

Mounting excitement

One more week and already there is excitement buzzing in the air on PAU campus. The registration list is increasing and we are in for a celebration. A celebration to remember how our Good Lord has lead his institution over the last 25 years.

Come and listen to experiences and testimonies about how the hand of God was at work during the struggles and challenges faced by those who fought hard to get this campus on Koiari land.

Come and meet old friends and make new ones and move forward to a brighter future. It's will all be happening on PAU Campus from Friday 28 - Sunday 30 August.



“Meeting Friends Looking back And moving forward”.



File Photo of Prime Minister, Grand Chief Sir Michael Somare during the opening of the chapel on 13 February, 1984



By: Simon Luke

This is the third week of second semester and I would like to welcome you all back.

No doubt you had a wonderful time out there during practicum. Already I am hearing exciting stories of real life experiences that have changed the views and beliefs of some of you, and I hope you have an opportunity to share them with PAU.

Not so long ago my wife and I drove into this village. As we slowed down to a stop three men slid into the back seat before I could allow them in. Then this sixteen year old girl was shoved in also. Imagine I had four big passengers at the back seat. My protest that we were overloaded and we were going to break down fell on deaf ears. Fearful for our safety and of the men (total strangers) I drove at 120 miles an hour, a speed I had never done before. I do not know how we made it but we did get safely to the main hospital.

Later my wife told me that she prayed throughout the journey that God would guide my hands on the wheel. In the emergency ward, the girl was pronounced dead. The experience shook me deeply. That night I had all sorts of nightmares. On Monday morning I felt terrified down deep in my guts and

bones, deeply traumatised and shaken. I had never been placed in a situation like this in PNG, driving under fear and at dangerous speed with my wife and a child and risking our lives for total strangers. I had never carried a dead body and been smeared with blood of a dead person. It took me about three days to calm down.

The experience, however, reminded me of the fact that PAU is a very safe and secure place, separated from the real world by security fence and personnel. I am also reminded of the reality and the trappings of consumerism: materialism, status positions and wages. Sometimes God pushes us to the limit of our comfort zone and places us in a precarious situation like mine to remind us that there is a world out there, just over the fence, where fear, pain, suffering, tears and death are part of every day life. He is out there, too, in the business of saving.

Semester two is now open and you will get busy again with your studies. But let me remind you that while education is a right, it is also a means to serving God with what He gives you. God brought you into this world and to PAU to get an education and then use that education to make someone's life better.

That day I felt God's hands and presence. During the short time in the hospital we bonded with the people I transported, when they saw PAU stickers on my car and realized we represented the institution. It was a delightful moment for all of us. Happy study! ☪

When Parents Break Your Heart



BY: W. Mike

I was sleeping on the couch. At least they thought I was sleeping. My parents, both drunk, were having a fight. My father pushed my mother with enough force that she broke her pelvis and ended up in the hospital. This was one of many crazy memories of that I have of my family. Even to this day some of the dramas of the carnage of alcoholism remain untold. At another time I, along with my two brothers and sister, were called from our beds in the middle of the night. My parents, again drunk, announced that they were getting divorced. We were asked to choose which parent we wanted to follow. Despair and sadness moved into my life like a fog. Even thoughts of suicide lingered for a season.

I am a survivor (and many would even describe me as a success). I graduated from high school and university with honours. My survival has not been without some baggage. In particular there was a deep-seated anger and bitterness toward my father. That anger created a barrier not only between my father and me but it also affected other relationships. This effect I have now come to call “the theory of primary relationships” is an intuitive theory. I have no

scientific proof. The theory goes something like this: when there are significant unresolved issues in the family, it will affect all our other relationships.

I will never forget a conversation I had with a roommate at a school, during a two week course I was taking. He asked lots of questions, and the topic of home life came up, centring on the relationship with my father. He said, “Mike, you need to love your dad.” I knew that I didn’t, and I was not sure I could. At best, at this point my anger had been mingled with pity. Months later I looked my dad in the eyes and told him, “I love you.” He cried. That was the beginning of a restoration work in our relationship.

I’m not sure my father ever understood how his actions had affected me, but I do know how my actions affected him. I chose to give love as a gift to him. On Father’s Day I wrote him a letter telling him the good things he had done as a parent. I never heard back from him but my mother wrote me and said, “Your dad got your letter. He sat in his chair, read it and cried. I think it is what he needed.” (This was a significant note from my mother because her relation-

ship with my father was fractured. I was afraid that she would somehow feel betrayed if I was kind to the person who caused so much pain in her life, but she didn’t seem to resent it.)

Somehow, dealing with the relationship with my dad set me free and taught me lessons the have made other important relationships better. As my father came to the end of his life, I had the satisfaction of knowing we were okay with each other, I had done and said what needed to be done and said on my part, so there were no regrets. For that I am thankful. I’m sure you are wondering how I could go from anger and bitterness to love. It was only because I experienced love and forgiveness that helped me to understand how to give love and forgive others. This experience came through a journey in personal faith, which started when my sister began attending a youth group. Through her influence I began to understand that God loved me and had in fact sent Jesus Christ to die to demonstrate that love. Christ’s death was not only to demonstrate God’s love but to provide forgiveness of all my sin and to give me eternal life. God promised once I asked Christ into my life that he would never leave me.

As I understood this love and forgiveness and experienced God’s presence in my life, I seemed to have new resources to love and forgive others. A significant test of this was the relationship with my father. If God could love me and forgive me how could I not do the same for my father? I realized through this relationship and others there is a circle of “primary relationships” in my life. These are significant for good or bad. Pain and hurt in these relationships can be carried for a life time like the proverbial “ball and chain” resulting in multiplied misery. The process of dealing with the relationship with my father has turned the “ball and chain” into a building block toward health and greater capacity in my relational world. ¶

Six PAU Graduates share on the study-work transition for assembly



The six PAU graduates from second left-right: Desmond Yaninen, Eric Buri, Christine Wamp, Jennifer Faraimo, Tom Isaac, Ross Baibuni with the Telikom Marketing Officer far left

By: **Chucha Posman**

The assembly period on Tuesday 11th of August featured six former PAU graduates on the topic- Study to Work Transitions.

A panel of young professionals who are now serving in their respective field of study were interviewed on their experiences of transition from university study to launching a career. They also talked about whether the reality met their expectations and how students can best prepare for professional life following completion of a university degree.

When asked to share what helped them to make a successful transition from study to work, most of them said that it was the positive values and principles that PAU imparted to them. Christine Wamp, who is now an accountant with some of the major hotels in the city, said the values she learnt while at PAU helped her greatly at the workplace and more than that, she is able to share God's word with her colleagues.

Desmond Yaninen, who works at the National Development Bank as the Project Manager for an Accounting Integration program challenged the attendees, especially the students, that to be successful, one must

have passion for their chosen field of study and work hard at it. He added that to really meet one's expectation at the workplace, one has to be goal-orientated.

The assembly period was run by the Beri Meare Counselling, Support & Development Centre with a deliberate career guidance focus; it was intended to help PAU students in their eventual transition from study to work. Nancy Geregl, a final year nursing student said the presentation was timely and that she was encouraged, motivated, strengthened and looking forward to face the reality of transitioning from study to work.

Dr. Tracie Mafleo who led out in the panel discussion thanked the presenters and encouraged them with the Bible text Philippians 1:6, which promises that God will complete the good work he has started in them. She added "I am pleased to know that PAU graduates are living the values that PAU espouses. It was great to welcome the speakers back "home" to PAU." ¶

School of Business news from the Dean's Desk.

- The School of Business is now a member of Port Moresby Chamber of Commerce and Industry (POMCCI). Being a member will provide the School of Business direct exposure to the happenings in the business sector in Papua New Guinea. It is expected that the schools' membership will increase PAU's profile in the community and lead to better job opportunities for graduates.

- At the recent Certified Practising Accountants conference in Madang, Ben Thomas presented a session entitled: "Financial Planning – the Impact of the PNG LNG Project". The session focused on the role of the Accountant as an advisor to the management team, with particular reference to the financial impact that will likely result from the PNG LNG Project. The session was well attended and received very good feedback from the participants.

- Six 4th year business students have been shortlisted by Deloitte Touche Tohmatsu for their Graduate Recruitment Program. Ben Thomas is very excited about this, as it shows that PAU meets the stringent quality requirements of the big accounting firms in the country.

- The School of Business has just started piloting content from Microsoft's Online Courses. These courses cover topic areas such as the use of Microsoft Word, Microsoft Excel, and other Microsoft applications, as well as all the server maintenance and programming courses.

- The School of Business has just been approved as a Prometric Testing Centre. Prometric conducts 80% of all IT certification exams worldwide, including those for Microsoft, IBM, and Apple. The benefit of this testing centre on our campus is that we are able to allow our students to sit for the exams at a significantly reduced rate. The School of Business would like students to pursue external technical qualifications before graduating from PAU. This will give students, particularly those in the computing stream, a distinct advantage during the recruitment process. ¶

EVENTS CALENDAR

FRIDAY AUGUST 21

Friday Night Fellowship

“Jesus Saves Program”- consecration & commitment

6.45 @ Open Amphitheatre

SATURDAY AUGUST 22

Women's ministry

6am @ PAU Church

Sabbath School

9am @ PAU Church

Divine Service - Pr Peter Oli (PNGUM Ministerial Secretary)

10.45AM @ PAU CHURCH

AY

4.00pm @ PAU Church

ANNOUNCEMENTS

CHURCH BOARD MEETING

SUNDAY AUGUST 23

6.30- 8pm

Church Board Room

Prison Ministry receives new bus

The Prison Ministry will now be able to do their work more efficiently -thanks to Millenium Transport Services. The company donated a 15 seater bus to help them with their ministry which they normally do on Saturday morning. It has been quite a struggle with transportation but now that they have the bus they are going to go the extra mile to bring the good news of Jesus Christ to every prisoner. It was in fact an answered prayer, said Mr Rueben Alu, prison ministry coordinator.

Did you know?

Approximately 40% of all heart attacks are preceded by a psychologically stressful event. According to a recent study, stress management programs can reduce the risk of heart attack and other cardiac events by up to 70%.

Tips for Stopping Stress in its Tracks:

- **Change your outlook:** Stress results from both external and internal forces. You can learn to manage your reactions to events and people who precipitate your stress.
- **Get the support you need:** Don't keep your stress to yourself. Friends, co-workers and family members can help you diffuse tension by being good listeners.
- **Exercise, exercise, exercise:** It's not only good for your body, it's good for your state of mind.
- **Jettison the guilt.** If you make a mistake, fix it and let the guilt go.
- **Remember to breathe:** Whenever you

feel stressed, inhale deeply and exhale fully. Just a few minutes of breathing can banish stress - fast.

- **When you are overwhelmed,** ask for help. It's unrealistic to believe you can do it all. Instead, prioritize, accomplish what you can, and delegate the rest.
- **Don't worry about things you can't control.** Instead, focus on what you can do, including choosing how you will react to upsetting situations and people.
- **Listen to your body:** Are you suffering from frequent headaches, muscle soreness or stomachaches? These common symptoms can be warning signs that there is too much stress in your life. Don't dismiss them, respect them.
- **Follow your nose:** Light a scented candle. Add herb-infused oils to your bath water. Aromatherapy is not only sensual, it also promotes relaxation.
- **Don't skimp on z's:** Getting enough sleep is the biggest relaxation aid of all



25 years
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Meeting friends, looking back, moving forward
28-30 August, 2009