

## STORIES IN BRIEF

### PNG BUSINESS & GOVERNMENT LEADERS SUMMIT 2008

Hosted by PAU in partnership with POM Chamber of commerce and industry and Investment Promotion Authority.

Three keynote speakers with international acclaim will present at the summit:

- Dr Puka Temu  
Deputy prime minister
- Mr Wilson Kamit  
Governor, Bank of PNG
- Mr Sashi Kuma  
GM, Microsoft Centre, India

Cost: K300 per person  
K250 academics, govt & pomcci members.

November 5th & 6th @ PAU.

### DR HAOLD PETERS DONATES TO PAU RADIO

Former Vice-Chancellor of PAU, has pledged \$1000 towards the PAU 97.9 FM Radio project. We are very grateful to Dr Peters who also had a dream of establishing a radio station during his time at PAU. He is congratulating PAU on pursuing this project.

PAU would like to THANK Dr Peters for the donation and wish him much of God's Blessing.

### ADMINISTRATION BUILDING ALMOST THERE

The new administration building is finally but slowly taking its shape and look. In fact, in a few days if not weeks, we will see the vacating of the business office and the administration offices currently holding space in the library. The library will be extended creating a conducive environment for study.

# PAUSA raise record amount



Honorable Benny Allen, Minister for Environment & Conservation (m) flanked by Kinoka Feo and Jonah Lupi, PAUSA executives

By: Konea Lavaiamat

The ministry support fund was an initiative of the PAUSA in order to support theology students who are struggling with school fees. The event marked a new chapter in the history of the association of the student body as its one that has never occurred before. Prior to the launching of the ministry students set out to promote their idea and the feedback was positive. The team aimed at raising K20, 000.00 but with God's blessings the amount was tripled.

The president for PAUSA Mr. Jonah Lupi said, "it was a dream that one day PAUSA would open up a trust fund to support hardworking students who are struggling with school fees and that dream became a reality on Sunday".

Honorable Minister for Environment and Conservation, Mr Benny Allen was the guest speaker and he made a very powerful speech. He pledged to support the Ministry

Support, by sponsoring one theology student (K10, 000.00), and K50, 000.00 from his discretion fund early next year.

Apart from the member of parliament present, were other distinguished guests from various organisations who came with donations in support of the initiative.

Mr John Kambual presented us a K20, 000.00 cheque and pledge to support one theology student with full school fee; K10, 000.00, and send in K1000.00 monthly to the Trust Account.

Mr Richard Maru also pledged to support one student next year and gave his donation as well. Not forgetting to mention that although this fund is meant especially for the theology students, 80% of the funds raised goes to them while 20% goes to other schools to help students who really need and deserve it. The total money raised during the launching of PAU ministry support fund was K132,352.00.

# Staying Motivated



(Condensed: by Gleb Reys)

It is hardly a secret that the key to successfully accomplishing one goal after another is staying motivated. There are, of course, tasks which you may not like at all, yet you find motivation to complete even them because you recognize how each particular task serves a greater goal. How exactly do some of us manage to stay motivated most of the time? Here are just a few ideas you can try:

## 1) Find the Good Reasons

Anything you do, no matter how simple, has a number of good reasons behind it. Not all the tasks have the good reasons to do them seen at first sight, but if you take just a few moments to analyze them, you will easily spot something good. We also have many tasks which don't need any reasoning at all - we've been doing them for so long that they feel natural. But if you're ever stuck with some task you hate and there seems to be no motivation to complete it whatsoever, here's what you need to do: find your good reasons. They may not be obvious, but stay at it until you see some, as this will bring your motivation back and will help you finish the task.

## 2) Make it fun

When it comes to motivation, attitude is everything. Different people may have completely opposite feelings towards the same task: some will hate it, others will love it. Why do you think this happens? It's simple: some of us find ways to make any task interesting and fun to do! Depending on how you look at it, you can have fun doing just about anything! Just look for ways of having fun, and you'll find them! A simple approach is to start working on any task from asking you a few questions. How can I enjoy this task? What can I do to make this task

fun for myself and possibly for others? How can I make this work the best part of my day? The answers will pop up momentarily, as long as you learn to have the definite expectation of any task being potentially enjoyable.

## 3) Take different approach

When something doesn't feel right, it's always a good time to take a moment and look at the whole task looking for a different approach. You may be doing everything correctly and most efficiently, but such an approach isn't necessarily the most motivating one. Quite often you can find a number of obvious strengths and weaknesses to your current approach which will both change your experience and open up new possibilities. That's why saying "one way or another" is so common: if you really want to accomplish your goal, there is always a way. And most likely, there's more than one way. If a certain approach doesn't work for you, find another one, and keep trying until you find the one which will both keep you motivated and get you the desired results.

## 4) Recognize your progress

Everything you may be working on can be easily split into smaller parts and stages. For most goals, it is quite natural to split the process of accomplishing them into smaller tasks and milestones. Somehow, it is in a human nature to always want things to happen at once. Even though we split complex tasks into simpler actions, we don't quite feel the satisfaction until all is done and the task is fully complete. For many scenarios though, the task is so vast that such an approach will drain all the motivation

# Don't keep score

Forgive as quickly and completely as the Master forgave you  
Colossians 3:13 TM

Jimmy drank too much at the party and embarrassed his wife Lisa. Next morning he felt bad and ask her to forgive him. She said she would, yet she kept bringing it up.

One day in discouragement, he said, "I thought you were going to forgive and forget."

She said, "I have, I just don't want you to forget that I have forgiven and forgotten." Do you forgive like that?

Keeping score only works in competitive sports; it's disastrous in relationship.

There's so much good in the worst of us and so much bad in the best of us, that we'll spend much of our lives learning to forgive and forget. And forgetting is harder when the offence is great. Small offences can be forgotten quickly; big ones require a healing process.

But until you make the decision to forgive, the process can't even begin. How can you "Forgive as quickly and completely as the Master forgave you"?

Paul answers, "Clothe yourselves with tenderhearted mercy, kindness, humility, gentleness and patience. Make allowance for each other's faults,

and forgive anyone who offends you. Remember the Lord forgave you, so you must forgive other" (Colossians 3:12-13 NLT).

To practise this kind of forgiveness you must focus on a person's worth, not their weaknesses. You must turn away from what was, to what can be.

You say, "Why should i forgive and forget?"

**(1) Because God's Word tells you to. (2) Because you yourself will continue to need forgiveness. (3) Because you weren't built ot carry stress that goes with resentment.**

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out of you long before you have a chance to reach your goal. That's why it is important to always take small steps and recognize the positive different and progress made.

**5) Reward Yourself**

This is a trick everyone likes: rewarding yourself is always pleasant. Right from the beginning, agree on some deliverables which will justify yourself getting rewarded. As soon as you get one of the agreed results, take time to reward yourself in some way. The more you reward yourself for the honestly made progress, the more motivated you will feel about reaching new milestones, thus finally accomplishing your goal. Mix and match

Now that you have these five ways of staying motivated, it is a good moment to give you the key to them all: mix and match! Pick one of the advices and apply it to your situation. If it doesn't work, or if you simply want to get even more motivation, try another advice right way. Mix different approaches and match them to your task for best results

**EVENTS CALENDER**

FRIDAY OCTOBER 24

**Friday night fellowship -Branimir Schubert**  
6:45pm @ PAU Church

SATURDAY OCTOBER 25

**Sabbath School**

9:00am @ PAU Church

**Divine Service -Pr. Jeffrey Paul**

11:00am @ PAU Church

**Special Bible Study-Pr. Aaron Lopa**

3:00pm @ T1

**AY**

4:30pm @ PAU Church

WEDNESDAY OCTOBER 29

**Prayer Meeting -Mr Moses Banuang**

6:45 pm @ PAU Church

**Announcements**

1. There will be three more baptismal programs.

November 1 –Sabbath Service- Pastor Vince David and the Pathfinders

November 21 – Friday evening- Pastor Sefanaia Turava and the Campus Ministry Team.

December 5th – Friday evening- Church Pastor and the rest of the Baptismal Candidates.

**Science students day out**



Boys just wanna have fun

**By: Agnes Geno**

Students and Staff from the school of Science and Technology were the early birds on Sunday morning-12th October- destined for a journey that was filled with anxiety, anxiousness and excitement.

Dr Rodger Jones, the dean of the school, had initially planned a three-day campout beginning on Sunday the 12th of October and ending on Tuesday the 14th, but due to circumstances beyond their control the three-day campout was shortened to a one-day picnic at the beautiful Garabada Beach, Gaire Village just outside Port Moresby along the Magi Highway.

The group left the school filled with excitement and enthusiasm at around 9am on Sunday morning and about an hour later they arrived at the beach ready for the unforgettable day that was to come. Upon arrival it was into the sea for some of the students along with their lecturers.

For others it was a tour around the beach before they went in for a swim, while others set up the volley ball net and played. Some joined the group in the sea by snorkelling, as there were remarkable corals in the area,

and the remaining of the group just sat around and relaxed on the beach or under the shade of the trees, scattered along the beach, and enjoyed the breath-taking view of the sea.

Unfortunately, like the famous saying goes 'time flies when you're enjoying yourself,' and before anything else could have been said or done, it was time to return back to PAU. Everyone gathered their belongings and got packed, then it was 'good-bye' to Garabada beach and 'hello again' PAU.

As the sun set that evening, the highlights of the day could not be forgotten, the excitement felt during the day was just too immense to overcome in one night. The School of Science and Technology would like to convey a special word of thanks for the wonderful day spent to the following individuals, the school dean, Dr Jones, for the planning of the picnic, Ms Kakis, for your organisational skills, the lecturers and their families for the tasteful and nutritious meal that was served during the day and of course last but not the least the students who came along on the picnic, without you the day would not have been as successful as it turned out to be

**Condolence Message**

On behalf of the Vice-Chancellor, Dr Branimir Schubert, the Administration, staff and students of Pacific Adventist University, we wish to send our heartfelt sympathies to the immediate family of Pr Graeme Humble, for the loss of their dear mother.

We the PAU family are with you in our prayers.

**Apology**

We apologise for the incorrect portion on the front page of Harina 15, which read **“Even with the changing times gender equality is a factor that contributes to violence against women”**.

It should have read **“Even with the changing times gender Inequality is a factor contributing to violence against women”**.