

RISE

inform • inspire • encourage

Dealing With Your Thorny Bits

we all have 'thorny bits'

- it's how we deal with them
that really matters

Speaking to the Soul

Niki Vasilakis talks to RISE about
music, faith and restoration

Answers, Questions and Rampaging Elephants

Sure, Jesus is The Answer
- but I just asked if there
was any Vegemite!

SPECIAL EDITION: 2010 LifeWell Conference Program inside this issue

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Cover: Niki Vasilakis

LifeWell Conference

LifeWell Conference (LWC) has been recognized as a leading player in championing the church in wholistic and restorative ministry. LWC seeks to educate the local church in the mandate of wholistic care and to equip the wider church for effective restoration ministry. Significantly, LWC also encourages and enables delegates to journey towards personal wholeness and a restored relationship with Jesus, reflecting the full design that God intends for all humanity.

Since the inaugural conference in 2007, LWC has brought leading communicators around restorative care to Adelaide: Allan and Helen Meyer (VIC), Sy Rogers (USA), Stephen Arterburn (USA), Mark Sayers (VIC), Adrian Rowse (VIC) and Donna Crouch (NSW).

LWC also recognizes the importance of celebrative music in restoring broken lives. LWC has been blessed to have with us over the years foremost worship leaders and musicians such as Darlene Zschech, Geoff Bullock and Niki Vasilakis, and been led in God-Centred worship by the LifeWell Band.

With trained therapeutic masseuses/rs on site at LWC you can receive healing touch during the breaks to bring relief and relaxation to aching bodies. This is certainly a much loved part of LWC and recognition of the concern of God for our WHOLE lives – physical, emotional and spiritual.

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ONE:WHOLE:LIFE
words for the journey

A collection of stories – in journal, poetry, prose and song lyric form – expressing each writer's journey towards discovering God's presence and plan for their lives as they experience restoration towards One Whole Life.

Launched at LifeWell Conference 2010

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Sy Rogers - Regarded as a gifted international communicator, award-winning talk show host, recording artist and pastor, Sy has served for over two decades in ministry as a pastoral care specialist regarding sexuality and related concerns. Sy is making a return visit to Adelaide for this year's conference, due to popular demand.



Mark Sayers - Speaker, author and expert on popular culture and faith, Mark is also founder of Über, a ministry that specializes in issues of youth and young adult discipleship. He is also the leader of the Red East church in Melbourne, Australia, an innovative Christian community specifically reaching the young adult demographic.



Donna Crouch - As executive pastor of Hillsong CityCare, Donna oversees all of the church's community care. CityCare's objective is to help mobilise the church to make a practical difference to others - one life at a time. As a result of CityCare's ministry, each week thousands of people facing unemployment, addictions, hardship, or simply needing someone to talk to, receive help and support.

LWC10 Keynote Artists

Cameron Semmens - Poet and performer, Cameron has published many books and CDs of his work. He makes his living through words, running workshops, performing and selling his books. He lives in Melbourne with his wife Sonya, who is also a writer, and his baby son Spencer who can't write a word.



Niki Vasilakis - Regarded as one of the most exciting violinists to have emerged from Australia in recent years, Niki commenced her violin studies in Adelaide at age 4. Her appearances on Australian television programs such as the Nine Network's A Current Affair, Today Show, SBS 'Classical Destinations' and a busy international schedule of concerts and recording, have made her name familiar to a wide public.

Speaking to the Soul



Niki Vasilakis is regarded as one of the most exciting violinists to have emerged from Australia in recent years. She talks to RISE about music, faith and restoration.

Niki grew up in a very safe, loving Christian environment, with a strong and real faith and relationship with God from a very young age. In her teenage years and young adult life she experienced many things that challenged her faith and admits there were a lot of different influences on her. "Without going into detail, there were times during those years where I experienced great restoration in my relationship with God. For me this restoration came from the awakening of God's grace in my own life. As time goes by I find I am constantly being restored by God, turning from my selfish, sinful nature, my brokenness. As I walk through this life, God restores me day by day."

Niki stresses that her faith influences her entire life, including her career. "I can't compartmentalise my career with my spiritual life. Playing music is such a big part of how I express myself that, career or not, it is influenced by my faith. As far as the personal decisions I have made regarding my career, there have been many, many forks in the road where the 'right' path to take in my career has not been the 'right' path that I have felt God has been leading me to take and I have had to make some hard decisions and say no to a lot of things. I have reflected a lot on the fact that I feel 'called by God' to play music for him and it has been confusing at times as to what that is supposed to look like - as what I do in the Classical music field sometimes can seem so far removed from anything spiritual. I have come to realise that everything is spiritual and God has me in my industry for a reason."

"I am really blessed to play music for a career, I love what I get to do every day, but the reason I feel so blessed is because I know how powerful music can be in restoring people's hearts, souls, lives. How music can bring people into an awareness of God's presence like nothing else. I know in my own life music has a way of speaking to the soul that sometimes words cannot and it amazes me how God speaks

through that. I am lucky to be able to participate in such a thing and see people's lives change by lines on a page, steel strings and horse hair. God works through mysterious ways!"

Many of us find that following God's calling on our lives is not always easy - even those like Niki who experience great success in their field. "There is quite a lot of hostility towards religion amongst many of the artistic people who I have come to know. I often feel quite alone at times, with touring and many, many nights away from my loved ones and support. But I know that it is a privilege to meet so many amazing, interesting, spiritual people who may never get to know a real Christ follower. I hope that I may have some effect, as minuscule or large as it may be, at showing them what Jesus means to me."

Apart from Niki's faith, her family is the most important thing to her – her husband, her baby that's on the way and her family. She recognises that without their support she could not do what she does, or be who she is. "I really try to enjoy life, enjoy the great moments that happen. It's way too easy for me to over-think things, get overwhelmed and be anxious about everything so I make a real effort to enjoy life - as simple as it sounds. I like to do something each day that brings pleasure, drinking tea out of a beautiful cup, walking the dog, watching a comedy."

When asked what she would most like to achieve through her music, Niki says "The list is endless, ask anyone who knows me - but that list can be a little dangerous as it can so easily become about what I want to achieve in music rather than what God wants me to do. I have to constantly give this one over to God as I am naturally a very competitive person and I want to achieve great things. But the more I focus on achievements the further I feel away from God and the more it feels like I am swimming upstream."

"All I hope for now is to be able to continue to make music for many years to come, see more children have the opportunity to make and experience music and feel led by God each day in it."



Dealing with your Thorny Bits

Mark Sayers specialises in interpreting popular culture from a Christian viewpoint and is author of 'The Trouble with Paris' and 'The Vertical Self'. He reminds us that we all have 'thorny bits' – it's how we deal with them that really matters.

After Jesus, Paul is most definitely the main protagonist of the New Testament. Today we are still in awe of his leadership, his apostolic gifting and his pastoral insights. He was able to mix it with the best of the Rabbis and to also converse and debate with the leading Hellenic thinkers. He planted churches, healed the sick, preached the gospel throughout the Roman world and generally created a magnificently holy ruckus wherever he went.

Yet in 2nd Corinthians he lets us in on an intriguing element of his life. Paul writes, "I will not boast about myself, except about my weaknesses. Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say."

"To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak then I am strong."

What I find fascinating is that here we have the central personality of the early Church, saying that his prayers to be released from his 'thorn in his flesh', were unanswered. We must ask where was his faith? Did he not believe that Jesus had come to offer us life in fullness? Paul's ongoing struggle with the 'thorn in his flesh' seems to be in direct contrast to the suffering-less version of the Christian life preached in many churches today.

Although many have speculated on what Paul's thorn could have been no one knows. I like this, I think that it means that we can all identify in our life a thorn. It could be anything. A temptation, a past hurt, a medical condition, a relational issue, an addiction, a character flaw. All of us live with thorns. Some of us will be miraculously healed from these thorns, but most of us like Paul will struggle with them for the rest of our lives. Therefore it is essential that we learn how to live with our thorns. Here are some pointers.

- Be honest in identifying what your thorn or thorns are.
- Find someone who will keep you accountable in regards to your 'thorn/s'. *Make sure that they are someone who will ask you the hard questions.* Consider too that you might need to seek professional help.
- Understand your warning signs. Like a mechanic who can work out what is wrong with a car by simply listening to the engine. *Get to know your engine and when things are moving into dangerous territory.*
- Pray for healing or deliverance from your thorn. But if God does not take it away, *make a decision to*



Photo by Wendy Rush

live victoriously with your thorn. A person who suffers from depression can live with that condition in a victorious or defeated state. Spend some time picturing what victory looks like for you with your thorn.

- Use your thorn as a gift to others. Note Paul says that he was given his thorn in order to stop him from being conceited. *Paul's thorn made him a more humble, and gracious person.* Thus his battle to live with his thorn became not just a ministry to himself but to others.
- Recognize that your battle with your thorn is the foundry for most of your spiritual growth. *Your success in this struggle will be crucial not just to yourself in this life but those around you.*
- Lastly beware the leader who is unaware of his or her thorns. The darkest moments in the life of the church are almost always caused by leaders who are either naive to or unwillingly to seriously confront the thorns in their lives. *If you find yourself under a leader like this run away. I am not using hyperbole, seriously get the heck out of there.*



Cameron Semmens is a poet and performer, offering a unique perspective on life and faith. He admits that, as a poet, he finds it more natural to ask questions than give answers.

Answers, questions and rampaging elephants

Sure, Jesus is The Answer – but I just asked if there was any Vegemite!

We all know that Jesus is The Answer. But now we've left the safety of Sunday School, many of us have found ourselves asking questions about life and faith that are a bit more complex than they used to be. It can make us wonder, if Jesus is the answer – then am I asking the wrong questions? Yet right or wrong, the questions keep on coming.

As humans, we often seek nice, clear, black and white answers – it makes us feel secure and confident. But when childhood is replaced with a grown up world and its grown up dilemmas, we find there are some areas of life and faith where the answers aren't clear cut.

Thankfully, I think Jesus acknowledges this in the very style and substance of his life and words. Jesus didn't write the ultimate 'self-help' book: How to Follow God in Three Simple Steps. He didn't write evangelistic tracts. He didn't leave us text books. Instead he mostly lived out, rather than spelled out, his faith. And when he did use words, he told stories. Even in these parables, the meanings weren't always immediately clear. He wanted to provoke genuine engagement with the issues and with God, not brief head-nodding moments of box-ticking.

The Rev Tim Costello, CEO of World Vision Australia, captures some real truth when he says: "Jesus gave no ready answer to complex human dilemmas. In fact, he did the reverse... Jesus reminds us that we are at our most dangerous when we think we have the answers. Instead his extreme teaching raises a new moral sensitivity that leads us to listen to others and to God."

I have come to understand that there are many mysteries inherent within the Christian faith. That's why it's called faith, not fact. And thankfully, if God is really God, then he is far more than our petty human brains can ever comprehend. After all, if God wasn't partially incomprehensible – He wouldn't be God at all.

So I'd like to raise a glass to the asking of good questions.

One of the reasons I am a poet is because I find it more natural to ask questions than to give answers. I believe we must grill, probe, interrogate, wonder, marvel and hypothesize.

And that the road to certainty is cobblestoned of question marks. But in this I'm not advocating the reckless surrendering to blind uncertainty – there is, after all, a difference between questioning to undermine and questioning to understand. Instead, we should take a leaf out of the book of childhood again. Children learn by asking endless questions, and learning shouldn't end with childhood.

Let us never reach an age or a stage of life when we decide, 'This is how the world is' or worse, 'This is what God is like.' Our knowledge of the world, and especially God, should never be locked in – frozen – by our own life experiences or by an unexamined faith in the concrete of conservatism. For if they remain concrete and unexamined, these beliefs become thin, worn and fragile. Life will always challenge what we believe it to be, and God will certainly not always behave as we expect Him to.

Our perception of God, our world, ourselves and our place in it must be continually re-evaluated for them to grow and mature. This can be confronting. Particularly for the church, which has traditionally and historically been the dispenser of answers. It's only natural we have a sense of trepidation when faced with tough questions of faith, or doubt. We all have a natural fear of the unknown – and as Christians, we carve faith out of the unprovable.

As it says in Timothy, 'Beyond all question, the mystery of godliness is great...'

As long as we're living with this mystery, some questions will not go away. In fact, as long as our world and our society keep changing, there are some questions that we'll need to keep asking. At times though, the answers will be so vast and complex that one question is simply not big enough to ask them. And we must ultimately concede that there are some questions that will never be answered. Not in this life at least.

And that's where, I believe, poetry can play its part. Capturing those wispy, nebulous questions that duck and weave, and refuse to be certainties. Thus, I'll leave you with a poem – about learning to live with the many mysteries of life and of God. It's not always easy, but I truly believe that where answers end, there is mystery. And God can be found in mystery.

A Herd of Elephants is in my Chest

I've always had questions in me – big questions. They stomp around my chest – a herd of elephants. Not full-sized elephants, these elephants are little, but they're still heavy, and a bit scary.

Sometime in my late teens they broke out. Pried my rib cage open, barged their way out between my bent-back bones. And off they went out into the big wide world: grazing philosophical savannas, exploring theological jungles, and crashing through the endless mass-media scrub.

I never bent my ribs back into place. Friends told me to get surgery, to stitch up the gaping wound in my chest. But it wasn't a wound to me – it was an opening.

And then, slowly, they started to come home. Not all of them, some found what they wanted out there, it was mostly the big elephants that came back: the muddled ones, the untameable ones, the ones in the room that no-one mentions – thump by thump they lumbered back in through my aching chest.

These days, they come and they go, sometimes with gentle pushes, other times with crushing shoves. They're noticeably active during dark, dark nights and long seasons of dryness.

I've found the only way to live with elephants blundering around my heart is to give them space: let them go if they need to, let them sit if they have to.

I used to hear the beat of fear in their thumping and trumpeting but now, I hear the melody of curiosity, now, their insistent stomping and stamping is an anthem to the country of my being.

See more of Cameron and his poetry at www.webcameron.com



Kids With Courage

Program 2010

KWC is a program that aims to strengthen primary aged children who are struggling at school, home, or with peer relationships. The program themes build on the child's strengths and develops emotional resilience. In a supporting, fun atmosphere children will explore feelings, set goals and find positive ways of problem solving and making changes.

Friday Night

7:30pm - 9.30pm	Session 1: Feelings and Boundaries
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Saturday

9:00am - 10:30am	Session 2: Social Skills and Grief & Loss
10:30am - 11:00am	Break
11:00am - 12:30pm	Session 3: Anger
12:30pm - 1:30pm	Lunch with Family
1:30pm - 2:45pm	Session 4: Fear and Worry
2:45pm - 3:15pm	Break
3:15pm - 4:30pm	Session 5: Self Esteem
4:30pm - 5:00pm	Pick Up

LWC10 in partnership with:



LifeWell Conference 2011, August 25 - 27

Restored 2011 – Fostering Restorative Communities and Personal Wholeness

Our world is both brilliant and broken. If you were to speak to 10 people down your street; around your church; in your workplace; gym or college...you will discover experiences of marriage dysfunction, separation, divorce, family breakdown, the destructive forces of shame and guilt, performance orientation, addictive cycles, co-dependency, insecurity, self rejection, grief, depression, chemical dependency, sexual abuse, sexual addiction, eating disorders and more. Human beings are broken and in desperate need to be restored to the image of our loving designer.

Erwin McManus states 'the church is not here for you, you are the church, and you are here for the world'. We are God's agents for helping our local communities find Jesus through their brokenness.

When Jesus Christ adopted Isaiah 61 as his job description (Luke 4:18, 19) he underlined one of the most basic realities about life - Christ came to heal and restore what was broken.

Restored 2011 will equip and educate you and your church for effective restoration ministry. LWC 2011 will champion the church in the mandate of wholistic care, enabling people to recognize God's intent to live life well – spiritually, emotionally and physically.

Register your interest NOW by emailing info@enfieldbaptist.com.au or check conference updates at www.conference2010.lifewell.net.au.

Enfield Baptist Church presents:

LifeWell Conference 2010



Thursday 26th August

5:00pm	Registrations (F)	
7:30pm	Thursday Night Rally	Sy Rogers (MA) Cameron Semmens 'Live'

Friday 27th August

8:30am	Registrations (F)	
9:30am	Session 1	Donna Crouch (MA)
11:00am	Morning Coffee Break (F)	
11:30am	Super Session	Donna Crouch (Women) (MA) Mark Sayers (Men) (GYM)
1:00pm	Lunch (EC)	
2:00pm	Session 2	Mark Sayers (MA)
3:15pm	Afternoon Coffee Break (F)	
3:45pm	Session 3	Sy Rogers (MA)
5:00pm	Dinner Break*	
7:30pm	Friday Night Rally	Sy Rogers (MA) Niki Vasilakis 'Mini Concert'
7:30pm	**Kids With Courage Opening Night** (EBKIDZ)	

*Dinner not provided. Eating places close to venue

Key:

- (MA) Main Auditorium
- (F) Foyer, Main Auditorium Building
- (GYM) Gymnasium, Southern End of main Carpark
- (RM 402) Room 402, Top level of Eddies Café Building
- (RM 305) Room 305, Bottom Level of Eddies Café Building
- (EC) Eddies Café, Bottom Level of Eddies Café Building
- (EBKidz) EBKidz Room, Top level of Eddies Café Building

Saturday 28th August

9:00am	Session 4	Sy Rogers (MA)
10:30am	Morning Coffee Break (F)	
11:00am	Session 5	Mark Sayers (MA)
12:30pm	Lunch (EC)	
1:30pm	Electives	(electives are listed below)
2:45pm	Afternoon Coffee Break (F)	
3:15pm	Session 6	Sy Rogers (MA)
4:30pm	Anointing With Oil (optional)	John Beasy (MA)
5:30pm	Conference Close	

Electives

Cacet Global, Carl Collins

Internet Predator Awareness (MA)

Focuses on the incredible dangers of the internet, identifying the different types of child sexual predators and how they use the internet to lure, trick, obtain information and in many cases commit horrific crimes against young people.

Baptist World Aid, Robin Carter

Global Perspectives of Restoration & Wholeness (RM 402)

An interactive elective exploring the causes and complexity of poverty and brokenness in the world and the different ways Christians respond. Gives a tool for evaluating how individuals and churches can best help empower people to overcome poverty in all areas of their lives.

Uber , Mark Sayers

Discipling the New Human (GYM)

The future of the church in the West is dependent on how we communicate the gospel to the new human born of secularism; a secularism that most of us live in but barely understand. Will help you understand the secular culture, which has given birth to the new humans, and provide key principles to effectively disciple young adults in an arid spiritual wasteland.

LifeWell, John Beasy

Money: Sex: Power (RM 305)

"No issues touch us more profoundly or universally. No topics cause more controversy. No human realities have greater power to bless or curse." (Richard J. Foster). No one is immune. How do we, as leaders, avoid these traps and seductions ourselves so we are better equipped to live life well and lead with integrity?

Optimum Life Focus, Chris Moore

The Values Triangle (EC)

What is most important to you? What do you most value in life?

Do your spending habits reflect what's most important to you?

Values based financial planning provides your financial peace of mind.

A very practical session.

Other Important Locations:

Word Bookstore located in the Foyer

Relaxation Hand & Shoulder Massage located off main Hallway in Auditorium Building

Prayer and Quiet Space located off main Hallway in Auditorium Building

Toilets located off main Hallway in Auditorium Building

Morning & Afternoon Tea served in the Foyer

Lunch served at Eddies Café