



'BABY BUNKER' REVEALED REAL LOVE

Filming a documentary about a pastor's love for abandoned babies brought Brian Ivie to an astounding realisation

REAL DEAL: South Korean Pastor Lee Jong Rak picks a baby left in the 'drop box'. Photo: David Kim

BY JOANNA DELALANDE

In one unique home in Seoul, South Korea, the sound of a doorbell makes the residents' hearts drop.

This bell signals that a baby has entered the baby box outside Pastor Lee Jong Rak's house and has been tragically abandoned by their parents.

"During dawn, when it's quiet," Pastor Lee says. "Imagine hearing this sound.

"[When I hear it], with my heart beating fast, I run down. I take the baby out. 'Thank You, God, for saving this child's life'. I pray like that and hug him or her in my arms."

Pastor Lee created the baby box after On-ew, a little girl with a disability, was left at their doorstep.

"Don't throw them away. Bring them here"

Pastor Lee Jong Rak

And she was not the only one— only most parents who abandoned their babies left them on the streets where many ended up dying before help arrived.

The box was created as a safe place where families could drop off their children anonymously so they could be cared for and loved.

Over 600 babies have come through the baby box since it opened in 2009. And this issue is not specific to Seoul; around the world more than 150 million orphans await families.

One of the many children rescued by Pastor Lee is Nathan.

"I named him," the pastor says. "He is visually impaired and has brain lesions. People call it 'no-brain disease'. He can't even swallow food easily. He wears diapers like a little kid. "Nathan... He's a gift from above. That's what God told me."

Pastor Lee introduces us to Nathan in a documentary called *The Drop Box* directed by Brian Ivie.

It is a confronting and heartbreaking film in as many ways as it is an inspiring story of love

and selflessness; but no one has felt the impact of this story as strongly as Brian himself.

On June 19, 2011, the film student read an article in the *Los Angeles Times* titled "South Korean pastor tends an unwanted flock".

Thinking this intriguing story would make for a documentary worthy of the Sundance Film Festival; Brian flew to Korea to film it.

In talking to Pastor Lee throughout the making of the documentary Brian realised the man was, as he describes him, "the real deal".

"This is a regular dude," he remembers thinking. "He actually talks about his brokenness and all his issues, how he was saved out of a gutter of alcoholism and rage. And now he saves kids.

"He talked about his bare-knuckled boxing fights, how he beat up the president of his work and sent him to hospital for three weeks, how he even aborted a child with a disability.



Doco director Brian Ivie

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BBC host makes waves

Top English Breakfast TV presenter unafraid of being unusual

BBC Breakfast and Football Focus TV presenter Dan Walker has rubbed shoulders with the world's rich and famous while standing firm on his often ridiculed beliefs.

The former host of the BBC Radio 5 Afternoon news and 17-year media veteran says these beliefs were reaffirmed while interviewing big names like Westlife to Kylie Minogue on a popular Key 103 radio sports show.

He was surprised that some of the big name people he had met were so miserable.

They often said things that were never heard or printed: loneliness, addiction, heartache, emptiness to the point of suicide, feeling worthless, or that they had no real friends in the world.

"Many of these 'superstars' talk about a hole in their life that they cannot fill," Dan says.

"Some try to fill it with drink, drugs, nightclubs, or sex – anything but God."

Dan says the answer is Jesus: "Every one of us has a



New BBC host Dan Walker

hole in our life without Jesus Christ."

"Without God our lives are empty... we are going nowhere. Without God it doesn't matter whether we are Justin Timberlake or Madonna: there is no way into heaven."

Dan has hosted Football Focus since 2009, covering soccer matches and interviewing top players and coaches.

On the BBC Sport team he

has covered Wimbledon, The Open, and rugby's Six Nations tournament, and covered the 2010 and 2014 Soccer World Cups in South Africa and Brazil.

The BBC Breakfast TV gig is his biggest yet, as he speaks to six million viewers three mornings a week.

In his work Dan has free entry to any English sporting event, but on Sundays no game is big enough for him to skip focusing on God and his family. The BBC has given him this day off each week.

"My Saviour, Jesus Christ, deserves the very best of my time and energy," he explains.

"Knowing the glory of God, enjoying Him and receiving blessing from Him – go hand in hand with the idea of the Sabbath (day of rest)."

After the Key 103 role, Dan worked at ITV Granada in 2004 for six months, then joined the BBC when his ITV boss moved there and wanted him on her team.

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STORY PAGE 3

Ex ICE addict

Rebecca Slavin

BBC host makes waves

From page 1

As a youngster Dan dreamed of playing soccer professionally until, he says, a “warm and friendly” preacher one Sunday evening “switched on the lights”.

“He spoke on the reality of hell, and the importance of knowing Jesus Christ as your personal Saviour,” Dan remembers.

“I remember feeling the depth of my sin. I knew that I was offending God with the way I was acting and the life I was living, and the prospect of going to hell terrified me.

“I wanted to be in the presence of God thanks to the saving love of His Son, the Lord Jesus Christ.”

Dan talked for hours with his parents, then “went to bed that night a different person. I knew that my sins had been forgiven.”

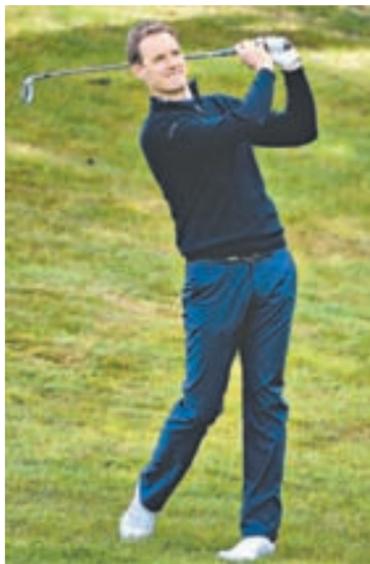
In his first year at university, Dan says, “I’ll be honest... I didn’t live the Christian life as I should have done.” His Bible sat on the shelf for months.

“Thankfully... I met some good people at church, grew as a Christian and the preaching of God’s Word had more of an influence on me.”

Dan co-hosted a regular university radio show before winning a soccer commentary competition and “much deliberation and prayer” led to the sports show gig with Key 103 radio.

Whatever pressure may come for his trust in the Bible’s history of creation Dan will not back down.

“Being a man or women of faith doesn’t mean you ignore science and technology,” Dan commented to a Twitter follower in November 2015.



Dan Walker

“I’m happy to admit my beliefs require a leap of faith,” he added, “I just think that yours does too.”

When he first decided to “take a stand about Sundays”, Dan says “I wasn’t sure I was in the right profession. Now I can see that God has clearly guided my steps.”

Dan believes that God has placed him where he can talk with many people about his faith in Jesus.

“During interviews I’ve talked to David Beckham about going to church and Noel Gallagher has asked me why I don’t swear,” Dan says.

“Everything I have comes from God,” he concludes. “I enjoy working hard and want to do my best, but I know that my current position is down to God’s goodness and His plan for my life.”

NO, IGNORANCE ISN'T BLISS

BY ALAN BAILEY

“To be or not to be, that is the question.” So said Shakespeare. But “to know or not to know” is important too.

When you are hit with a fine for breaking a road rule, it doesn’t help to say that you didn’t know about the rule. Children often resort to claiming they don’t know when Mother wants to find out who broke the wall mirror (or some valuable item).

The guilty hope that they will maintain innocence by claiming a lack of knowledge.

How often in court cases and official enquiries into doubtful affairs, people under suspicion seem to know next to nothing, or, under questioning, say that they can’t remember what happened. Then, after long interrogation, no light has been shed on the issue. So darkness is a safe retreat, a refuge when things look serious.

There are big questions in life that call for answers. Some pursue them while others retreat into darkness. For example, “Why are we here?” “Is there any meaning in life?” “Are we going somewhere?” “Is there a God to be acknowledged and obeyed?”

Yes, they aren’t easy, but to say “I don’t know and neither does anyone else,” is saying too much.

This is why the position of the agnostic is not necessarily genuine. The word “agnostic” denotes a person who claims not to know. But it is possible



NEW YORK, 9 May 2005: A gallery patron views art work near a piece titled Ostrich by Maurizio Cattelan during the preview of Christie’s New York Post-War and Contemporary Art Sale. (Photo Timothy A Clary/AFP/Getty Images)

sible that he or she does not want to know either.

Atheist philosopher, Bertrand Russell once said in an interview that if he ever met God he would say to Him that He didn’t give us enough evidence for belief. Yet God’s Word says: *Since the creation of the world God’s invisible qualities—His eternal power and divine nature—have been clearly seen,*

being understood from what has been made, so that men are without excuse (Romans 1: 20). Add to this the coming of Christ into the world to show us the truth. *“Light has come into the world, but men loved dark-*

ness instead of light because their deeds were evil. Everyone who does evil hates the light....but whoever lives by the truth comes into the light.”

We all must acknowledge that the extent of our understanding is small. But we should never ignore the wealth of God’s revelation to mankind. There is an immense amount to be known and known confidently. Christianity is not built on imagination or dreams, but on the solid foundation of God’s unchangeable Word. The big questions are addressed and answered in a way that is sufficient for us in this life. In a long life a person cannot plumb the depths of what has been revealed. We can know with certainty God’s way of salvation.

Light or no light? We must choose.

In a long life a person cannot plumb the depths of what has been revealed

‘BABY BUNKER’ REVEALED REAL LOVE

From page 1

“I saw somebody who wasn’t afraid to be known, and who was now free of all that stuff.”

What Brian also experienced with Pastor Lee, he says, was a genuine love for the first time.

“Love that wasn’t about being weak at the knees, but something that was gritty and something that was sacrificial.

“Seeing this pastor and how he had drawn a line in the sand and said, ‘No one dies here,’ and had built, in some ways, a bunker for babies and said, ‘I’m going to take care of you. I’m going to go after you, even though you may never know that I’ve done this for you, even though you may never know that you needed to be rescued’.”

Back home after filming was over, Brian heard a podcast about how Jesus Christ took our place, died for us out of sacrificial love, and he realised the kind of love Pastor Lee had had for his children was the same love God had for His own children— us.

“When I heard that Jesus Christ took the punishment of sin for me, it was like watching a movie in my head,” he says.

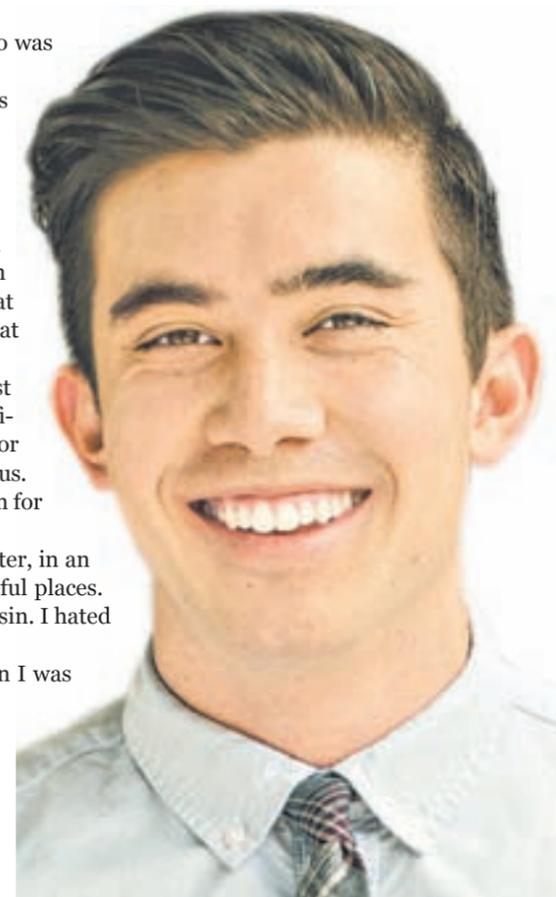
“I saw Jesus take my place in front of a porn-filled computer, in an emotionally abusive relationship, and in many other shameful places. And then I watched Him go to the cross, in my place, for my sin. I hated myself for that.

“And yet, at the same time, I finally felt known. And when I was known, I felt loved.”

After this revelation in 2012 Brian flew back to Korea to retell the story, this time from the perspective of love.

His film, released through Focus on the Family and Pine Creek Entertainment, has already won numerous awards at film festivals.

“The Bible says he who has been forgiven much, loves much,” Brian says. “And well, that’s me now.”



Brian Ivie

“He had drawn a line in the sand and said, ‘No one dies here.’”

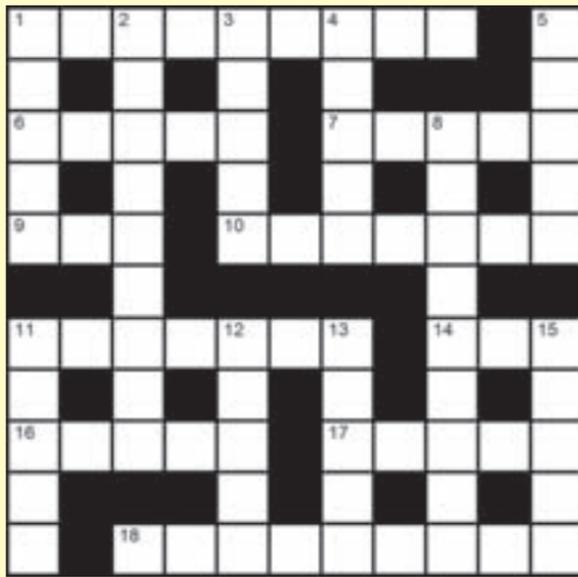
Crossword

- ACROSS**
- 7 One paid to park cars
 - 11 Plant pores
 - 18 Political party’s declaration
 - 1 Go with as a companion
 - 9 Tabby
 - 14 Cry of mock horror
 - 6 Jeer
 - 10 Deodorant choices (4,3)
 - 16 Sheriff’s force
 - 17 Title holder

DOWN

- 1 Loft
- 2 Respectful in manner
- 3 Poet’s concern
- 4 Blacksmith’s block
- 5 British racing car maker
- 8 Unfinished business (5,4)
- 11 Old photo color
- 12 Association of Southeast Asian Nations
- 13 Detached
- 15 Semi desert plateau South Africa

SOLUTION PAGE 11



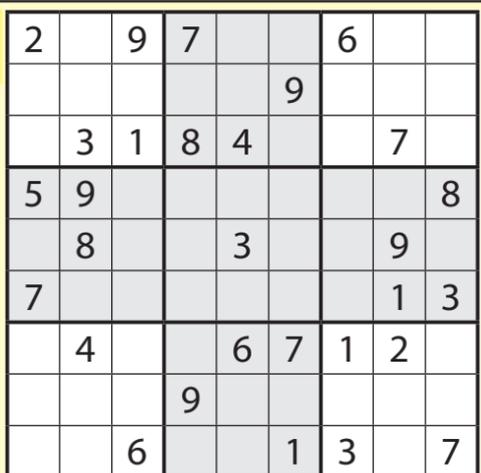
Sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Puzzle Level: Medium

6 3 8
4 2 9
7 5 1

SOLUTION PAGE 11



CHOOSE FREEDOM

The Young Citizen of the Year of her town freed herself from years of ICE addiction when she chose to get the help she needed

Rebecca Slavin is lying on the floor, the hands of her boyfriend tightening around her throat in a drug-induced rage. He smashes her head against the tiles until she loses consciousness.

The next morning when she awakes, he looks at her, worried and confused.

“What happened?” he asks, having completely forgotten the previous night’s events. “How did you get black eyes?”

Rebecca stares at him and it dawns on her, not for the first time, how dark the drug ICE is.

Alcohol and drugs had become Rebecca’s way of escape.

Escape from the pain of sexual and physically abusive relationships, and from a feeling of rejection and worthlessness that nothing seemed to quell.

She first tried ICE at a party when she was 17 years old.

She was drunk, in a room surrounded by at least five older guys, and had no true idea what this drug was, let alone what effects it would have on her life.

“I still remember that moment,” she says. “I remember the high. I felt amazing. I thought nothing in this world could stop me.”

“Thinking back to that moment now, I see a young girl in a dark room about to make the biggest mistake of her life.”

From then, she describes incident after incident of how the drug ruined and entrapped her.

She describes a long weekend with her boyfriend using ICE – the drug psychosis he experienced and the physical and emotional abuse she endured as he held her prisoner at his home for two days.

She describes dozing off in the car with her dealer on the night of

her granddad’s funeral and waking up to a smashed windscreen, smoke coming from the car’s engine, and blood everywhere.

She describes the pain that rushed through her body.

“An inch over,” she says (the car had smashed head on with a tree), “and I would not be standing before you today.”

She describes how she became

addicted to the point where ICE was all she did, “every day, every single minute”.

“Day in, day out, I longed for that same high I’d first experienced when I was 17 years old. And sure, it was fun to begin with. But the fun wears off. And I was completely trapped and lost.”

She describes how she overdosed one night when she was out clubbing. How her chest was badly bruised from being resuscitated because her heart had stopped and for a moment she had been dead. Within 24 hours she was back on her drug.

She describes how she would steal, cheat, lie and manipulate anyone to get ICE.

“ICE controlled my life. ICE possessed me.”

She describes how the sparkle in her eyes faded, how her skin turned grey and her body became frail, and how she couldn’t seem to recognise the figure in the mirror staring back at her.

“I’ve been sexually abused. I’ve been robbed. I’ve had guns held to my head. I’ve been kidnapped. All because of ICE.”

“Life as an addict is beyond any nightmare you could ever have,” she says. “It’s like being in hell.”



Ex-ICE addict Rebecca Slavin has a new lease on life

“I knew I didn’t belong in this hole that only seemed to get deeper and darker, but I didn’t know how to get out.”

“I had no idea who I was. And I missed my family so much.”

The hole got so deep and so dark Rebecca decided she’d had enough. She was going to fight.

She went home. “That was my first step towards freedom,” she says.

“At 21 I entered Teen Challenge WA, a rehabilitation and support centre. There I found my hope in Jesus Christ and He set me free from my life

of addiction and violence.”

She was lost, but now she is found, she says.

“It was the hardest thing I have ever done. But now I am free, because I admitted I was a drug addict and needed help, I chose to receive that help, and I didn’t give up.”

“There is no turning back for me. I see it as a pure miracle that I am alive today, and I do thank God for my life.”

Rebecca has just started a dual diploma in Community Services and Counseling and was awarded the Young Citizen of the Year for her area.

She inspires others by sharing her story, guides addicts towards recovery, and assists local police with domestic violence cases.

“Living a life free of drugs is worth the fight,” Rebecca says.

“I continue to walk each day now as a free woman, a new creation. I am living proof that there is hope and that there is freedom from addiction.”

She hasn’t had a touch of ICE in years, and says there is no chance she ever will again.

Acting the part

Meeting Brad Pitt on the set of his 2010 movie *Moneyball* is among the highlights of Steve Cha’s three-year foray into Hollywood.

“I wasn’t working the type of job I wanted and was pretty lonely, especially after many disappointing relationships and friendships,” the Bachelor of Arts graduate recalls.

Hoping for Hollywood success Steve became an aspiring actor in 2007 to make connections and pursue his dream of being a film director.

The connections he needed failed to materialise and his unhappiness continued, prompting Steve to reassess what he was living for.

“By most standards I was a ‘good’ guy, but I was pretty unloving and cared mostly for my personal wellbeing,” he admits on reflection.

Steve’s loneliness prompted him to ask those he admired why their Christian faith had changed them.

In contrast to his lifestyle, Steve recalls, “I saw people who had become Christians change so drastically and have such a pure desire to please God that I just couldn’t believe they were the same people.”

While his father was an atheist, his Christian mother encouraged him to attend church since childhood.

This experience, he says, gave him a “head knowledge about God”, but partying still seemed more attractive.

Months after he began acting, a Christian co-worker gave him Christian literature and DVDs by the ministry Living Waters, featuring Ray Comfort and former *Growing Pains* actor Kirk Cameron.

The lights came on, Steve says, when he understood the courtroom analogy.

“I recognised that I was a criminal in God’s sight because I broke His eternal law too many times

to count.

“As God is just, He had to serve justice on lawbreakers,” he adds.

“In His love for us, Jesus took on human form and lived the life I should have lived in order to keep God’s Law perfectly.

“Jesus’ perfect human life made Him qualified to die on the cross on my behalf, taking my sins upon Himself as the official substitute. Jesus rose again on the third day, proving that He was God and that my debt had been paid for.”

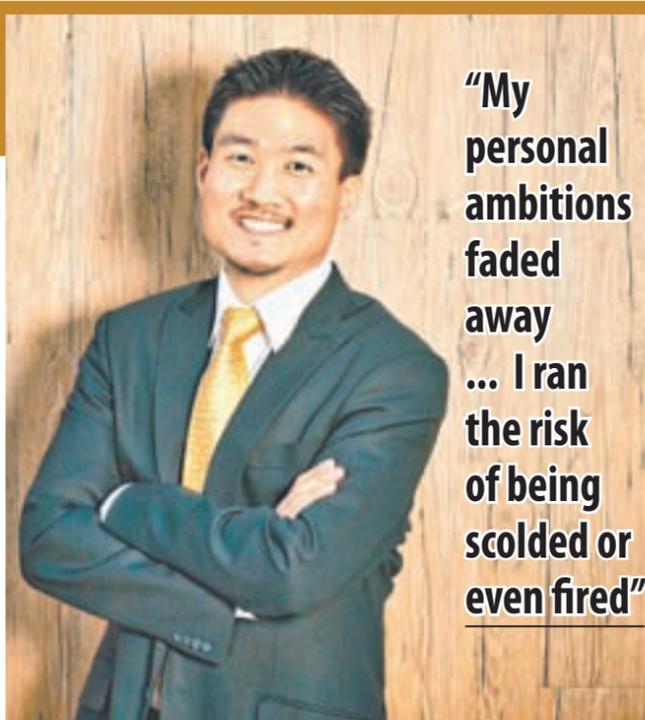
Steve remembers that at age 23, “I repented and believed in Jesus as my Lord and Saviour and my sins are imputed to Him on the cross and His righteousness was credited to me. Jesus’ perfection qualifies me to enter heaven.”

Immediately what Jesus said about being spiritually “born again” in John chapter three made sense.

“God miraculously brought spiritual life to my soul, and sinful habits slowly disappeared. I started to put on virtuous attributes like love, joy, peace, patience, kindness, faithfulness and self-control.”

God gave him new “unprecedented” desires to read the Bible, he says, and to “pray for God’s will instead of my own selfish will”, as well as “using my workplace to share the gospel [message of Jesus] with whoever I could.”

“I shared about my new life with extras and talked to celebrities like James Woods, Keifer Sutherland, Freddie Prince Jr, Torrie Spelling,



Extraordinary changes in friends led Steve Cha to change his life

“My personal ambitions faded away ... I ran the risk of being scolded or even fired”

William Friedkin, and David Fincher.

“My personal ambitions faded away and I wanted to share about Jesus even at the expense of my own reputation and welfare. I ran the risk of being scolded or even fired.”

This risk became a reality in 2010.

“I gave Brad Pitt some Christian literature during the filming of *Moneyball* in August 2010. He was impressed by his cartoon image on a million dollar bill. Ten days later my agency let me go.”

Though Steve no longer works in Hollywood, he reports “God provided for me since then.”

Steve completed a Master of Divinity in 2015 and works as an author and travelling speaker, sharing about the message of Jesus.

“Jesus says that if we seek His kingdom and His righteousness, by trusting in Him, then He takes care of His children’s needs,” he concludes.

Connect with Steve and check out his book *Hollywood Mission: Possible* at www.SteveCha.net

nudge WITH KARL FAASE

Craving the transcendent

So much of current western society seems to just be the relentless rush to accumulate and succeed. Yet most people want more than this.

We need to remember that humanity was created to live in a relationship with God, and so we crave that sense of the Divine.

Sydney Morning Herald opinion writer, Elizabeth Farrelly reflected this in an article she wrote around Easter. While not a regular church goer, she reflected about attending church and wrote:

“So it’s a big deal, for me, to cross that fearsome threshold. But I am impelled by a craving that the mundane world – even the world of good deeds – does not fill; a craving for deep time, old nature and transcendent spirit stuff.”

It is the transcendent that we seek, and life, no matter how successful, will never satisfy that desire.

Peace after life of torment

A life from hell can only describe Bunny Klassen's life but today she shares why forgave her abusers

In summarising her life Bunny recounts: "I have been raped several times, robbed, beaten throughout my life by many different people, held at gun-point, held at knife-point, given up one child and was an unwed mother to another. It was discovered that I have suffered ritual satanic child abuse. I have lived on the streets both alone and with a small child. I have been homeless. I have faced cancer twice ... But, through it all, the Lord (Jesus) has kept me safe from the worst of what could have been. He has spared my life."

It is an interesting statement to make given the suffering she has endured over the years.

While Post-Traumatic Stress Syndrome has affected her memory, Bunny remembers the cruelty she suffered at the hands of her stepfather.

"Things such as ... having my tailbone broken at least three times whilst being kicked with steel-capped boots; being told that I was stupid ... dumb, lazy, unfit, and unwanted," Bunny recalls sadly.

At 11 years old he was the first of many other men who sexually abused her.

"I quit speaking for a period of time," she adds, "I was so afraid of people in general and men in particular that I was afraid to say 'NO!' Compliance had been beaten into me."

At 14 she ran away from home and at various times stayed with a biker gang, and slept in random houses, unlocked cars and on the streets.

"Many times I could have been coerced into hard drugs, prostitution, or even turned up dead. I dread to even think about that now."

"But God was faithful to me even if I was not faithful to Him. No matter what the environment, He kept me safe from the worst of what could have happened."

This understanding about God came from earlier years spent in Sunday school, where Bunny remembers learning about Jesus and His love for her.

Yet at 14 Bunny ended up in jail after her boyfriend coerced her into stealing a car and, fearing being sent home to her stepfather, she told her jailers she was 18 and spent over

three months in prison.

Later, having survived two bouts of cancer, Bunny was miraculously healed from a third cancerous attack.

"I thanked (God) with heartfelt thanks, but I could not bring myself to walk into a church," she explains.

"I had drank too much, done too many things I was ashamed of ... I knew I was too bad for the Lord to forgive. I was wrong!"

Then one Sunday morning Bunny woke up feeling an inaudible voice prompting her to go to church and, although she tried to fight it, she found herself at the steps of a church that day.

She was not brave enough to go in but went back the following week and felt a strange sense that someone was pushing her up the steps to the church.

"I kept wanting to turn around and run the other way, but I could not," she recalls as she entered the church. "I sat at the back trying to be as inconspicuous as possible and I started to cry."

Then, to her amazement, the preacher stopped all the singing, stood and looked around and said, "The Lord just told me that someone here needs to dedicate their life to Him."

While Bunny did not feel brave enough to come forward that day, the



FILE PHOTO

following Sunday she did.

"For the next several months I could not go into a church without immediately starting to cry," she says after experiencing the love and forgiveness of God that day.

"I didn't know it then but the Lord was healing me. I changed from an extremely angry person – who couldn't talk to others without the anger, resentment, and hate showing up – to one who could not only talk to others, but would hug and was able to show love to my fellow human beings."

Three months later she was baptised on the Easter Sunday, publically declaring her decision to spend the rest of her life living for Jesus.

"I am imperfect; I fall just as everyone does, but I get up, ask forgiveness, and carry on learning to serve my Lord. He forgave me, He taught me to forgive as He has done, He taught me to love and what that really is," Bunny says joyfully.

To others Bunny concludes with an encouragement, "I know that God's grace [undeserved kindness] is there waiting for you. He does love you. It does not matter what you have done or where you have been, He will forgive you. He will teach you to forgive yourself. He is calling for you as a Father calls for a lost child He is searching for. Call out to Him. Let Him know you are searching for Him too. He will receive you right where you are. Don't wait. His arms are open to receive you now."

IS GOD GOOD?

BY DARRYL BUDGE

The recent *Batman vs Superman* movie presented a popular objection against a good God, but was it an accurate one?

In the film Lex Luther challenges Superman with these words: "No man in the sky intervened when I was a boy to deliver me from daddy's fist and abominations. I figured out way back if God is all-powerful, He cannot be all good. And if He is all good, then

He cannot be all-powerful."

While Lex is directing this at Superman as a supposed 'god', it is a common objection to the beliefs of Christianity.

Some consider this a sound argument, but if we take a leaf out of the highly-regarded 'free will defence' of philosopher Alvin Plantinga, the above argument fails.

Even atheists would agree that, if God does indeed exist, it is a good thing that He has allowed people to make their own choices rather than be controlled like puppets on a string.

Yet is it logically possible for God to give this good free will to human beings, and then act contradictory

to that good, by preventing them from making certain decisions, including doing anything wrong or evil?

That would be a square circle. An impossibility!

And could God justly judge those who reject His forgiveness for acts or thoughts He prevented them from doing or thinking?

Rather than programming us to respond like a robot, mechanically saying "I love you" without any real choice in the matter, God gave people the choice to follow and love Him genuinely or turn away from Him to live their own way.

As the Creator of everything, God



is like a grand chess master who is all-knowing and all-powerful, and who justly controls the pattern of the chessboard, His universe.

God knows every possible move of His opponents. He thus has no need to control the moves of any free agent He has placed in His universe in order for Him to foresee what they will choose.

His desire is for people to freely choose to believe in Him, and He is able to orchestrate circumstances to bring about their chosen expression of faith (or hatred) towards His salvation and forgiveness.

God allowed Satan to introduce the knowledge of evil to Adam and Eve in the Garden of Eden, even though He warned them of the consequences beforehand.

When this evil entered the world with Adam and Eve's deliberate decision to disobey God, He then lovingly sent His Son Jesus to bear

the ultimate consequences of their rebellion.

In every event of life God grants us a choice: follow Jesus or turn away from Him. Evil in this world is a result of people rejecting God despite the love and goodness He has shown through Jesus.

While God may allow evil today, the Bible speaks of Jesus' return when God will deal with those who have rejected Him, those who have hurt others and the whole problem of evil once and for all.

For those who have chosen to follow Him, the Bible explains that upon Jesus' return, He "will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain; the first things have passed away. And He who sits on the throne said, 'Behold, I am making all things new'."

God is good, that is His character. We have no control over tomorrow, but we can trust our lives into the care of God who already knows what tomorrow brings.

HE HAS HEARD YOUR CRY

BY RICHARD FEENEY

I am here to let you know
That God has heard your cry
Your tears, your pain,
your broken heart
Has reached beyond the sky

You may not know
but God grieves too
He hears your cry and groans
He sends His word to prophesy
"Revive, revive dry bones!"

The place you're in is not the end
A chapter in a book
In times like these
that don't seem fair
Lift up your eyes and look

He's with you in the valley too
You're not alone you know
Keep on walking, don't give up
He will not let you go

You have a future, have a hope
That's better than the "now"
Take hold of Him who rose again
You will get through, somehow



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PROPAGANDA

THE MAKING OF A RAP ARTIST



Jason Petty shares his rap story and the essence of his identity

BY JOANNA DELALANDE

"One day my mother was like, 'Okay, what if all your friends decided you had another eye growing out of your cheek and they all made fun of you for that. Would that hurt your feelings?' Jason recalls. He replied saying, "No,

because I don't have another eye coming out of my cheek!" "Exactly," his mum replied, "They only call you what you allow them to call you. What you accept as true about yourself even though deep down you know it's not." A Spanish-speaking black man in the suburbs; a rapper, dancer and graffiti artist; a self-confessed poetry fanatic, Jason Petty (a.k.a. Propaganda) never fit in

anywhere. "My story is a fish out of water story," he says in a video testimony for *I Am Second*. "I grew up in an all-Mexican, super violent neighbourhood. I didn't even know it was as dangerous as it was." "I was the one black kid, teased because of my colour." When he speaks, Jason is essentially rapping. Even when he is not making rhymes – there is an evenness and rhythm to his voice that makes it sound like it is crying out for a backing track. "Later when we moved to the suburbs it was a primarily Caucasian neighbourhood," he continues. "And now we were the poor kids that just moved in, these weird black people who spoke Spanish, and they just didn't get us."

He explains that being an outsider eventually became the norm for him. He was made fun of for his differences – as if he had an eye growing out of his cheek. "I was born the wrong colour, in the wrong neighbourhood, in the wrong decade, to the wrong parents..."

He says he was the butt of a lot of subliminal racist jokes. He was teased and made fun of for his background, so he tried to find his value and identity elsewhere. Yet there was one thing he knew he was – an artist.

"I began to lean into that during my teenage years and I discovered freestyle; being able to jump in a circle and dance battle. I found myself liking myself again; enjoying the fact that now I wasn't just the black dude. I was the talented one. It was safer for me.

"I kind of cruised through high school having my identity in my skill set." And at the time Jason was attending his local church but that only seemed to make him stand out even more from the hip hop scene he most identified with.

"In my mind it went back to the same way I grew up; I've been the 'only' my whole life. So if I'm going to be the only here, I'll be the only there."

But he felt called by God in such a strong way he never stopped going to church. He says he felt like "God was splitting the roof open and speaking directly to me." He raps in his video testimony as he says: *I was this tagger, slash rapper, son of a black panther [a 1970s pro-violence civil rights gang], And they got high hopes for him: he's gonna be a pastor.*

So should he run with the church boys, the backpackers, [or] the thugs? And it's funny, it seemed like the Lord's answer was: all of the above!

The revelation that he was actually perfectly fine exactly the way he was came after his father pointed out a passage to him in Psalms. "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well" (Psalm 139 verse 14).

"I realised my value was not determined by some particular innate quality that I had.

"No," he says, speaking to all of us now, "Your value is because God was willing to pay the cost of His son for you. That's the price He was willing to pay for you.

"Everything you are, your whole goulash of experiences and gifts is included in this action. All the scars. Every hurt, every failure, being spit on walking home; all this, it's on purpose. You are fearfully and wonderfully made. You're exactly what He wants you to be."

He says his life has been a proclamation of the truth that his neighbourhood didn't make him. The Creator of the Universe did.

Jason Petty did become a pastor. A youth pastor. He also led a poetry team called *Selah*, and helped his sister's dance ministry called "Live." And in 2013, he partnered with *I Am Second* in hosting a poetry contest, *Spoken Word Challenge*.

"Christ has given me personhood," he says with a tone of genuine gratefulness.

REAL AUTHORITY



Gunnar with his late mother, Natalia

Serious disease has struck Gunnar Helbe twice in his life and on both occasions he recovered by calling out to his Creator.

"In 1960, I was working for James Hardy in the factory for one year making asbestos products," Gunnar says.

"There while I was recycling broken sheets of asbestos I contracted asbestos disease and found it very difficult to breathe."

Due to his Christian faith, Gunnar immediately turned to God for help.

"I prayed to God to heal me from this disease and He completely healed me," he shares.

"I could once again breathe normally and my lungs were fine again."



Gunnar Helbe

The year before, Gunnar and his mother Natalia had been to the Billy Graham Crusade in Perth. The clear message was that all sin is forgiven and new life is given to any person who truly surrenders their life to the Lord Jesus Christ.

That night, Gunnar says, "I surrendered my life to Jesus. I believed that Jesus died for my sins."

Immediately he saw changes happen in his life, such as an inner knowledge of God's love for him.

Gunnar's reliance on God was again tested in 2009 when he visited his home country Estonia for a song festival.

"I was diagnosed with throat cancer in Estonia," Gunnar says.

Doctors prescribed him with medication but there was no effect.

In the end, Gunnar confidently says, "God completely healed me of the cancer."

Gunnar says that in His goodness, "God healed me twice of two diseases. Thank God for His healing miracles to completely heal me twice. Praise the Lord."

"God completely healed me of the cancer"

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PASSION FOR TRUE SCIENCE

Dr Chad Rodekohr busts the myth that science and God cannot coexist

Mechanical engineer and physics professor Dr Chad Rodekohr is passionate about the scientific method but is not afraid to go against the grain with his personal beliefs.

“It is easy to point to God’s glory while studying physics,” Chad explains.

While many scientists believe or feel pressured to toe the line when it comes to separating faith in God with their scientific profession, Chad believes that there is no need for this divide.

“God has informed us through Paul’s letter to the Romans that God’s existence and eternal power are made obvious in observing what God has made. Therefore, all that we study in Physics can’t help but point to these two qualities of God.”

Chad explains from Romans chapter 1 verse 20 which says, “For since the creation of the world God’s invisible qualities – His eternal power and divine nature – have been clearly

seen, being understood from what has been made, so that people are without excuse.”

From a young age Chad has been fascinated with understanding the world around him and how it physically functions.

“I love watching the swallows gracefully swooping to catch their food, so learning about the physics behind flight and the various control surfaces of airplanes came quickly,” he recalls.

Along with his curious nature, from a young age Chad’s parents taught him about the God who created the universe and he watched them live out their faith daily.

At age seven he made his own

personal decision to trust in Jesus as his Saviour and Lord of his life, determining that what he witnessed in his parents’ life and the world around him was the result of a loving God who genuinely wanted to know him personally.

While Chad grew from strength to strength in his Christian faith, his love for science never wavered.

“To this day, I gain unusual enjoyment from maximizing the precision of my measurement tools in everything from bathroom construction to astronomical observations. This stems from simply loving the

order with which God has created the universe,” he explains.

Yet in his daily work as a professor of physics, Chad has noticed that many of his students trust the scientific method without a true understanding of the philosophy underlying it.

“Most can’t actually differentiate between hypothesis, theory, law, or fact. It is no wonder they don’t distinguish between repeatable science and mere claims about history,” he shares.

For example, when discussions arise about the origins of life Chad says many scientists make claims

which are wrongly stated as facts.

“These ‘facts’ are then assumed to be the result of the scientific method. However, the scientific method cannot go backwards in time – only forwards.”

“For example,” Chad adds, “scientists have guessed the initial conditions for the supposed ‘big bang’. These initial conditions are assumed to be true, but they are not actually known facts because the hypothetical event was not observed by anyone.”

When he has the opportunity Chad encourages his students, who are considering pursuing a scientific career, “to do so with all diligence! To understand what God has created and how He has set it all up with an amazing order”.

“There is no contradiction between God’s Word and science. Many scientists claim that contradictions exist, but that is because they are making assumptions based on their personal worldview. If you begin with a Biblical worldview, then you can clearly see God’s glory declared throughout all observations. This makes perfect sense – God made both His Word (the Bible) and all of creation.”

Both in his scientific endeavours and his own personal life, Chad tries



Dr Chad Rodekohr

his best to live in accordance with his faith in Jesus but he confesses that this is not always easy.

“When things aren’t going my way, my strong tendency is to first develop a complaining attitude, wrongly assuming that life should be easy and pleasant for me. This is pride, selfishness, and thanklessness,” he shares honestly.

“In that bad-attitude state, I viewed God as one who exists to make my life happy. This is very wrong. I am the one who exists to serve Him – not the other way around.”

With this bold yet humbling perspective Chad says he continues to use his passion for science to share the compelling truth of the Bible – God’s Word and “light to all mankind”.

Believe it or not

BY CREATION MINISTRIES INTERNATIONAL

Unique gene found in humans

Res di gene, humans make



That’s good. The trouble is, however, the additional evolutionary ‘spin’ disseminated in reports of the discovery. The new gene, miR-941, was dubbed the ‘evolution gene’, and it was claimed the gene “helps explain how humans evolved from chimpanzees”.

Team leader Martin Taylor of the University of Edinburgh said, “This new molecule sprang from nowhere at a time our species was undergoing dramatic changes: living longer, walking upright, learning how to use tools and how to communicate.”

“Sprang from nowhere”? Surely this gene associated with intelligence in humans can only have itself come from a source of greater intelligence? (Romans 1:20)

• ‘Unique’ evolution gene find hailed, MSN News, 14 November 2012.

TRAGEDY OF HARD WORK’S MISDIRECTION

BY CHRIS BRENNAN

HARD WORK is rightly praised in Australia as vital and admirable. In early modern history no trait was more valuable.

Even as settlers moved into our region it was hard work or fail.

Our heavily-timbered land was cleared for pasture primarily by hand and axe. Hard work mattered beyond all else. Similarly today, we readily acknowledge the one who puts in the hard yards, who prospers by the sweat of their brow, be it expressed today by long hours at a desk, or by careful consideration of the figures rather than by the swing of the axe.

But hard work, by itself, is no guarantee of success.

The timing must be right and the direction of the labour likewise. In our local area, Wards Mistake is so named because of a notable misdirection of hard work.

Legend has it that Richard Ward and William Nowland both moved in 1840 to squat the area east of Guyra in New South Wales.

Ward began the hard work of clearing the land, acre by sweat-drenched acre, making significant progress only to find that Nowland had gone through the registration process first.

Ward’s hard work had been gifted to another, and the area became known as Wards Mistake.

We love the idea of hard work and we recognise its value and so the misdirection of it makes for a tragic story. Again, we recognise the danger in contemporary days.

We tragically hear of the spouse who gives all their energy and time to their work so that they might provide for their family, only to find that the family has gone. The relationship withered away because of inattention.

We hear of the sportsperson who “makes it” in sport because of their effort, but fails in life because they



never considered what would happen after injury or age take their toll.

We love the idea of hard work, but lament at it being of little benefit. In the Bible hard work is also praised and the tragedy of its misdirection acknowledged.

There is, in Luke chapter 12, the story of a farmer whose hard work seemed to pay off. His logical conclusion was that he can now take life easy, eat drink and be merry. But his hard work was misdirected. One night his life was demanded from him and his wealth was of little value at that point, a tragic waste of effort. It was Jesus who told the story, and later in the chapter he gives controversial guidance about hard work rightly directed.

He says instead, “seek His (that is God’s) kingdom and these things will be given to you as well”. It is guidance worth considering well, because if we get it wrong and Jesus is right then the consequences are eternal. Maybe we should do what we see as good - some hard work in considering who Jesus is, what He has done, and what He says.

It might save us from making a mistake far worse than Ward’s.

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STRUGGLING WITH DRUNKENNESS?

Time for action!

HAS ALCOHOL got a hold on you? Here are some simple ideas to help overcome temptation based on what the Bible has to say.

Whether alcohol tends to make you aggressive or just lose your inhibitions entirely, you could one day wake up in the morning with consequences far worse than just a terrible hangover. The Bible gives some good insight into this struggle and from Scripture we can find some simple ideas you can try.

1. BE MOTIVATED BY GOD'S WORD

The Bible clearly says that we need to be sober-minded (i.e. not drunk) and watchful because the enemy of God, the Devil, "prowls around like a roaring lion" looking to destroy us in any way he can (see 1 Peter 5:8-11). While you might enjoy an alcoholic beverage or two, the simple fact is that the Bible tells us not to get *drunk* on alcohol (see verses like Ephesians 5:18 & Galatians 5:21). Knowing what God says on the subject can give us strength and wisdom.

2. SET YOURSELF BOUNDARIES

If you know deep down that one drink always ends up becoming "one too many drinks", then you need to set yourself boundaries. Set a maximum limit and stick to it. Decide before an event how many drinks you will have, or if you will drink at all, and get someone to watch out for you. The Bible instructs those who want to honour God to exercise self-control in all things (see 1 Peter 4:7, Titus 2:11-14, 1 Corinthians 9:25). If you have given Jesus control of your life, He promises when you are tempted He will provide a way of escape if you look to Him (see 1 Corinthians 10:13).

3. FAST FROM ALCOHOL

If you find it impossible to stop once you have had one drink, perhaps you need to stay away from alcohol all together. Jesus warns that it would be better to cut off a part of your body that causes you to sin than end up being thrown into hell (see Matthew 18:8-9). This may sound extreme but what Jesus meant is that sometimes



we have to cut things out of our lives that have a hold over us so that we can be right with God. Things that give us short term satisfaction wear off eventually and leave us feeling emptier than before, while God promises us eternal life with Him. If you truly desire being with God forever, surely that reward is worth giving up everything for?

4. FIND ACCOUNTABILITY AND GOOD FRIENDS

Do you have a friend or relative who you trust and look up to? Ask that person to regularly check up on you and make sure you stick to the boundaries you have set out for yourself. Whether it be just when you are at parties or an informal weekly catch up, accountability provides extra motivation because you know that you will be asked to give an account for your actions. What if you don't have anyone to help you with this or perhaps all your friends are pressuring you to drink more? The Bible explains that those who have bad friends will suffer harm, will become fools and will have their good morals ruined (see Proverbs 13:20, 1 Corinthians 15:33). Is it time for you to seek out better company? A church of genuine Christian believers could be a good place to start!

5. PICK YOURSELF UP AND CARRY ON WHEN YOU FALL

We are all human and sometimes even with the best intentions we can fail to achieve what we set out to do. Thankfully the Bible says God is merciful and abundant in compassion. It also says Jesus sympathises with our weaknesses, because He too was tempted (although He did not sin), and that we can find mercy and forgiveness in Him when we fail (see Hebrews 4:15-16). Don't allow the Devil to get you down with negative thoughts, look to Jesus and never give up!

These practical steps may help but at the end of the day the best thing you can do is accept Jesus Christ into your life. When you acknowledge that you can't do life alone and that you need Jesus' forgiveness for the times you can't live up to God's perfect standard, you allow the Holy Spirit to enter your life and help you with your struggles. Turn to page 11 to learn about how you can become a Christian today. •



John Hayes (L) and John Cartledge

Lawyer and ex-criminal unite to fight alcoholism

BY ANDREW HALLOWAY

John Hayes and John Cartledge used to look at each other from opposite sides of the courtroom. One would be the accused, in the dock, and the other — a lawyer — would be his accuser.

But now the two Johns are the best of friends and have written a book together — which tells their very different life stories.

The book, *Alcohol: Thriller or Killer?*, highlights how booze destroyed the life of former sportsman John Cartledge, and how former Senior Legal Advisor John Hayes used to see many others like him in his work at the Magistrates Court.

The two Johns have known each other for over 30 years, having met as 'enemies' in court on numerous occasions. One administered the law and the other fell foul of it, and, when their paths crossed, John Cartledge usually got punished. So how did they become great friends?

John Cartledge had a very promising career as a professional footballer, and as a youngster trained at Manchester City. He was also a fine boxer, and worked in his father's business, married Jennifer and had three children. Everything looked rosy.

But over a period of eight years John went from a social drinker to an alcoholic. Eventually, like many other alcoholics, he ended up living rough, drinking on park benches, sleeping in derelict houses and stealing to find more alcohol.

Soon his wife and family were totally neglected, and when he did go home he caused havoc. He remembers: "On one occasion I pulled the gas fire from the wall while it was still lit! The gas fitter who came to fix it said I was fortunate not to have blown the house up."

It is hard to believe that John gave up all the good things he had for a life in police cells, mental hospitals, halfway houses, rehabilitation clinics and eventually prison. But that's what alcoholism can do to a person. And while he was in prison, his wife eventually divorced him.

In 1991 he was admitted once again to a mental hospital. For the last 15 years he had tried every possible way to stop drinking, but all to no avail. After coming through 'withdrawal' in the hospital, he

finally decided to look at the last option available to him. He knew he couldn't help himself, so maybe God could change him.

John picked up a Bible, and as he read it he could find no mention of 'alcoholism' or 'alcoholic' (terms unknown in Jesus' time). But he did find the words 'drunkard' and 'sinner', and it became clear to him that his problem was sin and the only way to change was to confess all his bad words and deeds to God. As soon as he did, he was immediately forgiven and cleansed of his addiction. God's Holy Spirit miraculously took the desire for alcohol away from him.

From that day on, all John wanted to do was to serve his new found Lord.

He went to a Christian college with the aim of becoming a missionary and he later set up a Christian book centre in Ghana, built with the money God provided through gifts from Christians.

John also married Akua and they now have a son, Sean. Then miraculously at a church he started attending, he was

reintroduced to John Hayes.

The two Johns recognised each other from the times they had met in court and soon bonded over their mutual faith in Jesus.

John Hayes had been brought up in a Christian home, but realised that didn't make him a Christian, "no more than being born in a garage would make me a car", he jokes. Like his friend John, he too had to ask God for forgiveness and make his own decision to follow Christ.

As a result of their experiences with alcohol — one having 'been there, done that, got the T-shirt', the other having seen what it does to people in its grip — they eventually felt God was leading them to write a book to help people break free of alcoholism.

As a result of the book's success once published, the two Johns now share a passion to speak together about how alcohol can ruin lives but also how God can restore them. •

Alcohol: Thriller or Killer? is published by Ambassador Productions, Belfast.

HOW PENGUINS STAY ICE-FREE

BY DARRYL BUDGE

Ice is extremely dangerous, both to airplane speed and to penguins dwelling in sub-zero environments, but it is never a problem for cold-climate penguins.

UCLA Professor Pirouz Kavehpour has identified the penguin's "superhydrophobic" features that could be translated to airplane speed sensors, wings, flaps and rudders.¹

Engineers also want to improve existing chemical de-icing compounds that are expensive, non-biodegradable and time-consuming.

In their pre-existing genetic information cold-dwelling penguins survive through two remarkable features that prevent water and therefore ice from sticking to their body. Under an electron scanning microscope Kavehpour noticed that tiny pores in their feathers trap air so that water cannot soak into their fur.

Secondly, penguins expel a remarkable oil from a gland near the base of their tail, which coats their feathers so that water droplets bead up and become spherical. Since these water beads barely touch the feather they will easily roll off or be shaken off.

In the beginning God designed the genetic code of the ancestor of modern penguins to have the gene information necessary to flourish in both warm and cold climates. For the same reason interrelated bears and interrelated dogs survive in opposite climate extremes.

Some penguins today inhabit the very warm Galápagos Islands, very near to the equator. They also once lived in Peru as two fossilized penguin skeletons measuring 1.5m tall were unearthed there in 2007. •

1. Flight engineers are (ironically) taking tips from penguins, interestingengineering.com, 10 May 2016.



Building Better Marriages

TRUE INTIMACY MEANS SHARING YOUR BURDENS

BY ROB FURLONG

Everyone comes into a marriage carrying emotional and relational baggage.

A skit performed in a church in the United States illustrated this by showing the young couple taking their vows while having heavy burdens labelled guilt, insecurity and fear draped over their bodies. When it came time to “kiss the bride” they were unable to do so – “how can you hold someone when you are carrying so much baggage on your arms?”

What do we do with the baggage? Pretend it's not there?

Hope that we lose it at the airport of life?

Expect our partner to carry it?!

Solomon gave some very helpful advice about how we might handle our baggage when he wrote:

“Two are better than one, because they have a good return for their labour:

If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone?

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

In the world in which Solomon lived, people would often travel at night but the journey was dangerous. There was the risk of violent robbery and, at night, falling into deep ditches carved out through the constant wear and tear of travellers and the weather upon the road.

Only if you travelled **with** someone could you be sure someone would immediately help you out.

It has been my experience in marriage that when I *share* my burdens – notice that I did not say *dump* my burdens – my wife Karen will listen to me, encourage me and pray for me.

And when this happens, I am incredibly aware of both the truth and the comfort of having a true



friend beside me and who is able to lift me out of whatever emotional ditch I may have fallen into.

And of course, I do the same for Karen.

This is what true intimacy in marriage is all about.

It is the assurance that the person closest to you will listen to you when you are in trouble and not judge or reject you.

It is the confidence of knowing that there is someone traveling with you on the road of life and they will always be there for you.

Gordon MacDonald likens it to traveling through life in “the company of a happy few” – that as husband and wife you experience the joy and delight of not just being lovers, but true friends as well.

More poetically, Michael Card describes it this way:

Home is where someone is waiting and loving

And happy to see you again, That half of your heart that somebody else treasures

The one who's your forever friend.

We all have baggage and we do bring it into our relationships.

Some of us are unaware of our baggage and for some of us, it may take a lifetime to be rid of it.

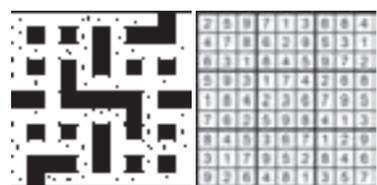
Which is why it is much better to share the load with someone else.

How sad it is to see couples who have been married for decades but have never come to the place of truly being able to help each other out of the ditches of life.

One more thing.

Solomon spoke of the “cord of three strands.”

How much stronger is the couple that not only supports each other in tough times but also relies on God's everlasting and unfailing strength, grace and encouragement!



How can I become a Christian?

Anyone can gain the eternal life offered through Jesus Christ

We read in God's word: “God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life” (John 3:16)

OUR PROBLEM: **Separation from God**
“Everyone has sinned. Nobody is good enough because God's standards are perfect” (Romans 3:23) ADMIT

GOD'S REMEDY / SOLUTION: **Jesus died on the cross**
“God demonstrates His own love for us in this; while we were still sinners, Christ died for us” (Romans 5:8) BELIEVE

OUR RESPONSE: **Trust Jesus by receiving Him**
“To all who received Him, to those who believed in His name, He gave the right to become children of God” (John 1:12) COMMIT

Here is an example of how you can pray.

“Lord Jesus, I need You now. Please forgive me for my sins. I open the door of my life and receive You as my Saviour and Lord. Thankyou for loving me so much that You died on the cross for me. Take control of my life. Make me the person You created me to be. Amen”

The Lord Jesus says: “I tell you the truth. Everyone who believes in me has eternal life.” (John 6:47). He gives life of a wonderful quality that continues forever.

AS A NEXT STEP :

If you prayed the above prayer, tick this box

I have prayed this prayer.
 Please send me:
 Bible
 Some 'starting off' literature
 Information on a helpful church

If you have NOT prayed the prayer at this stage, tick this box

I would like to think about this.
 Please send me:
 More information as I am inquiring about being a Christian.
 I have a problem (see attached letter)

** Please tick and write clearly **

Name _____
 Address _____
 Phone _____
 Age and occupation (it helps) _____

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Computers & Technology

5 RUDE MESSAGES YOU HAVE PROBABLY SENT AT WORK

BY DARRYL BUDGE

Writing a friendly, respectful and efficient email in all situations can be difficult. Absent of facial expressions and body language, every written word determines tone and mood.

Remember that people are more responsive – both for good and bad – according to how you say things than to what you actually say.

Here is what NOT to do :

● **RESPONDING WAY TOO ROBOTICALLY**

Be as respectful as a face-to-face meeting would require, while being extra careful that your words lack tone. Express a personal greeting like “Hi John” (e.g. on launch of an SMS conversation). Write “thank you” rather than “thanks”. Avoid a negative tone by correcting errors non-emotively: avoid saying “No” or “you're wrong”. Write “that's good/better/best” rather than the vague “fine”, which can mean ‘good’ or ‘I think you're stupid’.

● **RESPONDING TOO BRIEFLY**

Avoid responding extremely briefly to a detailed email, e.g. “Got it”, as you may appear apathetic or sarcastic. Balance the sender's effort against the effort you put into your response.

● **HABITUALLY SENDING REPLY-ALL MESSAGES**

Address group emails (CC and BCC) only to individuals where it is necessary and helpful. Imagine speaking your email in a face-to-face meeting with every recipient: would they all benefit? Don't waste anyone's time with matters you wouldn't share with them face-to-face.

● **HABITUALLY CRITICIZING VIA EMAIL, AVOIDING PERSONAL EFFORT**

Sending emails that consistently criticise or major on failings overbalances the positive emotional ratio required for healthy relationships. Cushion criticism with support, and remember that delivering a balanced message via phone or in-person is always more effective. Before sending, give yourself a five minute check-up on whether your emotions have over-heated.

● **FLAGGING URGENT OR IMPORTANT OR SAYING SORRY WITHOUT A PHONE CALL**

To avoid sounding demanding, a big-bad-boss or discourteous, call someone first if possible before sending that “urgent” or “I'm sorry” email. Not calling or meeting personally can show a lack of respect for their time, effort or the seriousness of your blunder. Give up a few moments of your own time to call, or say sorry face-to-face and your relationship will be much more valued by them. ●

Fa f

HOW TO WRITE A RÉSUMÉ



A résumé provides a well-thought-out, concise picture of you, the job seeker, as if it were a personal sales brochure. It needs to communicate quickly, clearly, and accurately a summary of your skills, qualifications, experience, credentials, and accomplishments. It is generally the first impression of you a potential employer gets.

Seek assistance from others who will be honest, yet complimentary. Ask people who review resumes in their job.

Writing your résumé

- Keep it brief – selling your abilities and skills within the first five to 20 seconds. A one-page résumé is most desirable.
 - It should emphasise your special points, highlight achievements and the end result of your activities and contributions, and indicate the techniques and processes you are an expert at implementing. Do not downplay your achievements.
 - Talk about your most recent jobs first and more substantially than others.
 - Avoid overemphasising your educational background. If you have been out of school for more than five years, your résumé should be weighted in the direction of work experience and accomplishments.
 - Avoid gaps between employment dates. List jobs by year, not by month and year, and give a reason for periods of unemployment.
 - Avoid dramatic or fancy type of styling and coloured paper.
- The following are things that you definitely need to include in your résumé.**
- Name, current address (only suburb and postcode needed), telephone number, and e-mail address. (It is illegal for Australian employers to request your age, marital status, religion or nationality. Don't use your contact details at your current employer!)
 - Summary. This includes non-skilled attributes and strengths, as well as professional skills, abilities, and experience.
 - Professional experience. Show dates (reverse order from present), name of company, job title, and job description (responsibilities, duties, achievements, and contributions).
 - Education. Name of institution, degree(s), year(s) attended or degree(s) earned, and special honours, awards, or recognition.
 - Other (if room is available). These would include professional memberships, civic or social memberships, awards, honours, publications, and accomplishments.
- A résumé provides the opportunity for a personal employment interview. For that reason, the development of a quality résumé is one of the most important aspects of a job search. ●

KIPSANG'S WISDOM



Marathon champion Wilson Kipsang runs to help his people

Claiming back-to-back victory in the 2014 New York and London Marathons, Kenyan runner Wilson Kipsang is content for now with his 2012 Olympics bronze medal after pulling out of the Rio Games to focus on other races.

To date, Wilson has won eight of the 12 marathons he has competed in and is the only athlete in the world to finish five marathons in under two hours, five minutes.

He also shattered the marathon world record by 15 seconds with a time of 2:03:23 in 2013, a record he held for a year.

So where did this speed originate?

"I grew up running to school and looking after cows – you have to take them a long distance. In my primary school, I really liked competing in the races," Wilson humbly explains.

"I would work hard to make sure I was in front because I'm someone who likes a challenge."

After joining the Kenya Police Service in 2004 he began to train more intentionally.

Wilson started training with fellow runner John Komen in 2006, which sparked a friendship that changed his life.

Every Sunday John quietly invited Wilson to join him at church and, although at first he politely declined, things soon began to change.

Wilson would often hear John talk about knowing that his sins were forgiven and about the peace he felt inside.

"He tried to motivate me," Wilson recalls. "Then I saw the way he was doing things. This guy, he's doing things the right way."

So out of curiosity he took up the offer to attend church with John.

"So faith comes from hearing, and hearing by the word of Christ," Wilson quotes from Romans chapter 10, verse 17.

As they studied the Bible one-to-one and at church, Wilson recalls, "Slowly, slowly, I decided to fully dedicate my life to God. Once I did that, I began to reason in the best way and experience the favour of God."

"I got good results in my life because I began to approach issues the way God would want me to. I know my talent is a gift from God."

"You can't go to church to win a race or ask God for prize money. God wants to see what is in your heart. God's main purpose for me is to worship and glorify His name."

"(Wilson) has inspired me a lot," John says. "What he does is what he gets from the Bible, how a person is supposed to live the Christian life."

Both men then travelled together and ran their first international race in 2007. Along with many victories, Wilson and his family faced many challenges.

"When I first started winning, I would buy a goat to slaughter and invite my neighbours to celebrate with me," Wilson says.

Then friends and extended family, who had been generous toward him as he trained, asked him to help them and he eagerly accepted.

"If you run well and become successful, many people look up to you," Wilson explains.

"There are things you have to sacrifice. Sometimes you are not present in the family. They need your advice. They need your direction, and you're out training. Many of the athletes' families have really broken up, not because they don't know what to do. It's because of the pressure. It's not easy."

"Now that my name is [famous], there are a lot of expectations from my community. I often ask God, 'What should I control so that I can be the Kipsang you want me to be? How should I do things in the right way?'"

Wilson patiently prayed

LONDON, APRIL 22, 2012: Wilson Kipsang of Kenya passes Westminster during the 2012 London Marathon. (Photo Jan Kruger/Getty Images)

"I grew up running to school and looking after cows"

to God, talked to trusted friends and waited for an answer.

"I really want to give back to the community," he later realised.

"A lot of athletes bring money back to assist the country to make a very big, positive improvement in every community. Now I own a hotel and I employ 25 people, and champion athletes come and train here in Iten because of the altitude and good roads."

Wilson is now very much a part of his home community in Iten.

"I don't distance myself from people who don't go to church," Wilson says.

"We celebrate together. I don't want division between the community and the church. If you don't have a good relationship with your community, you cannot assist them or welcome them to church."

"When I go away for a race, I ask my church to pray for me. And if I win, I buy everyone in the church a soda. This gives me an opportunity to invite my neighbours to tell them what God has done, not me."

Interview courtesy of Athletes in Action



LONDON APRIL 14, 2014: London marathon men's winner Kenyan's Wilson Kipsang poses with the trophy. Kipsang won in a course record two hours, four minutes and 29 seconds. (Photo Ben Stansall/AFP/Getty Images)

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