

FREE December 2015 - February 2016

RISE

inform • inspire • encourage

Hindley Street Goes Green

by Wendy Rush and De Brine



Something's brewing!

with Jayne Lochert and Sharon Smith

Carols by Streetlight by Astrid Priest

risemagazine.com.au

Publisher

RISE Publications
ABN 57990 031 173
risemagazine.com.au

RISE Magazine shares good news stories with a South Australian flavour and a Christian perspective

Managing Editor

Wendy Rush, info@risemagazine.com.au

Graphic Designer

Kirstan Leane, kirstan@kdesign.com.au

Contributors

Astrid Priest, De Brine, Jayne Lochert, Sharon Smith, Cindy Williams, Scott Berry, Nick Hawkes, Wendy Rush

Advertising Enquiries

Edi Leane
0412 073 167
edi@joiecreative.com.au

ADVERTISING DEADLINE FOR MARCH 2016
EDITION: 10 FEBRUARY 2016

Ask about special rates for promoting church services and events.

Printed by JOiE Creative
ISSN 1839-8057

Acknowledgements

RISE Magazine acknowledges our partners CBMC International SA Inc and Koorong, where the magazine is available free of charge, and also thanks our other supporters including distributors, advertisers and those whose prayers have helped to realise the vision. Special thanks to our friends at Two Fish Media and Joie Creative.

Disclaimer

The views expressed in this magazine are usually, but not always necessarily, those of RISE Publications or its associates. It is the sole responsibility of authors and contributors to

ensure that all permissions are obtained regarding references to people, organisations etc, and to the publication of images provided to us.

Copyright

The publisher, consultants, authors, contributors, editors and all other interested parties fully reserve their rights in regard to copyright in this work. No part of this work covered by copyright may be reproduced or copied in any form or by any means without permission. We would be pleased to hear from you if you would like to reproduce anything contained in this edition of RISE Magazine, so please contact us at info@risemagazine.com.au.

Cover: A member of the Green Team talks to patrons on Hindley Street



"ON GOD'S MISSION"
- to see our broken world restored under the Lordship of Jesus Christ.

Service times: 9am and 10:45am

Christmas Eve: 7pm

Christmas Day: 9am

December 27th & January Service times: 10am only 'hour of power'

EBC aligns with God's mission with 3 Key emphases:

'More People More like Jesus'

Helping people discover God's love and His proper place in their lives and the wider World. This is found through a living relationship with Jesus Christ as Saviour and Lord of all.

'Living Life Well'

Jesus promised abundant life & freedom from all that hinders such a life. This gets real as Jesus is followed as Lord of life.

'Restorative action'

God's Mission is to heal a fragmented world & restore its full function & capacity under the redemptive reign of Jesus as Lord. We are called to actively participate in Restorative care & action.

Lifewell Conference: Experience God, Discover hope, and Get Real about the challenges of living in a broken world.

Church location & office:

1 Francis Avenue, Broadview, S.A. 5083
Phone: 8261 1844 Fax: 8266 6522
Email: info@enfieldbaptist.com.au
Web: www.enfieldbaptist.com.au

Essentially EBC is ON GOD'S MISSION - for more people to know Jesus, become His life apprentices, live life to the full, and actively participate in God's plan to restore all things under Jesus as Lord.

Build a successful and ethical business



Business success isn't about winners and losers. Great business success depends on sound relationships, and good relationships are built on win-win outcomes.

CBMC International SA Inc is a Christian leadership network connecting with the business and marketplace community in South Australia to bring hope and transformation through sound values and principles.

Want to know more?

Phone: **08 8396 6111**

Email: **associate@cbmcint.com.au**

Website: **www.cbmcint.com.au**



special features

- 1 **Something's Brewing!**
with Jayne Lochert and Sharon Smith
- 3 **A Truck, a Piano and the Christmas Story**
by Wendy Rush
- 3 **Carols by Streetlight**
by Astrid Priest
- 5 **Hindley Street Goes Green**
by Wendy Rush and De Brine
- 9 **Making the Most of a New Year**
by Wendy Rush

regular features

- 11 **RiseVibes:**
Dancing with Angels by Cindy Williams;
Graeme Clark: the man who invented the bionic ear by Wendy Rush;
The Suburban Captivity of the Church by Scott Berry
- 12 **RiseWise: Protein**
by Nick Hawkes

MARK Ψ MUDRI & ASSOCIATES

Our commitment to you is to focus on your individual needs throughout your legal experience in a caring and professional environment.

Our areas of expertise include:

- Wills and estates
- Notary Public
- Immigration and Visa
- Significant motor vehicle accidents

Level 24, 91 King William Street ADELAIDE SA 5000

T: 08 7129 8243 F: 08 7129 8261 E: mmudri@markmudri.com.au W: www.markmudri.com.au



SOMETHING'S BREWING!

By Wendy Rush

Midway through the afternoon is the time when 'the three o'clock slump' tends to kick in. You know the feeling; you start to flag a little, you reach for a coffee or a sweet treat or you wander out of your office in search of someone to chat to - desperately in need of a boost so you can keep going until it's time to head home.

It seems that radio station Life FM has come up with a solution which involves all of the above. Coffee O'Clock involves coffee, plenty of conversation and the sweet tones of one of Australia's only all-female radio duos Jayne Lochert and Sharon Smith. Rise caught up with Jayne and Sharon to find out more about them and the show, and why it is gaining in popularity.

Coffee O'Clock is a one hour chat show based on the conversations that happen over a cup of coffee - sometimes serious, sometimes fun and frivolous, at other times deep and life changing. The show came about after a brief discussion that Jayne and Sharon had in the corridor between their then morning and afternoon shows. Now thousands

of women across South Australia tune in through Adelaide's Life FM and stations in the Riverland and Limestone Coast.

Why is it so popular? Jayne and Sharon tell me that there is nothing like Coffee O'Clock on any other radio station at the moment "not that we've been able to find anyway!" The difference, it seems, is their focus on family-friendly and inclusive content. This means the kids can listen in to their conversations without hearing anything they shouldn't and the show's guests, interviews and themes appeal to a wide range of women. Imagine a radio version of television shows Mamamia, The View or Studio 10, with a Christian world view.

"While it's a show for women, our ratings and callers prove the boys are listening in too" says Jayne.

Jayne and Sharon came to Life FM from different places and at different times, but it seems their paths were destined to converge and it is apparent that they have found a kindred spirit in each other.

Jayne had been volunteering at another community station and when she moved to Adelaide she knocked on Life FM's door. This led to her hosting a morning show

on the station for four years and, as a qualified teacher and mother of three teenagers, she brings to Coffee O'Clock an insight into what it means to have to juggle work, home and family while still finding time for 'me'.

Sharon is an award-winning journalist with a background in investigative stories and has a gift for making her guests feel at ease. She feels just as much at home interviewing the Prime Minister or the Premier as she does chatting to the Premier's four year old daughter - or anyone else for that matter. She has been associated with Life FM in a variety of roles since the station began broadcasting, including as a board member.

Sharon teaches journalism at Uni SA and is completing a Master's degree. She has worked in radio, television and print media. "But a few years ago I felt challenged to tell my own story - not just other people's - and Coffee O'Clock has given me this opportunity."

Jayne explains that Coffee O'Clock has also given her a sought after opportunity. "Since I started in radio as a volunteer I loved it so much and worked towards making it my main income. Having met Sharon through Life FM I had prayed that I would be able to be mentored by her as she has such broad media experience. Coffee O'Clock has helped this to happen."

Both agree that it is great to have the opportunity to work with another girl. "Two heads are better than one!" Some of the best parts of the show come about as a result of the spontaneous fun they have together.

"The best thing about working at Life FM is that we get to talk about things we really care about from the heart, rather than what some producer wants us to say" says Sharon.

Jayne continues "and the relationships built over the years with work mates that become friends - like Sharon".

While they enjoy interviewing the odd celebrity, what they love most is talking to their listeners – from farmers to truck drivers, housewives and office workers. And importantly Sharon and Jayne share the same passion – the desire to let people know they are valued and that they are never alone, even if their only friend is the person talking to them on the radio. To let people know that change is possible if you're not happy with where you are. And to "never underestimate the value of a good belly laugh!"

Off air, Jayne loves gardening, shopping and spending time with her family, especially her dog Charlie. Sharon loves baking and is overly excited (she says) about her new steam mop!

But it is their Christian faith that underpins everything they do and why they do it. Their aim is to bring the gospel to the airwaves in a fresh way. "Faith is believing you can do all things – even the tricky stuff if you truly believe God is on your side and helping you" says Jayne. "I hope that some of this sentiment transfers to our listeners as we talk."

"It's the reason I get up in the morning and do what I do" says Sharon. "Without it there wouldn't be much point because there are so many other voices on radio from more talented people. It never ceases to surprise me how much God uses my flaws and faults to minister to others."

As an ice breaker, Jayne and Sharon open their interviews with a 'mug shot' – they ask their guests to describe their favourite mug and what they put in it. I thought it only fair that they have the opportunity for a mug shot as well. Jayne? "Any mug that is clean and not half full of cold coffee!"

And Sharon? "I have many mugs that I cycle between. One of them is a pink coffee o'clock mug, another is a red mug with a cat looking out the window. My main criteria is that they have to be big!"

As children, Sharon aspired to be a journalist and Jayne wanted to be a teacher. It seems that whatever these ladies put their minds to they are likely to achieve. They have plans to expand their radio show to other states and regions, and there is even the possibility of Coffee O'Clock TV. Stay tuned, because I happen to believe they will do it. Together, Jayne Lochert and Sharon Smith make a formidable – and fun – team.



A Truck, a Piano and the Christmas Story

By Wendy Rush

Is the tradition of Christmas carolling in Australia just a memory? Big annual events like Carols by Candlelight featuring a host of celebrity artists still attract thousands of people. And if you are lucky enough to live in a community where a church or city council organises Carols in a local park you may have enjoyed setting up your folding chair and singing along with hundreds of others. But when was the last time you saw, or heard, a group of carollers in your street?

My husband and I used to look forward to a local brass band marching past our house every year. We would follow them as they stopped in front of every third or fourth house to play a few songs purely for the enjoyment of the residents. When I was a teenager I would join our church youth group on the back of a truck and sing out the Christmas story as we were driven up and down the streets. This was before the days of recorded backing tracks and outdoor PA equipment, so the organisers used to hoist a piano on to the truck and the pianist would pound away as loudly as they could while trying to remain upright as the truck swung around corners!

These were the things that told us Christmas was here. And they were the experiences that united a community as people were drawn out of their homes and onto the footpaths. We sang, we laughed, we waved and we wished each other well for the Festive Season. And the message and spirit of Christmas were kept alive by our enthusiastic, if not always tuneful, carolling.

Even as a teenager the thing that struck me most was the difference our visits made to those who were housebound. The elderly, the disabled, those with very young children and the lonely were, for a short time, transported from their isolation and made to feel a part of the community.

I am really pleased to hear that there is a movement to restore this great tradition and that churches around Australia are being encouraged to participate.

Carols by STREETLIGHT

By Astrid Priest

My name is Astrid, and I love Christmas. I always have. My mum in particular made it so special when I was a child and I really cherish those memories. It wasn't until I was older that I understood the real story of Christmas and then it took on a whole new meaning.

A virgin mother, a baby born in a stable, shepherds hearing the news from angels and wise men travelling from afar to visit this new born King - this is how God makes something special. There is no wonder so many Carols were written celebrating what happened that first Christmas.

I was sitting in my lounge a couple of years ago and heard some Carol singers in my

street. It was beautiful. I'd never heard carollers before and it actually brought me to tears. The message of Christ coming to earth as a baby, put to song, is truly powerful.

It got me thinking; would it be possible to get churches across Australia to send out groups of Carol singers into their local communities? I wondered what impact it would have and I realised it's potentially HUGE! Not only is it a chance to take the true Christmas message of Christ coming to earth as God in human form into the community, it's also a wonderful opportunity for churches of all denominations, sizes and locations to join together with the same heart. It is easy, and it offers a great opportunity for people to connect in a really positive way.



Everyone that I have shared the idea with has caught the vision and so we have put together Carols by Streetlight; a movement that encourages Christian churches across Australia to sing the Christmas story into the heart of their community. We started last Christmas with our local church, sending out 2 groups and having loads of fun. We had one smaller group of adults and a large group of families who received some lovely comments as people called out encouragement from their houses and as others that we met in the street stopped to listen.

One thing I love about this initiative is that it is so easy to get involved. It's not something that you need to spend lots of time

organising. It is as simple as getting a group of people together and going for a walk through the streets singing Carols that share the true meaning of Christmas in the week leading up to Christmas Day. You don't need to be a great singer to be part of a group. We found that a group of around 10 people was a very comfortable size for any singing ability. It is also something that people of all ages can participate in. We had grandparents and little children come along and everyone enjoyed it.

We would love you to organize a group this year and help us spread the movement across Australia. Visit our website at www.carolsbystreetlight.org and let us

know where you will be singing so we can encourage each other and see Australia blessed with the sound of Carols. We hope to see Carols by Streetlight grow in the years to come and the true meaning of Christmas celebrated right across our wonderful nation.

Join us as we take "Joy to the World" this Christmas.

Visit carolsbystreetlight.org for more information or find us on Facebook, Instagram or Twitter.



Hindley Street



Goes Green

By Wendy Rush and De Brine

If you're walking out of a nightclub on Hindley Street one Saturday night and happen to catch sight of some people dressed in green – it's okay, you're not seeing things! Clad in their distinctive green t-shirts or hoodies, the Encounter Youth 'Green Team' heads into the city each weekend - not to party but to patrol the street, keeping an eye out for revelers who might need their assistance.

If you or your children have ever been to Victor Harbor for the Schoolies Festival™ you will have seen the Green Team volunteers in action. For 17 years Encounter Youth have been coordinating the South Australian Schoolies Operation, including the Schoolies Festival™ with their principal partner the Motor Accident Commission (MAC). This operation helps manage the annual influx of 6,500 school leavers, encouraging them to party safely and minimising the impact on the local community.

In 2009, after seeing how their engagement with young people was having a positive effect at Schoolies Festival™, South Australia Police invited Encounter Youth to provide direct relief to vulnerable young people in the challenging Hindley Street social environment. They launched the Hindley Street intervention program in 2011.

Hindley Street Foot Patrol

The Green Team on Hindley is made up of around 60 volunteers from Christian communities across Adelaide and from Victor Harbor to the Barossa Valley. Two teams of four volunteers set out on foot patrol each

Saturday from 11:30pm until around 5am. They carry backpacks containing bottled water, lollies, a first aid kit, vomit bags, bus tickets, thongs, tissues, hair ties, safety pins... anything that might be useful, they have it!

The average age of the volunteers is 20-28 years and while some are trained youth workers, nurses, paramedics or teachers, all of them are passionate members of their community with a heart to see change in our city. Damian is in his first year of teaching and has been involved in the program for two and a half years.

"As a Christian, I had a desire to give back to the community and make a difference. I heard about the Hindley Street Program that Encounter Youth coordinates after volunteering as part of the Schoolies Operation at Victor Harbor. I saw the real need and wanted to take action with a group of friends from my church, who were keen to get involved at the same time.

"There are heaps of memorable experiences, but the one that sticks in my mind the most happened at around 11:30 pm when we'd just begun our shift. I noticed from a distance, a young guy running across the road and I saw him get hit by a car. The car involved sped off and my team ran over to him straight away and were the first on the scene. He was unconscious, on the road and was bleeding from his head, but still breathing. I called 000 and together with my team, we stood with him and kept him safe from oncoming traffic until the ambulance and police arrived. As the paramedics were assessing him, I was keeping the injured



...we want to show young people that drinking is a choice and aren't there to judge

guy's friend company, which would have been a very nerve racking time for him. Although we never heard if the young guy fully recovered or the extent of his injuries, it was good to see him wake up and respond to the paramedics before he was taken off to hospital.

"The reason why I love being involved in the Hindley Street Program so much is because God has changed my life. I want to live and serve in such a way that sees other's lives changed as well, in small or big ways. It's what Jesus has done for me that motivates me to give up my Saturday night to help young people in need. As volunteers, we want to show young people and everyone else that we engage with that we value them and aren't there to judge them for the situations they may find themselves in. The bottom line is, we're always there to help."

Why not have 'A Lighter Night'?

A key aim of Encounter Youth is to let young people know that drinking alcohol is a choice, not an expectation. If people choose to drink they want them to have a healthy relationship with alcohol. Most anti-binge drinking campaigns focus on the negative impact excessive drinking can have. After consultation with young people Encounter Youth established a positive engagement campaign to reduce binge drinking which revolves around the slogan, "Drink a little less, have a lighter night".

Rather than simply telling young people that binge drinking is risky, the A Lighter Night campaign endeavors to give them the

motivation and the tools to drink less. They promote the message that if you drink less:

- You will have more money in your back pocket at the end of the night
- Your body will thank you for it, especially the next day
- You will be a better mate in a time of need.

Once a month you'll find the A Lighter Night Photobooth on the corner of Morphet and Hindley Streets where Green Team volunteers hand out free water, fairy bread and wristbands. Participants are directed to www.facebook.com/alighternight where they can find their photos. This also encourages them to have further interaction with the campaign.

Rebekah is part of the photobooth team. She is in her final year of a Bachelor of Health Sciences in Nutrition with plans for further study and was already volunteering with Encounter Youth when she put her hand up to get involved with A Lighter Night.

"I have a real passion in looking out for people and combining that with my desire for people to take responsibility for their own health, I really felt this program fitted me so well and I was excited to serve alongside people who shared the same interests and beliefs as me.

"We take the photobooth out once a month to help people enjoy their night even more. I absolutely love seeing people's faces light up when we tell them we've prepared some delicious, free fairy bread for them to enjoy.

The pure joy on their faces shows they've gone right back to their childhood in their mind, like it was just yesterday."

Like Damian, Rebekah's Christian faith is a motivating factor in her involvement with the Hindley Street program.

"I can go to God with any kind of situation, no matter what's happened...good or bad and he accepts me no matter what. God is a friend that always cares for me and even if I'm in a bad way, he'll accept me just as I am. So in the same way, we want people to know that if you approach a Green Team volunteer on the street, we will accept you just as you are, no matter what situation you may find yourself in and will do what we can to help you or get you the emergency service help you require. We like caring for people and are always up for even just a chat."

A Reassuring Presence

Green Team volunteers aim to empower others to look after themselves and their mates by role modeling positive behaviour in public spaces. They provide a safe presence, a referral service and basic first aid to Hindley Street patrons, as well as being available for an encouraging chat or a 'high five'. Their caring and friendly attitude and their approachable nature is an important factor in the Team's success.

Many Hindley Street patrons remember the Green Team from Schoolies Festival™. Facebook comments clearly show they welcome the presence of the Green Team volunteers and appreciate the great work they do.

*ng people and everyone else that we engage with that we value them
ge them for the situations they may find themselves in.*

The bottom line is, we're always there to help.

"Thank you so, so much for everything you guys did for me on Saturday night – I literally don't remember a thing but when my friends told me they found me being looked after by a group wearing green I know exactly who you were! I seriously don't know what would have happened to me if you weren't there."

"It's nice knowing you guys are out there to help my friends or me if anyone drinks too much or gets into trouble. It's always a highlight when we see you and the photobooth is so fun!"

A Collaborative Effort

The Hindley Street program is funded by the SA Government through the Attorney-General's Department and SA Police. On the ground the Green Team works in collaboration with SA Police and SA Ambulance as well as other community agencies. The Team has been a key player in an initiative that has seen a reduction in wait

time for critical incidents and an increase in rapid response of emergency services.

On a more formal level, Hindley Street Project and Volunteer Manager, De Brine leads a Key Stakeholders Group which involves representatives from the SA Attorney-General's Department, SA Police and Adelaide City Council. De shares details of the team's Saturday night observations and critical incident referral statistics, helping the group to stay at the forefront of improving late night safety in direct support of young people and the community.

Stop and say 'hi'

If you're walking out of a nightclub on Hindley Street one Saturday night and happen to catch sight of some people dressed in green - take a moment to say hello, give them a 'high five' or ask them how their night is going. Give them some encouragement and let them know their presence is appreciated.

Team members don't always know what impact they have had, so if you've ever been in a situation where you've been helped by a Green Team volunteer, inbox Encounter Youth's Facebook Page and let them know how your night ended up. They would love to hear from you and to know their efforts had a positive impact on your night.

Enquiries about volunteering with the Encounter Youth 'Green Team' on Hindley Street are welcome, regardless of age or background. There are other volunteer roles that don't require you to work on the 'graveyard' shift. Visit:
www.encounteryouth.com.au/hsp-keen

For details about the Party Safe Program or to find out more about the positive impact that Encounter Youth is having with young people in the community visit
www.encounteryouth.com.au

Find Encounter Youth on Instagram and Facebook.

The Green Team's Party Safe Tips for the Festive Season

The team at Encounter Youth engages with over 15,000 young people annually with their Party Safe Education program, making them the largest provider of alcohol and other drug education to secondary students in the state. Here are their tips to help us all party safely during the festive season:

- **Look after yourself:** You are Number One, so plan ahead to ensure you can get out at any time you need to. Over the festive season there are many different people out and about and this can change typical party environments.
- **Look after your mates:** Stick together and stay in groups. Particularly for the 'phantom' mates (those that disappear very quickly). Keep a look out for them and ensure everyone arrives and leaves the party together.
- **Hydrate:** With warmer conditions over summer, drink plenty of water whether you are choosing to drink alcohol or not. It ensures you and your mates stay hydrated and you will feel much better when waking up the next day.
- **Plan to get home safely:** If catching a taxi, get picked up and dropped off together. This ensures no one is left alone in a taxi and that everyone gets home safely.

The New Year often seems like a revolving door. No sooner are you carefully negotiating your entrance and getting ready to launch yourself into January, than you find yourself spinning into the next round of New Year celebrations.

And all those things you were intent on achieving over the past 12 months are still on your “to do” list – giving up smoking, losing weight, getting fit, changing jobs, leaving that disastrous relationship, taking up that hobby you’ve always wanted to try or reading the complete Harry Potter or Lord of the Rings saga.

It’s no wonder that we find ourselves always referring to the passing of time in negative terms. “My how the year has flown”, “another year over, another year older”, “I can’t believe New Year is here already”. Unfortunately as we age the years seem to pass us by more quickly. This is probably for two reasons. As we get older our lives become busier, and the busier we are the faster time seems to fly. And proportionate to our age, twelve months becomes shorter and shorter. A year is still a reasonably long time to a 15 year old (1/15th of a life) but when you get to 40, 50 or more, it’s a pretty brief time span.

This means that the older we get the more we need to ensure we make the most of our time on earth. Unfortunately for some of us, self sabotage comes much easier than self development, preventing us from having the life we really want and, let’s face it, the life we were designed for!

What is self sabotage? It’s all those things we do that get in the way of us achieving our goals. So you wouldn’t intentionally prevent yourself from being happy, fulfilled and living the life you’ve always wanted to live, right? Wrong!

So your circumstances are just a result of bad luck, not enough time, or lack of resources? This may be true, but if we are honest with ourselves, it may not be.

My mother always told me “procrastination is the thief of time”. And she always told me this because I was a chronic procrastinator. “Never do today what you can put off until tomorrow” seemed to be my motto. It took me thirty or so years to work out that putting things off until tomorrow usually meant they would never get done!

Some of us don’t do things or delay doing things because we truly believe that whatever we do there won’t be a good outcome. Why? Because we actually believe that we don’t deserve a good outcome. We believe that nothing good will ever really happen to us so there is not much point in

working too hard on something that will only end in disappointment.

We deny ourselves opportunity and refuse to chase our potential because of a negative view of our own self worth.

Delaying actions or decisions can cause us additional hardship and bring disastrous results. That assignment you left until the last minute, submitted late and got low marks for; that event you were planning when you failed to book the venue in time so you missed out and had to settle for an inferior location; leaving your Christmas shopping until the last minute - not finding the right gifts then having to spend way too much. The list is endless.

Unfortunately the disastrous consequences don’t always teach us to get in and get things done early, rather they reinforce our belief that we got what we deserved. Life wasn’t meant to be easy and everything needs to be a battle. We have denied ourselves success because we don’t honestly believe that we deserve to be successful. Right?

Wrong. We all deserve to be happy, successful and fulfilled. Look at the person down the street or in the office next door, or sitting next to you on the bus. Do you agree that they have a right to be happy, successful and fulfilled? Then you need to tell yourself (over and over again if necessary) that you have a right to the same things.

“Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not-quite, the not-yet, the not-at-all. Do not let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired can be won. It exists, it is real, it is possible, it is yours.” (Ayn Rand, Russian-born American Author)

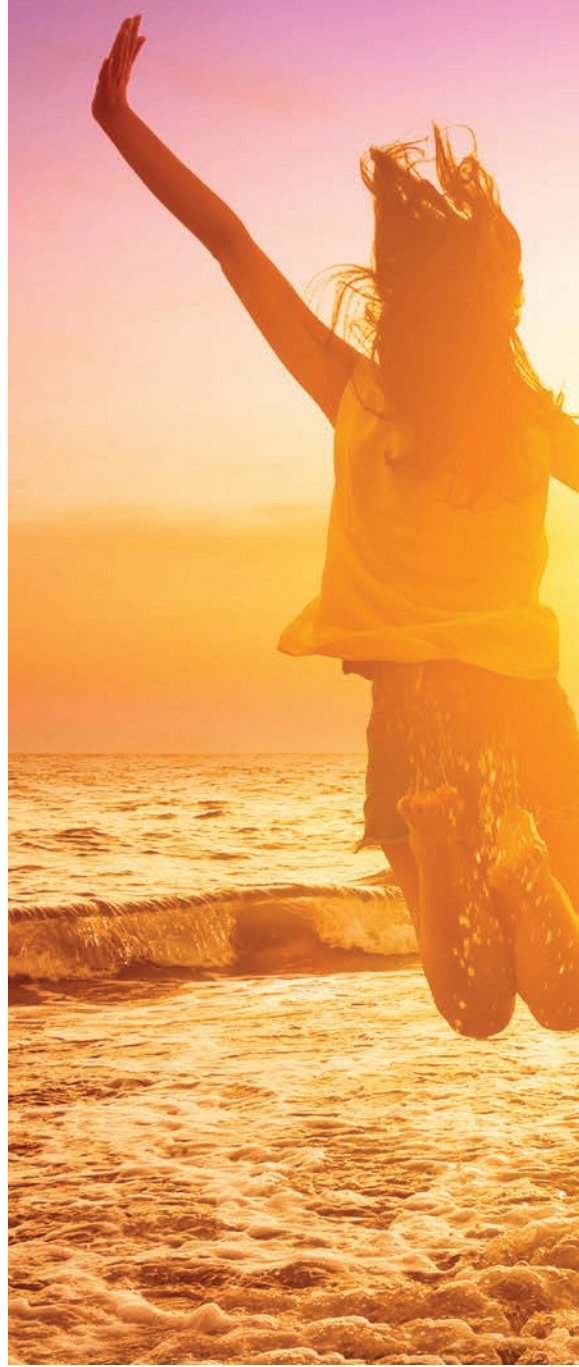
But, you tell me, so many things are out of our control, aren’t they? Yes, there is a lot that happens in our life that is outside our control. But we all have a circle of influence within which we have total or partial control. We have control over what we do and how we respond to our circumstances. I have learnt through experience that getting upset, angry or worried over “misfortune” is a waste of energy. If there is something I can do to change the circumstances then I do it. If there isn’t, I deal with it and move on.

Never believe that your life is only ever at the mercy of outside influences. You can’t control the weather, you can’t control what other people will think or do, but by and large you are the greatest influencer you know. Use it to your advantage and spend

less time feeling like a victim and more time enjoying the power that is at your disposal.

Another self-sabotage strategy is not being able to finish what you started. This means you will never get where you want to go. Again, my mother always pointed out my weakness in this area. (Mothers are great for doing this). When I fell pregnant with my first child she gleefully exclaimed “at last, this is something you’re going to have to finish!”

Being able to stick at a task and follow it through to the end will guarantee you success at whatever you tackle. We all tend to start new projects with great enthusiasm and boundless energy – much like we commence a New Year. But as time wears on our enthusiasm wanes and our attention



is diverted to other more trivial things. One mistake we make is trying to do it (whatever it may be) all in one go and we assume that just because the idea is a good one it will all come together without too much of an effort. But anything that is worth anything is worth working at. Be realistic about the amount of time and effort achieving your goal will require. Plan things out and set milestones so that you can celebrate some gains along the way. This also helps you to look back and measure how far you've really come.

But the real biggie when it comes to not achieving your goals or failing to make improvements in your life is laziness. Lack of motivation, lack of energy and the "I'll do it when I feel like it" mentality all stem from

laziness. It reflects an undisciplined person. And it's no coincidence that slothfulness is one of the "seven deadly sins". It gets you nowhere and achieves nothing.

Don't wait to do something until you feel like it, or until someone else provides you with an incentive. If you really want to achieve your goals make a plan, put together a timeline and then stick to it. A step by step approach which helps you to achieve small gains is the best way to motivate yourself. Make a "to do" list. Including a couple of things you've already done so you have something to cross off when you start will help motivate you. And if you are tired, eating well and doing moderate exercise will increase your energy levels. There is nothing better for sapping energy than inactivity!

Someone once said that we don't waste time, we waste ourselves. Time will pass no matter what you do, or don't do. Next New Year's Eve will arrive all too quickly whether you work at achieving your goals or whether you don't.

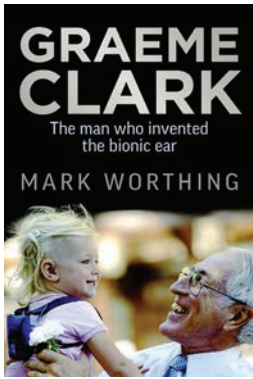
Time passing – quickly or otherwise - is only a negative thing if you are not moving forward and progressing along your chosen path.

In the words of Abraham Lincoln "I'm a slow walker, but I never walk back." Keep walking forward towards your goals and next New Year's Eve check back on the year gone by and see how much you have accomplished. Then celebrate!

A person is captured in mid-air, jumping joyfully on a sandy beach. The scene is bathed in the warm, golden light of a setting or rising sun, which is positioned directly behind the person, creating a strong silhouette effect. The person's arms are outstretched, and their legs are bent in a classic jumping pose. In the background, the ocean waves gently lap at the shore, and a distant, dark coastline is visible under the vast, orange-hued sky. The overall mood is one of freedom, celebration, and optimism.

Making the most of a **new year**

By Wendy Rush



Graeme Clark: the man who invented the bionic ear

by Mark Worthing

The 'bionic ear' is an amazing invention that has given many people hope and new life through the gift of hearing. This biography tells the story of the man behind the invention – an otherwise ordinary and very humble man who pioneered a medical 'miracle' that we now almost take for granted.

The son of a pharmacist/optometrist father and musician/artist mother Graeme was full of energy and always on the go as a child. He inherited his parents' generous and charitable attitude towards others. He had an adventurous spirit and, when he decided to do something, he committed to it thoroughly and wholeheartedly. These traits saw him accomplish what others thought impossible.

By aged 9 he was conducting experiments in a makeshift laboratory in his mother's laundry. By 10 he had already determined that he wanted to be an ear and eye doctor. This decision was strongly influenced by his father becoming profoundly deaf.

The book documents Graeme's study, research and career progression and the way he took advantage of every opportunity to become the best he could be – whether it was through failure (which was rare) or jobs that were not his first choice but turned out to be a useful training ground. It tells the story of what shaped him, from his birth in Camden, NSW through his schooling and sporting experiences, falling in love, his studies in the UK and unexpected adventure on the way back to Australia.

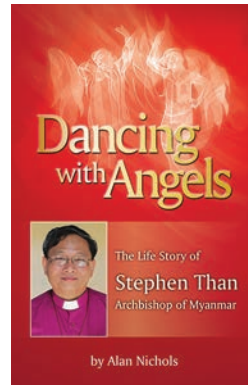
At 34 Graeme became Australia's youngest professor of medicine. His dedication to his dream meant he and his family made many sacrifices, including at one stage driving a car that was held together by rope! He faced great opposition and funding bodies were often unwilling to take a chance on him.

This book explores why Graeme succeeded where others failed. It describes his family life and relationships, his method and motivation, and touches on how scientific knowledge helped to reinforce his faith. It explains how, in his research, he had to master fields such as "neuroscience, speech science, surgery, medicine, audiology, acoustics, engineering, biological engineering".

This is a fascinating account of how Graeme Clark's dream as a young boy was realised through dedication, faith and perseverance, bringing Australia to the forefront of bionics research. While he continues to work and to receive many awards and accolades his greatest reward, says Graeme, are the stories of the people whose lives were changed for the better thanks to the bionic ear.

'Graeme Clark: the man who invented the bionic ear' is published by Allen & Unwin. It is available in paperback by emailing Tabor Adelaide at enquiry@adelaide.tabor.edu.au or from Koorong (online and instore).

Reviewer: Wendy Rush



Dancing with Angels: The Life Story of Stephen Than, Archbishop of Myanmar

by Alan Nichols

Stephen Than's life could easily be a movie or action packed novel with its story lines of poverty to power, rejection to acceptance, unjust imprisonment, torture and angelic visions – set amidst the cultural tension and political unrest of Burma over the past sixty years.

It recounts true stories of student uprisings and arrests, martial law and massacres, resistance fighters, refugee camps, informers and surveillance.

Stephen was born into a Christian family although he was surrounded by Buddhists in his extended family and in his home village. He went to the Anglican school in the capital Rangoon where more than one-third of the students were Buddhist and from a range of cultures. He then joined the air force and had almost finished his engineering training when he was arrested for 'damaging the state' and accused of being a secret agent for the Karen resistance army. After two traumatic years in prison he was released only to be rejected by everyone for fear of the army intelligence who shadowed him. But he held onto the promise of God that he had received through a vision while in prison.

Of this time he says, "God was a living God for me, and in prison for the first time I reviewed my religion, my faith up to that point, my past life as a traditional Christian. Faced with torture and death, I first asked myself, 'Where is your belief and faith?'"

The book covers his recovery and marriage, his many years of study and lecturing, his appointment as Bishop of Hpa'an and eventually his election as Archbishop. It was during a retreat for several bishops in 2013 that he experienced, two nights in a row, the angels Gabriel and Michael speaking to him. It convinced him that 'God is with us. The angels are with us. As the country changes and democracy comes, and whatever happens, God is with us every step of the way.'

The author tells Stephen Than's story in the third person which somewhat diminishes the drama of this extraordinary life. However it must have been challenging to distil the information from five hours of interviews into this small book. It is a succinct story of Burmese history through the life of a Po Karen boy who became the Anglican Archbishop of Myanmar. It tells not only his life story but his theology, his vision for Myanmar and his hope for the world.

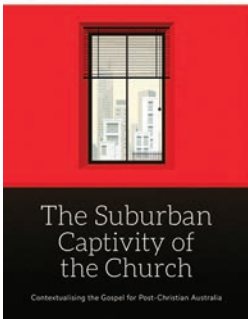
'Dancing with Angels: The Life Story of Stephen Than, Archbishop of Myanmar' is published by Acorn Press. It is available in paperback from Koorong (online and instore) or order from Acorn Press direct at acornpress.net.au.

Reviewer: Cindy Williams

Fancy yourself as a reviewer? We welcome expressions of interest from people who would like to write or submit reviews for Rise Magazine.

Please email Wendy at info@risemagazine.com.au for more information.

TIM FOSTER



The Suburban Captivity of the Church

By Tim Foster

One of the signs of a really good non-fiction book must be how often you turn down the corners of the pages because that page contained something worth reviewing. While reading "The Suburban Captivity of the Church" I did that so many times because there were oodles of noteworthy thoughts.

The idea behind this book came from Tim Foster's experience of moving from working in a suburban church to pastoring in an inner city context. So at its heart this is a book about mission in Australia which provides details about three classic people groups; suburbanites (middle class), urbanites (inner city types) and battlers (working class).

Tim Foster argues convincingly that the reason the Christian church in Australia has only really been (modestly) successful in growing suburban churches while it struggles so much with outreaching to battlers and urbanites is because the gospel being portrayed is usually captive to middle class thinking. The church has failed to contextualize the gospel so that battlers and urbanites would properly see, hear and experience it.

Foster pushes his readers to question what really is the gospel? And are we sharing an individualistic gospel that inadvertently promotes a consumer mindset. He reminds us that the gospel is more than just how to get to heaven but how we enter into Jesus' invitation to join his kingdom.

Foster contrasts what he calls the 'punitive' gospel with a 'telic' gospel which is focused on God recovering his purposes for the world. In this humans are not only agents in sin but also victims of sin. A number of Foster's thoughts are clearly shaped by NT Wright (which in my book is a good thing) but he gives these thoughts a new and very practical meaning within the Australian context.

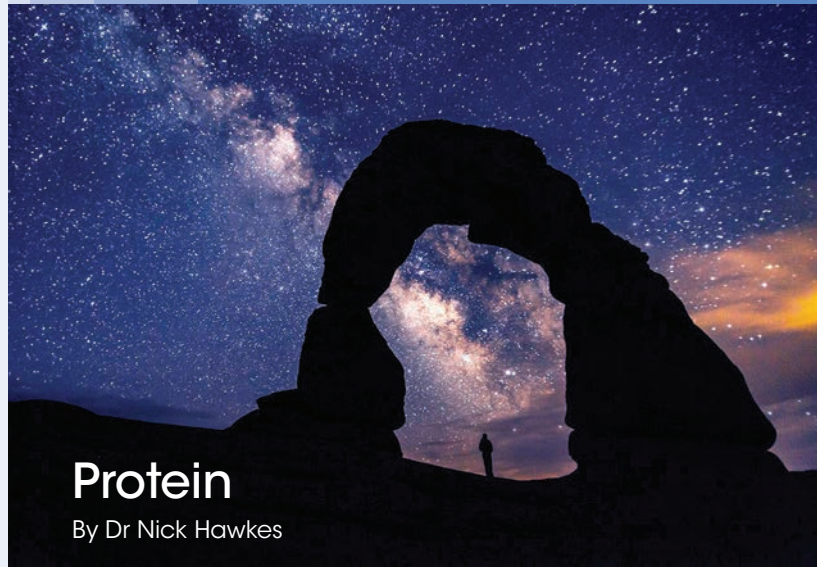
He reminds us that the gospel gives us not only a new individual identity but also a new way of being together and that this is at the heart of God's plan. So church doesn't just bolster faith or gather like-minded people; it is where we begin to experience and express the new way of relationships that Jesus desires.

Foster's historical and sociological lessons about how the three groups examined were formed are deeply fascinating and memorable. His ability to provide touch stones of inroads for the gospel for each group is of massive practical worth. Finally, the way Foster finishes each chapter with a simple gospel outline that provides a wonderful example, demonstrating what he means for us to contextualize the timeless message of Jesus for that group.

'The Suburban Captivity of the Church' is a wonderful gift to the Australian church; if ever there was a time when we needed to better understand how to articulate the gospel to people, it is now. This book provides thought provoking tools on how to improve our ability to share the message of Jesus in a culturally relevant way with the people that surround us.

'The Suburban Captivity of the Church' is published by Acorn Press. It is available in paperback or as an ebook from Koorong (online and instore) or order from Acorn Press direct at acornpress.net.au.

Reviewer: Scott Berry



Protein

By Dr Nick Hawkes

The idea of God took bit of battering in 1953 when Stanley Millar connected two flasks together with rubber tubing. He put water in one flask (to represent the earth's early ocean) and in the other he put gasses which represented the earth's early atmosphere (methane, ammonia and hydrogen sulphide). He then introduced some electrical sparks to simulate lightning and watched to see what happened. After a few days, the water turned green with a mixture of amino acids. The significance of this will completely elude you if I don't tell you that amino acids are the building blocks of protein, which forms the basis of all life.

God wasn't necessary, some claimed, we can build life ourselves.

Alas, this is not so. Leaving aside the rather obvious fact that God began with nothing, no physical laws, no matter, no laboratory, no flasks, gasses or water, the sad fact is that whilst making amino acids is relatively easy, making proteins which sustain life is mind-bogglingly difficult.

To build a protein you have to rely on chance to put amino acids in precisely the right sequence. As a typical protein has 200 amino acids, it would be like spinning a slot machine with 200 wheels, each wheel having twenty symbols (to represent the twenty most common amino acids) ...and then getting the winning combination.

You don't reckon that's a big deal? Let me explain. There are an absurdly large number of atoms in the universe. Wellyou would need to spin the wheels more times than the number of atoms in the entire universe.

So... just when you thought the idea of God was redundant, the miracle of your existence remains a profound mystery without factoring in the possibility of God. That this God should come looking for you, and die on a cross to pay the price for your sins so you could be with him, makes the idea of God not only compelling but personal. Maybe it's time you accepted his friendship.

For more see: 'The Bible on the Key Issues of Life', by Dr Nick Hawkes, available from bookshops. Nick has degrees in science and theology. He is a pastor, writer and broadcaster.

nickhawkes.net



**Outstanding
accredited courses in
theology and ministry.**

www.acd.edu.au
08 8416 8400
college.divinity@flinders.edu.au

**LOGO &
WEB DESIGN
MADE SIMPLE.**

www.joie.com.au

p. 0412 073 167 e. edi@joiecreative.com.au



CREATIVE
design | web | print

Since the Spanish conquest of Peru in the 16th century, the Quechua people in Apurímac, ancestors of the Incas, have been subject to increasing social discrimination and abject poverty. Medically, their social hardship is reflected in a high rate of infant mortality, malnutrition and reduced life expectancy.

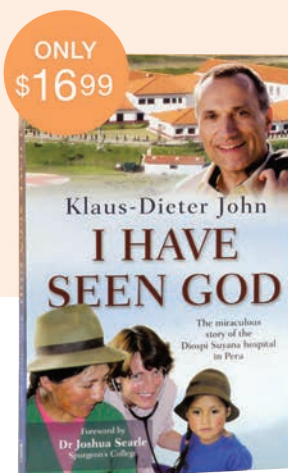
As believers in Jesus Christ, Dr. Klaus-Dieter John and his wife, Dr. Martina John, both sensed their responsibility to ease the suffering of the poorest of the poor. During a trip to Peru in 1991, the Johns became personally acquainted with the devastating realities of life for the Quechua population. Compelled by what they witnessed, the couple turned down lucrative career offers in both Britain and America, committing their medical qualifications and fierce passion to the plight of the native Peruvians.

**“ Their story will refresh your heart
and stir your spirit ”**

Together with a few like-minded friends they founded Diospi Suyana, a charity organisation that has led to the founding of a modern hospital, dental and eye clinics and most recently a school. The name comes from the Quechua language and means 'we trust in God' – a testament to their experiences that with God the impossible can happen.

The Johns are a couple with incredible conviction, and a profound faith. Their story will refresh your heart and stir your spirit. You can read more of their personal story and of the incredible work carried out at the Diospi Suyana Hospital in *I Have Seen God* by Klaus-Dieter John.

Available in-store and online at koorong.com



412129

KOORONG