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Racing For Jesus: V8 Ute in Race for Life

Gloria Jean's: Coffee with Heart

Getting Started! Celebrating over 5 years of Informing, Inspiring and Encouraging South Australians.

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Cover: Andrew 'Fishtail' Fisher, V8 ute racing driver and founder of the Jesus Racing Team



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Joie Cartoon



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Wendy Rush talks to Andrew 'Fishtail' Fisher about the Jesus branded V8 Ute, in Adelaide for the Clipsal 500, that's winning on and off the track.

If you enjoy the sound (and feel) of a V8 engine at full throttle, no doubt you look forward each year to the first weekend in March in Adelaide when the Clipsal 500 again takes over the city. Racing identity Murray Walker described the Clipsal 500 as 'the best touring car event in the world' and in 2012 the race attracted over 260,000 people.

In 2013, for the thirteenth year in a row, the V8 Ute racing series made a return to the Clipsal 500. In his 7th year in the series, Andrew 'Fishtail' Fisher was again behind the wheel of a V8 Ute emblazoned with 'Jesus. 'Passion. Purpose. Life' '. Whether or not he crosses the finish line first Andrew always makes an impression on and off the track.

The Jesus Racing Team is named after the 'Jesus. All About Life' media campaign which is about putting the person of Jesus centre stage. As founder of Jesus Racing, Andrew is passionate when it comes to correcting the misconceptions people have about living life as a Christian.

Jesus Ute in

"I think in a lot of cases people have been turned off religion and church over the years" says Andrew. "There's a whole range of issues that the community has walked away from. So for me, it's an opportunity to say 'Hey look...Christians can do all sorts of things in life. There's no actual stereotype of a Christian, we're normal people who just happen to believe in the person of Jesus.'

"We chose the Ute series because in marketing terms it is the most geometrically opposed series to the Christian faith I could find. It's the typical bogan, Aussie, Holden vs Ford competition. We put Jesus in amongst the calendar girls and the beer companies – and the rest is history!"

The Jesus Racing slogan is 'passion, purpose, life' and Andrew sees that his purpose is to challenge the paradigms of everyday Australians.

"Most people don't expect a Christian to race cars at 299 km per hour in what is effectively the most combative and competitive racing series in Australia. We want to make an impact that allows Christians to strike up a conversation with their friends, family, neighbors or colleagues. Motor sport is the third most watched sport in Australia and therefore having a race car with Jesus on it should lead to many conversations.

Race for Life

"We also deliberately place the brand at events such as the Deni Ute Muster. That's a dusty, dirty weekend at Deniliquin in South Western NSW where 25,000 blue-singletwearing Ute lovers gather every year to drink a lot and celebrate the mighty Ute. They never expected to see the name of Jesus there so it makes a huge impact."

Jesus Racing is in its seventh year and every year it continues to make an enormous impact at racetracks and in the wider community as it takes Jesus to places where you least expect to see him. But make no mistake, the Jesus Ute is not merely a mobile billboard for Christianity – it is a serious competitor in one of the most exciting and competitive racing categories in Australia. Results for the Jesus Racing Team in 2012 included winning the first race of the season at the Clipsal 500 and finishing the weekend in third place over all, finishing third at Hidden Valley, fifth at Symmons Plains, fifth at the Bathurst 1000 and fourth overall in the 2012 Championship.

The Jesus Racing Ute also featured in the Australian version of the Top Gear Live shows in 2009. Ten performances in Sydney's ACER Arena reached an estimated live audience of 78,000 people.

Andrew says "It's not my job to make people Christians, I just want to challenge them to have a look for themselves. I think people actually lack integrity if they just simply knock the Christian Faith when they have not really stopped long enough to take a proper look.

"It's all about standing up for what you believe in and not being afraid to be heard. I love that, as a racing car driver, I can have a huge influence on the lives of young people, as well as on the lives of the millions of people who see us at the race track or on television every year. Jesus Racing is certainly making an impact!"

The response Andrew and his team receive to the Ute's branding in and around the racetrack is generally positive. The success the Jesus Racing Team has had on the track has given them credibility and provided the Team with a level of respect that has helped them to deliver their message effectively.

"People can be pretty taken aback when they see the Jesus Ute for the first time. It certainly turns heads. Many actually approach us and want to chat or ask questions. It's a great conversation starter!

"I want to live my faith out in a practical sense. I love motor racing and feel privileged to be able to compete at the level I do, however, I also love Jesus, so to bring my two loves together is very exciting." Andrew designed his racing helmet which displays a series of words that are very important to him: Impact, Forgiveness, Kindness, Joy, Patience, Choice, Love. "They're the words and qualities I focus on in my presentations to students and adults alike at the forty high schools and twenty or so men's, family and community events we address every year."

One of the projects dear to Andrew's heart is 'Life Choices' - a voluntary program run by the Jesus Racing Team and presented on behalf of Bible Society Australia which engages with around 30,000 young people each year.

"I want teenagers to know that there are times where they will be required to make tough decisions and that all of those decisions have consequences. Whilst I am not there to tell them what they should or shouldn't do I encourage them to take a moment to think through the consequences before they do something stupid. We focus on smoking, drugs, alcohol, teenage sex and road safety, as well as faith, and I talk about my daughter Lily who was born with a serious heart defect and the decisions we have had to make regarding her life and her health.

"There has been an amazing response to what we do with the students, many of them are touched by the story of Lily. I have even



had the privilege of personally stopping one student from taking their life."

Andrew admits that racing with the name of Jesus on his car comes with a lot of responsibility.

"I'm proud of the fact that we compete at such a high level alongside the V8 supercars and we have come third in a couple of championships. And nothing beats the feeling you get any time you cross the line first under the checkered flag!

"But the real fulfillment comes from knowing we put the name of Jesus in front of over 1.3 million live spectators every year at racetracks around the country as well as engaging 10's of thousands of people face to face and challenging their paradigms!"

Read more about Andrew 'Fishtail' Fisher and the Jesus Racing Team at: **www.jesusracing.com.au**.

Watch out for Andrew and the Jesus Racing Team at major races around Australia in 2013

Clipsal 500, Adelaide Parklands, SA - 28 February to 3 March

Trading Post Perth Challenge, Barbagallo Raceway, Perth WA - 3 to 5 May

Sky City Triple Crown, Hidden Valley Raceway, Darwin, NT - 14 to 16 June

Sucrogen Townsville 400, Reid Park, Townsville, QLD - 5 to 7 July

Sandown 500, Sandown, VIC -13 to 15 September

Supercheap Auto Bathurst 1000, Mount Panorama, Bathurst, NSW -10 to 13 October

Armor All Gold Coast 600, Surfers Paradise, QLD - 25 to 27 October

Sydney Telstra 500, Olympic Park, Sydney, NSW - 6 to 8 December

The Jesus Racing Team made a fantastic start to the 2013 Auto One V8 Ute Series, taking out a race win and claiming second on the podium at the Clipsal 500 Adelaide. And in a virtually unheard of result in V8 Ute Racing, driver Andrew 'Fishtail' Fisher managed to finish the weekend without a scratch on the Jesus Ute!

Hands of the Carpenter Butter

Jesus was a carpenter. And I have always known that he spent many more years at his trade than he did working in ministry. But until now I have never paused to consider 'why a carpenter?' Why not a fisherman, a farmer, a builder, a viticulturist? It would clearly have been unworkable for him to be anchored to the land when he needed to step into the role of itinerant preacher. But is there some other significance in his choice of carpentry?

The dictionary defines a carpenter as someone who builds and fixes wooden things. And the definition of 'wooden' includes 'stiff, ungainly, or awkward', and 'without spirit or animation'. I am astute enough to realise that these definitions could easily be ascribed to me.

My stepfather, Tam, was a carpenter. He built things out of wood and he fixed things

made of wood. We had a big shed in our back yard with a work bench, tools of every kind and stacks of timber – old and new – in a variety of shapes and sizes. I can smell the sawdust even now as I recall him building cupboards, benches, toys, shelves, even a staircase that wound up to my bedroom that he had built in the roof cavity of our old bungalow. But what fascinated me most was that he mainly used recycled timbers. Old kitchen units, old doors, and building materials reclaimed from demolition sites.

He once used some recycled timber to make me a 'glory box', sometimes called a 'hope chest' – in the days when teenage girls, full of hope, would collect everything from glassware to manchester in preparation for setting up house.

I watched Tam go to work as he used his tools to transform the old timber into

something new. He leveraged bits of wood apart, pulled out rusty nails with a claw hammer, chipped off old glue with a chisel. He planed the rough bits and made them smooth, used paint stripper then steel wool to get into the crevices to remove paint residue and other stains, sanded the timber to a smooth finish. Finally, when it was all stripped bare, thoroughly clean and totally smooth, he was able to cut the pieces of timber to the exact size needed to fit the blueprint that he had prepared.

And still the work continued. Sawing, gluing, nailing, screwing, and more sanding. Finishing with oil to condition the wood followed by wood grain lacquer to match the other pieces that he had worked on previously. And the final, very special, finishing touch. When it looked like it was completely finished, he took a small woodworking tool and began to gouge. He cut



through what appeared to be a perfect finish to hollow out some lines and swirls in the top then filled them with gold to spell out my name – 'Wendy'.

"His life's work was, and is, restoration – but he no longer works in wood."

The final piece – my glory box – was a wonderful example of how once discarded, previously broken and useless pieces placed in the right hands could be restored and transformed into something new, beautiful, useful and cherished. Something that had been crafted especially for me.

I have come to believe that this is why Jesus chose carpentry. His life's work was, and is, restoration – but he no longer works in wood. The same principles apply, though, as he removes unwanted things from our lives, pries us away from worldly influences, scrapes off the residue of disobedience, planes away the rough edges of selfishness, washes away the stain of sin with his blood and anoints us with oil. All the while claiming us as his own with the mark of the Holy Spirit.

It sounds like a painful process, because it often can be. But there is no other place I would rather be than in the hands of the Carpenter, who has a blueprint for my life and knows exactly how to shape me and refine me in order to make the best out of me.

In contemplating Jesus the Carpenter I also ask myself what it must have been like working with wood for many years, knowing that you would one day be put to death on a wooden cross. That the hands that shaped and refined the raw material into beautiful and treasured objects would one day themselves be pierced with nails. Perhaps as Jesus took the rough timber in his hands and sawed, planed, sanded and polished, it was a constant reminder that his sacrifice on a rough wooden cross would bring restoration to a hurting world.

First published in 'Restored'-LifeWell Collection of Creative Works, August 2011 Contributions for the 2013 book 'Freedom' are open until the end May. Email info@risemagazine.com.au for information.

Just a Little Something

Ingredients

1 cup of glutinous sweet rice
4 cups of water
½ cup of sugar
½ cup of black eye peas (soaked overnight)

Ingredients for Coconut Sauce

can of coconut milk
teaspoons cornstarch
teaspoons sugar

Method

In an 8-cup sauce pan add the glutinous rice with the 4 cups of water. Cover and cook over medium heat for about 20-30 minutes. Stir the rice at the last 10 minutes of cooking, as it is sticky it can stick to the bottom of the pot, stirring it helps prevent this. The rice should be a little runny but not too thick, you can always add a few teaspoons of water if it looks too thick.

Meanwhile, rinse the black eye peas and place them in a pot with fresh water and cook the peas until boiling then let them simmer. The peas are ready when they are cooked through.

Once the rice and black eye peas have finished cooking, drain the peas and add them to the sweet rice and then add ½ cup of sugar and mix all the ingredients together.

To make the sauce, pour the can of coconut milk into a small saucepan and bring to a simmer. In a small bowl combine the cornstarch with some water to make a thin paste and then slowly pour this into the simmering coconut milk. Mix in the sugar and then turn off heat.

You can serve this hot or cold. Scoop a few spoonfuls of the pudding into a bowl or cup and drizzle a spoonful of the coconut sauce on top.

Enjoy LL

Black Eye Peas Rice Pudding - Che Dau Trang ``As a child, I was blessed to have the opportunity to observe my parents cooking in the kitchen."



Vietnamese cooking is made up of fresh ingredients and it never settles heavily in your belly. As a child, I was blessed to have the opportunity to observe my parents cooking in the kitchen. My mother taught me that cooking was not about ingredients or steps to be followed. It was purely about putting love into your cooking. A happy heart and a clean mind was her secret ingredient to making every dish taste amazing.

I have learnt to adopt this method and have also learnt that the reward of a child smiling or sounds of slurping was a sign of a dish cooked well. I reap the benefits from the sounds of "mmmmmm..." and comments of praise. My father would say, "Cooking a good dish is not about receiving praise but giving". I love that I can cook to 'Give'.

The recipe I have chosen is a childhood favourite and also holds fond memories of the Lunar Year Celebrations. As we have just entered into the Year of the Snake I thought it was fitting to share a much loved dessert and some experiences of what the Lunar Year Celebration entails.

I have very fond memories of the Lunar Year celebrations growing up; food was a big staple during this time. Our house was constantly invaded by relatives and uncles and cousins I never knew I had! All we did was eat, sing and laugh. The children would wait in anticipation with their hands folded to greet familiar faces and new ones. They would be rewarded with red pockets filled with good luck money! If you were a wise child, you would save each note but if you were the majority (which I was!) spending it almost immediately on sweets was the only logical conclusion.

Traditionally, it is a very superstitious time. Depending on the date you were born depended on what the year had in store for you. My mother told me on the eve of the Lunar New Year we had to clean the whole house. This was to rid the house of all the bad luck from the year before and the New Luck would settle in the New Day.

The next week was to be filled with happiness and joy, in our home, hearts, and life. This would ensure the year ahead would not be a hard one to travel but instead one spent with less worries and regrets.

My favourite memory during this time was watching my mother cook. The aromas of every herb you could think of wafted throughout our house and down the street. My mother and her sisters would laugh and sing as they prepared an array of dishes. I would sit and smile from my heart as it felt so enormously full during these rare moments. I look back on the times gone by, and would often close my eyes to hear the sounds of banging pots, sizzling food against the wok and shouts of laughter and happiness. Then I remember the echoing chant, "It was cooked with love, for love, by love".

omethina

Now I see the Lunar New Year as a day to rebaptise yourself once again. A time to reflect on what it really means to be Christian. "Baptism, which corresponds to this, now saves you, not as a removal of dirt from the body but as an appeal to God for clear conscience, through the resurrection of Jesus Christ" 1 Peter 3:21

As I write this, I cannot help but also reflect on what Christ had given up for us to be here on earth. Although there are moments when we can get caught up with superstitious customs or just the chaos of everyday worries. You have to pause and reflect, be reminded and grateful and never forget what sacrifices have been made.

"For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish, but have eternal life. For God did not send the Son into the world to judge the world, but that the world should be saved through Him." John 3:16-17

L.Leane



Nabi Saleh talks to RISE magazine about Gloria Jean's success and reveals how God is transforming the vision into a reality far greater than he ever imagined. Article by Wendy Rush.

In 1995 Nabi Saleh had a dream. The dream was to establish 25 Gloria Jean's Coffee outlets in Australia within ten years. The ten years have passed and more than 400 stores have been opened across the country. Gloria Jean's is now in more than 50 nations. It is one of the largest global specialty coffee operations in the world and the second most recognized brand in Australia.

There are two things that you will take away with you after being in the presence of Nabi Saleh for any length of time. Firstly, there is a sense of the man's deep humility. Chairman and Managing Director of Gloria Jean's International, Nabi is quietly accepting of the company's global success but insists that he is not responsible for its outstanding achievements.

"It is only by the grace of God that we are here and that we do what we do. Not in my strength but in God's strength." He gently encourages "keep focused on Jesus and giving glory to him. He will take you beyond your own ability. Gloria Jean's is operating way beyond my own comprehension and way beyond my own abilities. It is only through, by and in him that I do what I do. I am just a vessel."

"All he wants is a heart. God will always work through the heart."

Nabi certainly works hard and has experienced his fair share of setbacks and struggles, but he accepts all of these in his stride, firmly believing that the rise and fall (or in this case the rise and rise) of Gloria Jean's is all God's work. This does not mean that Nabi believes in 'fate' but rather he goes about his work with confidence and a sense of peace that the one who is ultimately in charge is far greater and more capable than himself.

Secondly, he is insistent that life should be enjoyed, not endured. He quotes Nehemiah: the joy of the Lord is your strength. "Life was not meant to be endured because then there is no joy. We need to work towards making heaven on earth", he says. I wonder what heaven on earth would be like and the idea of experiencing constant joy appeals to me. But I also note that he's been able to maintain that sense of joy even when his factory burnt down or when the whole Gloria Jean's franchise structure was turned upside down.

"Dream and vision is what it's all about. How do you know what your gifts are and what your ministry is? Whatever gives you your greatest joy. Position yourself in your workplace so that you do what you most enjoy. God will bring it to fruition in due course."

But, as many will attest, there can be a huge divide between the dream and the realisation of that dream.

"When you have a dream and you believe that God has put it on your heart, he gets you to recognise the whole dream. Habakkuk 2:2 says to write it down and that's where you need to start. He will give you the outworking of the dream and then he finishes at that point. Man has to take up the baton from there with a business plan, budgets and cash flow."

This is the point where many of us come unstuck. We believe that in possessing the dream we also have to possess all the necessary knowledge and skills to fulfill that dream. But if we proceed on that basis, warns Nabi, we will fail.

"As John Maxwell says, don't go working on your weaknesses, go working on your strengths." He told me that if my strength is in being a journalist then I shouldn't try to be an accountant. I suddenly felt a great burden begin to lift.

Nabi stresses that it is important to get people involved in the business who have strengths in areas that you don't. "That's the kind of partnership you need to build" he says "but be mindful that their involvement should be in fulfilling the dream, not determining what that dream is."

So in a rapidly growing company, how do you maintain consistent values and work practices? He stresses that it is who you are rather than what you do. "You need to be consistent and constant across all areas of your life. A light to shine in the darkened world." He goes on to mention, without a hint of pride, that a number of senior managers have come to Christianity as a result of Nabi living his life as "a light." Coincidentally I attended a function in Sydney shortly after our interview where Gloria Jean's was presented with a NSW export award. In accepting the award in front of more than 600 people, including the NSW Premier and senior business leaders, Gloria Jean's export manager said the reason he is with the company and intends to stay with the company is because it has a "core of integrity". In my experience there would be very few businesses – Christian or otherwise – that could be described in those terms. Surely a sign that the Gloria Jean's light is shining brightly.

The results of Gloria Jean's commercial success are not only enjoyed by those within the company. The blessings overflow into the hearts and lives of many people across the world. Children in coffee producing regions of Brazil, street kids in Mumbai, Indigenous children in outback communities and Australians battling with mental illness are examples of the many lives that are being transformed because one man had faith enough to take on a vision that was too big for him to fulfill.

The reason Nabi does what he does is simple. He wants to leave a legacy behind – to see God's work on earth expand. "At all times" he urges "leave a deposit in the hearts of others."

Heart. The extra ingredient that explains why Gloria Jean's coffee tastes so much better.



This article was published in our first online edition of RISE five years and five months ago in October 2007. We thought it was time we shared this inspiring story in our glossy edition. Since then, Gloria Jean's has continued to grow and Nabi Saleh has continued to faithfully pursue the vision that God has given him. In 2011 Gloria Jean's opened a new roasting facility which has doubled the capacity of the roasting plant to meet the Australian and International growth needs of the business.



Nelcome to a periodic column in Rise which looks at books, music, movies and more.



A DOKTA AT LARGE IN THE LAND OF THE UNEXPECTED ANTHONY J RADFORD

Dokta @ Large

David Turnbull reviews 'Singsings, Sutures & Sorcery: A 50 year Experience in Papua New Guinea' and profiles author Anthony Radford.

When embarking on a short-term medical placement one would not have expected to be part of a surgical team amputating a forearm of a burns victim within half an hour of arriving at the hospital. However, this was the reality for Anthony Radford when he travelled from South Australia to the 'Land of the Unexpected' in 1959. (Radford, 2012, 9)

Little did he know that the initial move out of his comfort zone would

take him on an amazing global journey with God as a doctor and medical academic The narrative of this journey provides a way to encourage and inspire people to make themselves available to use their God-given gifts in the marketplaces, beyond the church into wider society. As Christianity becomes more marginalised in Australia, the challenge of the 21st century for the proclamation of the good news of Jesus Christ can be overwhelming for God's people. Strategies and approaches to mission need to be adapted and modified. A significant component is Christians engaging in the marketplaces of work and community. Christian professionals have a role to play and a contribution to make to wider society, including using the gifts God has given them at home and overseas. Faith and work can become integrated. Anthony Radford has demonstrated this for over 50 years.

Emeritus Professor Anthony Radford has helped to document his life's journey in his book, *Singsings, Sutures & Sorcery: A 50 year Experience in Papua New Guinea* (Mosaic Press, 2012). This Aussie doctor living in the 'Land of the Unexpected' with its distinctive cultural, ecological, spiritual and geographic characteristics, laid a foundation and then built on it to make a more extensive contribution in Australia and beyond for God and humanity.

Anthony completed his medical training in 1960 in South Australia. His desire at the end of the course and after graduation was to practice for a period in an area of need rather than at home in Australia in a capital city. He was prepared to move out of his comfort zone professionally and spiritually. God spoke to him and he was convicted that medical mission was to be his career calling after hearing the Jungle Doctor, Dr Paul White, in a school assembly in 1952. (Radford, 2012, 160)

The opportunity opened up for him to complete a medical cadetship in Papua New Guinea. This was commenced in 1959-60 with two months as a student in the Highlands within a European enclave. He then had a further ten years there with his family in a number of places in the Highlands, in the capital Port Moresby and in Oro Province from 1963 to 1972.

Working in the Australian colony obviously provided many challenges as it was beginning to be opened up to civilisation, especially in the rural areas. This was certainly the case in regards to the medical emergencies he grappled with as the locals left their treatment to the last minute. He also had his own health issues like suffering from Hepatitis A. Anthony had to deal with the difficulties associated with travelling in a mountainous region, engaging with authorities and coping with the isolation of some placements with limited power. On occasions he was the only doctor for 50,000 people. He contributed to the establishment of the medical school in Papua New Guinea; provided medical care in remote rural villages through regular medical patrols, mostly on foot; and trained indigenous health care workers through the development of comprehensive training programs in rural medicine for undergraduate medical students and interns. Anthony and his wife Robin became active members of local churches in the locations where they worked and relationships were forged.

Throughout his time in Papua New Guinea he participated in the spiritual activities of the community like church services, preaching in some remote places and encouraging Christian cross-cultural workers in his areas. Lutheran and Anglican Boards of Mission personnel were benefactors. Being confronted by the primal spiritual world and related practices contributed to the growth of his and Robin's own Christian faith.

After his departure from Papua New Guinea Anthony could not imagine that he would continue to go back regularly as a consultant for a further forty years, and use his experiences to open doors around the world and multiply his interests in medical mission through inspiring others.

God was supporting him in this role while in Papua New Guinea and equipping him for an even stronger and broader role in Australia. Many of the opportunities in Papua New Guinea opened the door on his return for his role as the Foundation Professor of Primary Care and Community Medicine at Flinders University, where he worked for twenty years. This provided opportunities to become a consultant and develop training programs for remote health care in Australia and primary health care back in Papua New Guinea and other countries overseas.

After completing his work at Flinders University in 1994 he became a medical mission advocate, building on his desire that God's people embrace God's heart for the nations. A need to be prepared for such service led him to be engaged in training Christian health professionals for primary health care. Over 1,000 health workers have now attended such courses in countries on five continents, including the United States, Britain, Brazil, Taiwan and Australia. The Australian course is organized by Intermed SA, and takes the form of a three week multidisciplinary and introductory course on medical mission and primary health care. Since its inception, over 300 participants (averaging 25 per course) have come from around Australia and also from countries in the Pacific, Europe, Asia, Africa and the Americas. Many participants have gone on to work successfully for governments, aid organizations and missions around the world.

Anthony has also worked as a consultant in international health, an emergency physician in a repatriation hospital and is still working as a locum general practitioner in rural South Australia. He is a former Chairman of the Christian Medical and Dental Association and International Vice-President.

RISEWISE by Nick Hawkes

Which God?

If Hinduism is false, how is it that Gandhi could live such a morally exemplary life as a Hindu? And what are we to make of the compassion of Buddha; or the sensitivity of Confucius? What does God want us to believe about other faiths?

The Christian gospel makes it plain that people are not made acceptable to God by their moral leadership or their wisdom or their piety. The Bible says that the ways of humankind are foolishness compared to God's standards, which is perfection (1 Corinthians 3:19). The ways we invent to try and make God accessible simply reflect our desperate attempts to make sense of our existence and to control the God behind it.

Sadly, it is the very nature of humankind to invent a God that is controllable by us and convenient to our lifestyle. As the eighteenth century philosopher Voltaire once quipped, "God made man in his own image and ever since man has been seeking to return the compliment."

The truth is, if we are to come to God, we must come to God on God's terms not our own. God's answer to our dilemma was to come to us personally as Jesus to rescue us back to himself. He came to die on the cross to pay the price for our sins which would otherwise disqualify us from his presence. It was an amazing act of love.

All we need to do is accept it and put him in charge of our lives.



Singsings, Sutures & Sorcery is available through Koorong, Angus and Robertson, Dymocks, Mostly Books RRP \$45 or at discount online from the author anthony@ radford.id.au or from the publishers, Mosaic Press, Preston, Victoria.

Anthony's global outlook shaped this dokta @ large to use his passions and gifting for God's glory. Nick Hawkes has two degrees in science and two in theology. He is the author of a number of books including The Country is Different, and The Dance Between Science and Faith. He is also the author of the Basics discipling series. Nick is a radio broadcaster and noted speaker who has been invited to preach in America and India.

Getting Started!



Do you have trouble crossing the starting line, let alone reaching the finish line? Life coach Carey Hauri gives us some tips on how to get on track and stay motivated.

How often have we said, "I need to lose some weight and get fitter", "I really want to start saving more" or "It would be great to start the day with a quiet time with God"? While we often have great intentions, getting started and taking practical action isn't always easy! Here are five simple steps to help you get started:

1. Clarify your vision for making the desired change.

Write a simple one to two sentence "vision" statement describing how your life will be different and how you will feel as a result of having made the change. Even though it hasn't happened yet, write it in the present tense. Place your "vision statement" where you can see it and be sure to read it often to keep you focused, inspired and motivated. For example: "I am going for a thirty minute walk every day and eating nutritious meals with at least two serves of fresh fruit and five serves of vegetables daily. As a result, I am looking great, and feeling fit, healthy and energetic."

2. Set a SMART (Specific, Measurable, Achievable, Relevant, Time-framed) goal for achieving your vision.

Your SMART goal describes the action(s) you will take to make the desired change and have it become a permanent, positive life habit. For example: "By the end of this week I will set up a direct debit to transfer 10% of my salary into my savings account every fortnight."

3. Make a time in your calendar for carrying out your goal.

Schedule which days and when you will go for a thirty minute walk. Specify a time and day for setting up the direct debit with your financial institution. Write in your diary "Get up at 6.30am for 30 minute quiet time" at least until it becomes a habit.

4. Enlist the help of supportive family and/or friends to hold you accountable.

Arrange to go walking with a friend or have someone follow-up with you whether you've set up the direct debit. Knowing that someone will hold us accountable can help us to follow-through with our commitments.

5. Celebrate your achievements!

After six weeks of faithfully and consistently achieving your goal, celebrate! Treat yourself to a new book or CD, or maybe a massage, concert or evening out with friends, whatever is fun and enjoyable for you (and healthy!).

Carey Hauri is a certified professional life coach specialising in life purpose, life direction and lifestyle balance coaching and workshops. For more information on how you can be your best and live life to the full, please phone 0401 768 128 or visit www.careyhaurilifecoaching.com. You can also connect with Carey on Facebook: Carey Hauri Life Coaching

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