students who attend Universities and other tertiary institutions here in PNG. However, the 75% only caters for students who attend state owned universities and tertiary institutions.

# Falling in Love



Article adapted from **Spiritual Growth Ministries**

**W**hat really happens when two people experience "falling in love", and is this true love? Believe it or not, Dr. Peck very convincingly explains that falling in love, or infatuation, is not true love. Nobody can deny that when we fall in love with someone, the emotions we experience are very intense, and we feel wonderful and very happy. However, there are several problems with falling in love that reveal it is not true love.

First, falling in love almost always involves sexual desires. In contrast, through true love our purpose in loving is the other person's spiritual and personal growth, and satisfying our own sexual desires has little to do with the other's spiritual growth. People do not fall in love or become infatuated with their children, parents, brothers and sisters, although we can love them very deeply.

Second, the feelings associated with falling in love are usually temporary. The ecstatic feeling of being in love eventually passes. True love is permanent and should last a lifetime. True love is an act of the will which result in a choice to remain committed and faithful to in good and bad times until parted by death. It is the kind of love God has towards a sinner like you and me. Despite our sinfulness, ugliness and rebelliousness, He continues to bless us everyday.

Third, the experience of falling in love is in reality a collapse of a portion of what psychiatrists call our ego boundaries.

Ego boundaries normally protect us from getting too emotionally close to too many people. When our ego boundaries collapse and we fall in love with someone, we feel very close and intimate with that person. We feel positive and happy all the time. We feel like anything is possible, that there are no limits to what we can do together. We feel we can overcome all obstacles and we will live in a state of bliss forever. But this is not reality! Eventually, when lovers begin to have minor disagreements, or when the attractiveness that brought them together loses its appeal, they begin to realize that they will not live in bliss forever, and they begin to fall out of love.

When they find themselves no longer in love, they can either end the relationship, or begin the work of building real, true love. True and lasting love sometimes can have its beginnings in an experience of falling in love. Since falling in love involves a collapse of your ego boundaries and limits, you are not making effort to extend them. Real loving requires you to extend your limitations, expand your ego boundaries, and grow spiritually, all of which take effort and may be difficult and a challenge to accomplish. Falling in love, on the other hand, is easy and effortless.

Fourth, when you fall in love with someone it is usually not through your own conscious choice. Many times people fall in love with other people who are not really the best match for them. When you fall in love, you can feel "swept off

## Indoor ladies told, "You are a woman of worth"



**By: Konea Lavaiaamat**

Last weekend-Oct 3 and 4, a retreat was organised especially for the Indoor ladies. This was an initiative from the ladies' dean to enhance and broaden views of indoor ladies.

The programme started with the opening of the Sabbath during Friday night fellowship. The ladies were blessed again on Sabbath by invited (women) guest speakers from town giving powerful presentations. Many indoor ladies were impressed and appreciated the presentations.



The presentations included topics on how to find better partners, becoming better women and empowering them for the general workforce in the country and in their service to God.

At the end of the Sabbath afternoon programme, the participants were each presented with certificates. Such programmes were never held for quite a while, and according to the ladies' dean, the programme was a success and she hoped more of such programmes would take place enabling women of today to take up courage and progress further in life.

The turnout was overwhelming because not only were there indoor ladies, but wives of married students and their daughters and interested staff members.¶

your feet", that is, you lose control of your emotions and your rationality. Hence comes the term, 'Love is blind.' This is a state of emotional override and fusion where two different individuals become so fused that they lose their boundaries, individuality, and rationality and become lost in each other. When this happens the individuals cannot say no to each other but use each other for their sexual ends and lusts. This love becomes more of an instinct than a rational choice. The individual operate more like an animal (who operates on instinct) rather than a human being who is made in God's image and expected to reflect that image.

Finally, falling in love usually has nothing to do with one person's concern for the spiritual growth and development of the other. Rather, the main focus is the satisfaction of your own emotional and sexual desires. When you fall in love you tend to idolize each other and see each other as perfect and not in need of any kind of improvement or spiritual growth.

True love then has to do with God, His kind of love that is extended to us every day. It is lovely, beautiful, truthful, honest and of good report. It allows us freedom to exercise our own choices and provides all powers under heaven to grow in character and become more like him. In turn we love Him more and seek to do His will by loving others and seek their best good, even in the context of falling in love. In this light, falling in love is indeed a spiritual activity too.¶

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## PAUSA shares dreams

Papua New Guinea Students who are under the scheme here at PAU do not fully receive the required percentage as the University is not a state owned. However, the PAUSA team has made a grant submission to the NEC to cater for this problem.

Finally, the PAUSA is working on a Community Work Programme which is intended to help the communities around on awareness campaigns, health talks, sharing the word of God and also in helping others in whatever ways possible. This programme will be funded by Governor of NCD Hon. Powes Parkop and Hon. Andrew Mal, Member for NorthEast.

According to President Jonah Lupi, the projects are a challenge but it is for the benefit of students and others who they come in contact with.¶

# Marine Biology students field trip to Motupore Island



Marine Biology students at Motupore Island. Seated third from left is Dr Mike Tarburton and Mr Peter Saguba fourth.

By: **Oftalia Olita`a**

The School of Science marine biology class privileged to be granted approval by the University of Papua New Guinea to use their Marine Research Station at Motupore Island to conduct their studies. Leading the study trip were, the subject lecturers Mr Saguba and former Dean of the School of Science and Technology Dr. Tarburton and lab technician Mr Buri. The marine biology class comprised of 10 students, six from Papua New Guinea, two from Vanuatu and two from Fiji.

The class left for the Island on Sunday 28th of September and returned on Tuesday 30th of September. Upon arriving they were led to the dormitory where they would be staying while conducting their studies on the island. The group were given three rooms, one for the ladies, one for the gentlemen and one for the lecturers. After having settled in, the class went out for their first study, which involved taking a walk around the island studying the various plant species, bird flights in and off the island, percentage of forest cover, forms of pollution and terrestrial feeding relationships on the island.

In the evening the class went out for zooplankton sampling in the ocean and returning to the lab for the identification part. Most of Monday was spent in

snorkelling. The first session was from 9am to 12pm at Lion Island reef, where the class had a first hand experience on seeing the beauty of the reef community, the organisms which inhabit them. The second session was from 3pm to 5pm during low tide, just around the reef outside of Motupore Island. In this lab practical, the class had to study the clam habitat.

On Tuesday morning the class came together and went through the lab practicals with Dr. Tarburton and Mr. Saguba. During the study trip, the students were assigned with responsibilities in making sure that the class did not go hungry both physically and spiritually.

The Marine biology class wish to thank the University of Papua New Guinea for allowing them to use the Research Station to conduct their studies, Pacific Adventist University Administration for allowing them to go and conduct their studies, Food Services Department for the food supplies, School of Science and technology for the microscopes and snorkelling gears used during the study.

Mr. Saguba, Dr. Tarburton and Mr. Buri for their time and support, Apeame More and Yonel Harrison for making sure that the meals are always on time and no one went hungry.

The class returned to PAU on Tuesday- all looking well, except for some who turned very dark-but only for a short time after the sun burnt has peeled off.¶

FRIDAY OCTOBER 10

**Friday Night Fellowship**

6:45pm @ PAU Church

SATURDAY OCTOBER 11

**Sabbath School - Village One Men**

9:00am @ PAU Church

**Divine Service & Communion Service****Elder Dr Fifaia Matainaho**

10:45am @ PAU Church

**Special Bible Study -Pr Aaron Lopa**

3:00pm @ T1

AY

4:30pm @ PAU Church

WEDNESDAY OCTOBER 15

**Prayer Meeting - Jonah Lupi**

6:45pm @ PAU Church

**ANNOUNCEMENTS**

- 4th quarter senior sabbath school lessons/teachers guide on sale at the catalogue room of the Library.
- Senior = K8.00
- Senior teacher's =K12.00
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- Youth to Youth Worship Service, 18th October. Expecting 300 students to be here from other senior high schools. Plan to attend. Let's all continue to support this program through our prayers.
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- There are three more baptismal programs
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- Condolence Message
- PAU community as a whole are saddened by the news of the loss of Mr Matthew Korup. Our condolences go out to Mrs Annie Korup, children, Lawrence and Michelle. Let's uphold them in our prayers as this is the best thing we can do for at this time.
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- Pathfinders visitation to POM General Hospital.
- The pathfinders will be visiting the children's ward at the POM General Hospital tomorrow, October 11.
- Departure time is at 11:00am

**What is health?**

Health from the article 'what is health?' defines it as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. We all know that our body is the temple of the Holy Ghost and therefore we must respect ourselves and in this way we look after our health.

A good Arabian Proverb states 'He who has health has hope and he who has hope has everything.' We can learn from this proverb that good health is vital to good life and so it is for our own good that we should always choose to live healthy lives. Here are 10 essential health tips taken of the internet that we could practice every day.

**1. Move More**

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha.... Then do it!

**2. Cut Fat**

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise. Thought for the day: Lean, mean, fat-burning machine.... Then be one!

**3. Quit Smoking**

The jury is definitely in on this verdict. Ever since 1960 when the Surgeon General announced that smoking was harmful to your health, Americans have been reducing their use of tobacco products that kill. Just recently, we've seen a surge in smoking in adolescents and teens. Could it be the Hollywood influence? It seems the stars in every movie of late smoke cigarettes. Beware. Warn your children of the false romance or 'tough guy' stance of Hollywood smokers. Thought for the day: Give up just one cigarette.... the next one.

**4. Reduce Stress**

Easier said than done, stress busters

come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. (i.e., Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie. Get a massage, a facial or a haircut. Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible. Thought for the day: When seeing red, think pink clouds....then float on them.

**5. Protect Yourself from Pollution**

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas, breathing in highway fumes and exercising near busy thoroughfares. Exercise outside when the smog rating is low. Exercise indoors in air conditioning when air quality is good. Plant lots of shrubbery in your yard. It's a good pollution and dirt from the street deterrent. Thought for the day: 'Smoke gets in your eyes'...and your mouth, and your nose and your lungs as do pollutants....hum the tune daily.

**6. Wear Your Seat Belt**

Statistics show that seat belts add to longevity and help alleviate potential injuries in car crashes. Thought for the day: Buckle down and buckle up.

**7. Floss Your Teeth**

Recent studies make a direct connection between longevity and teeth flossing. Nobody knows exactly why. Perhaps it's because people who floss tend to be more health conscious than people who don't? Thought for the day: Floss and be your body's boss.

**8. Avoid Excessive Drinking**

While recent studies show a glass of wine or one drink a day (two for men) can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer. Thought for the day: A jug of wine should last a long time.

**9. Keep a Positive Mental Outlook**

There's a definitive connection between living well and healthfully and having a cheerful outlook on life. Thought for the day: You can't be unhappy when you're smiling or singing.

**10. Choose Your Parents Well**

The link between genetics and health is a powerful one. But just because one or both of your parents died young in ill health doesn't mean you cannot counteract the genetic pool handed you. Thought for the day: Follow these basic tips for healthy living and you can better control your own destiny.☺