

July- September 2025

3rd Quarter



Spotlight

Voice of Northeast India Union Of S.D.A

Feature: Installaton Of Newly Appointed
Northeast India Union Officers,
2025



<https://sdaneiu.org.in>

Contents:


Spotlight : July, August, September 2025

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ERTON KÖHLER DELIVERS FIRST SERMON AS NEW GC PRESIDENT

By: Lauren Davis, ANN



Crowds gather in the Dome at American's Center in St. Louis, Missouri, to hear the newly elected president of the GC, Erton Köhler, deliver the Sabbath sermon on July 5, 2025.

Erton Köhler, newly elected president of the General Conference (GC), delivered his first sermon in the role to thousands of listeners at the 62nd GC Session, held at the America's Center in St. Louis, Missouri.

Köhler had been scheduled to preach for months in his role as secretary of the GC and stated at the beginning of the sermon that though his position had shifted less than 24 hours earlier, his message would remain unchanged.

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The title of his message was “Boldness in Mission” and touched on the identity of being a Seventh-day Adventist firmly rooted in the Bible.

“We preach the book, we teach the book, and by God’s grace, we live according to the book,” Köhler said.

He emphasized times in the Bible when God called upon His people to take a bold stand for Him. Examples included stories of men from the beginning of the Bible such as Noah, who was called by God to offer salvation to the world.

Köhler stressed, however, that the most relevant story of boldness is the story of Jesus Christ and the way His life impacted the world.

The theme of this year’s GC Session is “Jesus is Coming, I Will Go!”, prompting Köhler to remind listeners that the work did not finish with Jesus on the cross. It was after the ministry and death of Jesus that He gave the Great Commission to His disciples, described in Matthew 28, to go and make disciples.

Making reference to the book of Acts, he shared how the Holy Spirit worked through the small group of believers in the early Christian church.

“The same spirit that opened the doors of expansion for the primitive church will keep the work open for us, the remnant church,” Köhler said.

Köhler concluded his message by calling every person in the room and watching online to go forward boldly in mission.

Spotlight

Taken from: <https://adventist.news/news/erton-k%C3%B6hlerdelivers-first-sermon-as-new-gc-president>

GC SESSION 2025 VOTED POSITIONS DURING THE GC SESSION FROM JULY 3 – 12, 2025

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President, Erton C. Köhler
[Read the profile on the GC website](#)



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Hensley M. Mooroooven



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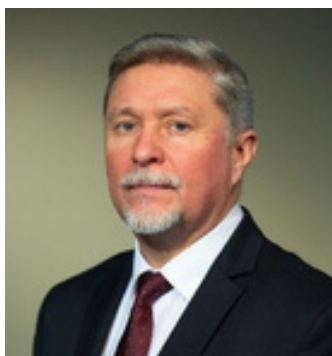
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Inter-European Division
Secretary, Ruben De Abreu

Euro-Asia Division



Euro-Asia Division Secretary
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Inter-American Division
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Inter-American Division
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Northern Asia-Pacific
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North American Division



North American Division
Secretary, Kyoshin Ahn



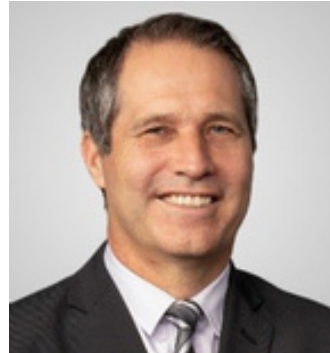
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Southern Asia-Pacific Division
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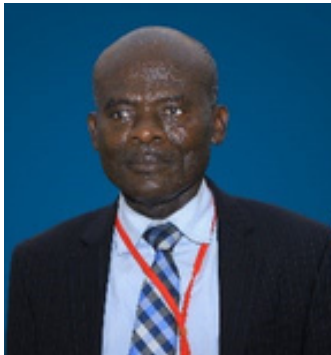
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West-Central Africa Division
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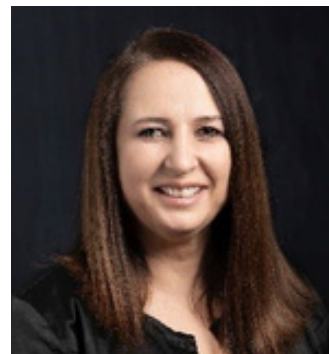
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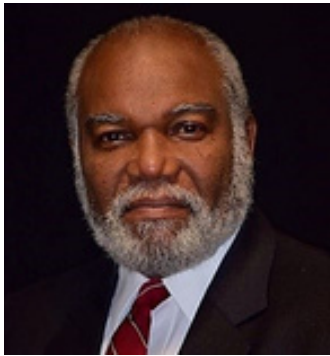
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TBD
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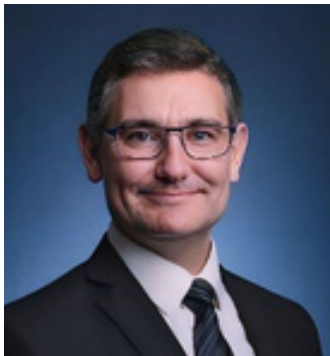
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Sabbath School and Personal
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RISING WITH PURPOSE



Sermon by Erton C. Köhler on 12 July 2025

This sermon was preached on the second Sabbath of General Conference Session. Elements of oral style have been retained. — Editors.

May the Lord give you a very blessed Sabbath, not only for you who are here in St. Louis but also for all those who are watching us online now. Since we are a global church, I would like to wish you “Happy Sabbath” in a few different languages representing the 715 languages

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in which the Seventh-day Adventist message is being preached around the globe.

We are moving now rapidly to the end of the 10 days of business and celebration of the sixty-second General Conference Session. For several of us this was a very intense week, with only a few hours of sleep every night and with endless commitments. In my case, I had to prepare also a new sermon for today, and this during these extremely busy days. But it is amazing to see how God took care of everything.

Thank you very much for the multiple words of support you shared with me, for the prayers, the hugs, the pictures, and for the ways the Lord used each of you as a blessing to my life and to my family. I am only at the beginning of this new leadership journey, but you can always be sure of one thing: the less the experience, the greater the dependence. My family and I will face each chapter of this story depending on God and counting on your prayers.

I'm sure you will keep Pastor Wilson and his family in your prayers as well. Ted and Nancy dedicated their lives to serve in different continents and to lead the church around the world, and they did it with all their hearts. The end of this session is also the beginning of a new phase in Pastor Wilson's and Nancy's lives. May the Lord bless, guide, protect, and send His angels to care for them (Ex. 23:20).

I also ask your prayers and support for the leaders who are with me on the platform today. The General Conference vice presidents, the division presidents, and the General Conference department directors. They have the sacred responsibility to keep the church grounded in the Bible and focused on the mission. May the Holy Spirit use each of you, and your families, in a very special way.

I hope the past 10 days have been special for you. Those were days of important discussions. For some, there was not enough time for discussion. For others, there was too much time to discuss issues that seemed so simple to be settled. At any rate, it is not easy to satisfy such a variety of expectations and cultures in a General Conference Session, which does not represent the interests of a single country or person. This is indeed a session for all, and therefore it requires flexibility and patience.

We cannot forget that a hopeless world is in desperate need of a hopeful church.

I hope you have enjoyed the reports from the divisions and General Conference attached organizations, as well as the exhibition area, with an amazing flavour of a worldwide church. The biblical messages and the 'I Will Go' discussion sessions were very inspiring too. The prayer seasons were also precious moments to strengthen our dependence on God and to receive special blessings from Him. Indeed, many things happened during the days we spent together here!

During this time of celebration, our hearts, prayers, and solidarity were also with our brothers and sisters and all those affected by the devastating floods in the state of Texas. Our prayers and solidarity are also with those who face the tragic reality of war and each of those who live in regions facing different types of humanitarian and political crises. Please don't forget to keep in your prayers those who are suffering all kinds of illnesses and the families who lost their loved ones. We are living in very difficult times. Our love, support, and prayers need to be instruments of God to relieve human suffering and announce that Jesus is coming soon.

It's almost time to go home. May the Lord now send us back to our countries and towns to be the light and the salt to the world (Matt. 5:13-16). May we return committed to strengthen our communion with God, our identity in Christ, our unity through the Holy Spirit, and to provide mission opportunities for all.

Our Blessed Hope

I would like to invite you now to turn your hearts, ears, and eyes to our blessed hope: the second coming of Jesus. This hope reminds us that “Jesus is not preparing something for us, but He is preparing us for something He has already prepared.”¹ The hope the Lord planted in our hearts should fill us with a sense of urgency, but unfortunately many of us have lost that sense. In reality, “the early Christians expected Jesus to come very soon, our parents expected Him to come soon, and we expect Him to come sometime in the future.”²

We cannot forget that a hopeless world is in desperate need of a hopeful church. As stated by the Swiss theologian Emil Brunner: “What oxygen is for the lungs, such is hope for the meaning of human life. Take oxygen away, and death occurs through suffocation; take hope away, and humanity is constricted through lack of breath; despair supervenes, spelling the paralysis of intellectual and spiritual powers by a feeling of the senselessness and purposelessness of existence.”³

When we think of our blessed hope, one of the most significant quotations from Ellen White says: “The Lord is coming. We hear the footsteps of an approaching God.”⁴ What a powerful quotation from the Spirit of Prophecy! Every time I read it, I ask myself, how close are these footsteps?

To find the right answer to this question, we need to reflect more deeply on the signs of the second coming of Jesus mentioned in Matthew 24. If we study Matthew 24 with more attention, we will see two groups of signs that encapsulate all the signs of the second coming of Jesus presented in the Bible. I believe we have enough Bible evidence to say that Jesus will come only when both groups of signs occur together.

Our focus is on a church rising powerfully for mission.

The first group of signs appears in Matthew 24:4-13, where we can see a world falling dramatically for destruction. We can find a list of tragedies that will happen in the world, including “wars and rumours of wars” (verse 6), “famines, pestilences, and earthquakes in various places” (verse 7), as well as hate, false prophets, and lack of love (verses 9-13). In the Bible we have many other verses about the negative signs of the second coming of Christ showing that this world is falling dramatically toward destruction.

The second group of signs is represented by Matthew 24:14, where we can see a church rising powerfully for mission. Matthew 24:14 calls our attention to the gospel of the kingdom being preached to the entire world. We have absolute confidence that soon the present kingdom of Christ’s grace will give place to the future kingdom of His glory, when He appears in the clouds of heaven. What a glorious day it will be!

The hope of the Second Coming is expressed in many prophecies throughout the Bible. This message was entrusted to us, as Seventh-day Adventists, to preach boldly “to those who dwell on the earth—to every nation, tribe, tongue, and people” (Rev. 14:6). Our movement

came into existence because of this glorious hope, and it is part of our spiritual DNA. It is expressed in our very name “Adventists,” and it is the core of our fundamental beliefs.

A World in Crisis

We all agree that our world is falling dramatically toward destruction. The negative signs are before our eyes, and we can see them everywhere. I don’t need to say much on this matter, but I would like to highlight at least some of them. Let me call your attention first to the symbolic Doomsday Clock, which appeared for the first time in 1947 in the Bulletin of the Atomic Scientists.⁵ This clock illustrates how close humanity is to a global catastrophe leading humanity to its self-destruction.

On January 28, 2025, the clock was set at 89 seconds to midnight, which means closer to midnight than ever before since it was created more than 75 years ago.⁶ In setting the clock one second closer to midnight, the Science and Security Board sends a stark signal: our world is in an extremely dangerous situation, at the very border of a global disaster. And this is not the only indicator that things are not getting better, but rather worse and worse every day.

Unquestionably this is the work of God’s enemy in his untiring attempts to destroy this world. He uses the human agents sowing selfishness, hatred, polarization, betrayal, corruption, and all kinds of degeneration of human personal and social behaviour (see 2 Tim. 3:1-5). He also acts through natural disasters, and we can see the increase of nature’s violence in droughts, fires, and floods. We can see a global crisis in such areas as finances, morality, politics, society, environment, and, unfortunately, even in the religious world.

Ellen White alerts us that “the agencies of evil are combining their forces and consolidating. They are strengthening for the last great crisis. Great changes are soon to take place in our world, and the final movements will be rapid ones.”⁷ She is talking about great changes happening with increasing urgency. In reality, we have no time to recover from one tragedy, and then the next one is already here. Each one is more devastating than the previous one. This is an accurate picture of our days.

Agents of Hope

All these tragedies, crises, and problems require our attention, our love, our care. We are called to be agents of hope, committed to relieve the suffering of humanity. Our attention cannot be focused on all the negative signs around us. This is not the emphasis of the second coming of Jesus. We can't spend our time always looking for a tragedy here and another there that could motivate us to be prepared for the second coming of Jesus. Our message is not a message of fear or sensationalism. It is a message based on hope and security, not anxiety or fear (see Luke 21:25-28). We are moved by hope. All the negative signs showing the world falling dramatically are not our priority. The direction the world is taking is not in our hands and does not depend on us.

Our church will be raised powerfully for mission only if mission is the priority of our initiatives, meetings, personnel, and resources.

Our focus is on a church rising powerfully for mission. This is God's priority, and it needs to be our priority as well. To finish the preaching of the gospel of the kingdom to all the world is the major sign of the second coming of Jesus.

We can easily recognize that the world is falling dramatically toward destruction. But I have a question for us to think about: Is the church already rising powerfully for mission? If we are just an army in a trench, we are already a defeated army. Our church is not called to be a warehouse, but rather a distribution centre. If the power over the direction of this world is not in our hands, the responsibility to raise the church for mission is ours. We have the call, the commission, the promise of the power of the Holy Spirit, and the certainty that Jesus will be with us always, even to the end of the age (see Matt 28:18-20).

Our Commitment

At this very special occasion I would like to invite you, in all your initiatives, to not only deal with the world falling dramatically toward destruction, but to prioritize the raising of the church powerfully for mission. Gottfried Oosterwal reminds us that “mission is the heartbeat of the church. If it stops, the church ceases to be. Each institution, every program, and any activity of the church has meaning—and the right to exist—only if it participates in mission. . . . No believer, really, can sing in church, ‘Redeemed, redeemed, redeemed by the blood of the Lamb,’ or pray, ‘Thy kingdom come,’ without thereby binding himself to participate in Christ’s own mission. Nobody can truly say that he belongs to God’s own people unless he serves Christ as a missionary.”⁸

But if you are not “committed to mission you are like a firefighter who runs into a burning building just to fix a painting on the wall.”⁹ This should never ever be our condition. But it will end up happening to us if we prioritize what is not our real priority. If we would like to see Jesus coming in the clouds of heaven, this is the time for us as a global church to raise powerfully for mission. This is a call for all of us—our

children, our teens, our young and young adults, our experienced people, our aged ones; for man and or woman, the deaf, the blind, and all other people with disabilities; for each member, pastor, or leader. It is a call for all areas of the church—for every local church, every organizational level, and each institution.

The church will raise powerfully for mission only if we have a deep commitment to be grounded on the Bible and focused on the mission, praying earnestly for the outpouring of the Holy Spirit. We desperately need a revival in our personal life and in the life of the church, making us a people who advance on our knees. We need a reformation that will prepare us to live, not according to our personal opinions, but according to God's orientation. We want a church that loves, believes, and seeks the guidance of the Spirit of Prophecy, revealed through the prophetic ministry of Ellen White. A church that is ready to use all means for the mission. A church committed to distributing literature, which plays a prophetic role, using the latest technologies to reach people where they are, without barriers, and can communicate the message to the accelerated minds of our days. Indeed, a church that was born in the nineteenth century but is prepared to face the challenges and needs of the twenty-first century.

A church that is ready to be raised powerfully for mission moves forward in an integrated way, recognizing that together we are stronger, we go further, and we arrive faster. A church that promotes unity among the different generations, avoiding silos of isolation. In Ellen White's own words: "My brethren, allow nothing to come in that will separate you from one another or from God. Talk not of differences of opinion, but unite in the love of the truth as it is in Jesus."¹⁰ Our differences are like musical notes: together, in God's hands, they can form the most harmonious and beautiful symphony.

This does not mean that we will not have differences and problems, but that we will know how to disagree with love, education, and balance, avoiding polarization and strengthening integration.

Our church will be raised powerfully for mission only if mission is the priority of our initiatives, meetings, personnel, and resources. We can't be distracted by things that are not the real priority of our church. But you know that the more we grow, and the more we increase our structure, and the more complex we become, the greater becomes the risk of drifting away from our sacred mission. This happens when we start celebrating other achievements apart from fulfilling the mission that the Lord has entrusted to us.

Our mission is very clear: to preach the three angels' messages of Revelation 14:6-12 to the entire world, and this always within the framework of hope. We can adjust methods, but never change our Bible-based message. Our methods and strategies need to be refocused to reach the most challenging areas and people groups around the globe. We need a mission that promotes a healthy and dynamic growth in quantity combined with a deep growth in quality.

We can't be a church that measures its growth by a simple ABC—Attendance, Buildings, and Cash—but one that is strongly committed to the “D” of Disciple-making. A church that can expand our front doors and close our back doors. A warmer church, which is not focused only on itself, like a club of saints, but which is focused on people. After all, Jesus came for people, lived for people, ministered to people, died for people, and when He returns, He will take only people to heaven.

A church raising powerfully for mission is the one that can respond to God's call as well expressed by George Matheson: “[Lord,] send me to

the hearts without a home, to the lives without a love, to the crowds without a compass, to the ranks without a refuge! Send me to the children that none have blessed, to the famished that none have fed, to the sick that none have visited, to the demoniac that none have calmed, to the fallen that none have lifted, to the leper that none have touched, to the bereaved that none have comforted!”¹¹

How I would love to see our church rising powerfully for mission with its feet on the ground, but its eyes fixed on heaven! A church with a clear call to be distinct but not distant (see John 17:15). A remnant church called to prepare this world for the second coming of Jesus, our blessed hope. Yes, Jesus is coming soon, and we can “hear the footsteps of an approaching God.”¹² “Soon we shall see Him in whom our hopes of eternal life are cantered. And in His presence the trials and sufferings of this life will seem as nothingness.”¹³

Concluding Remarks

We, gathered here in this dome, representing “every nation, tribe, tongue, and people” around the world (Rev. 14:6). By faith we can behold that glorious day in which Christ will appear in the clouds of heaven for our everlasting salvation, and join the great multitude “of all nations, tribes, peoples, and tongues, standing before the throne and before the Lamb, clothed with white robes, with palm branches in their hands” (Rev. 7:9). You and I must be there!

We can see the world falling dramatically toward destruction, but the Lord is calling us, as His representatives, the remnant church, to raise the church powerfully for mission. What better time could we have to make a commitment, as the worldwide Adventist family, to focus on

the mission and raise the church powerfully, through the power of the Holy Spirit?

We have here the representatives of the 212 countries and territories where we are present, and leaders of our 23-plus million members. We are the people the Lord can use to rise and mobilize the church powerfully. We are those the Holy Spirit would like to use as channels of blessings. Here are those who can preach the gospel of the kingdom to the entire world (Matt. 24:14) to see Jesus coming in our generation. Please, let's work together with the Holy Spirit to raise the church powerfully for mission.

This is the time to keep our feet on the ground but also keep our eyes on heaven, waiting for the day when the Lord, “with the voice of an archangel, and with the trumpet of God” (1 Thess. 4:16), will appear in the clouds of the heaven. And finally, the church will not only be powerfully raised for mission, but will also be wholly prepared for heaven.

The international choir will uplift us now to that day, when the church raised powerfully for mission will be ready to see Jesus coming in the clouds of heaven. While waiting for that glorious day to arrive, let's renew our hope that Jesus is coming soon, and commit ourselves to ‘I Will Go.’ If you would like to renew your commitment to the Lord, to His mission, and to the second coming of Jesus, our blessed hope, please, stand up while the choir sings.

1 Anonymous saying.

2 Ruben M. Scheffel, *Com a eternidade no coração*, Daily Devotional for 2010 (Tatuí, SP, Brazil: Casa Publicadora Brasileira, 2009), p. 116. (Emphasis supplied.)

3 Emil Brunner, *Eternal Hope*, trans. Harold Knight (London: Lutterworth Press, 1954), p. 7.

4 Ellen G. White, *Evangelism* (Washington, D.C.: Review and Herald Pub. Assn., 1946), p. 219.

5 “The Clock Starts Running,” *Bulletin of the Atomic Scientists*, <https://thebulletin.org/doomsday-clock/timeline/>.

6 John Mecklin, ed., “Closer Than ever: It Is Now 89 Seconds to Midnight,” *Bulletin of the Atomic Scientists*, Jan. 28, 2025, <https://thebulletin.org/doomsday-clock/>.

7 Ellen G. White, *Testimonies for the Church* (Mountain View, Calif.: Pacific Press Pub. Assn., 1948), vol. 9, p. 11.

8 Gottfried Oosterwal, *Mission: Possible: The Challenge of Mission Today* (Nashville: Southern Pub. Assn., 1972), p. 15.

9 Saying attributed to Dwight L. Moody.

10 E. G. White, *Testimonies for the Church*, vol. 8, p. 11.

11 George Matheson, *The Representative Men of the Bible: Adam to Job* (New York: Hodder & Stoughton, [1902]), p. 173.

12 E. G. White, *Evangelism*, p. 219.

13 Ellen G White, *Prophets and Kings* (Mountain View, Calif. Pacific Press Pub. Assn., 1917), p. 731.

Taken from: <https://session.adventistreview.org/rising-with-purpose/>

GARO SECTION SSPM SIDE-WALK EVANGELISM, PUBLISHING, HEALTH MINISTRIES TRAINING



The Garo Section SSPM Department in collaboration with Publishing, and Health Ministries departments conducted an intensive training program for the Section Pastors, Circle Directors, Field Pastors and regular evangelists on August 18-20, 2025 at New Tura SDA Church.

A total of 22 delegates attended the training program and were richly blessed. The details indicated below are the highlights of the training session.

Resource Personnel: Pr. Thangliana Fanai, Mrs. Lalbiakdiki C, Mr. Netherson A. Sangma, Pr. Barwin Marak, Pr. Barthion G. Momin

Topics Presented:

- Church Discipleship Strategy
- Discipleship Method of Jesus
- The Evangelist and His Method
- Kindness Ministry
- Role of a Sabbath School Teacher
- Side-walk Evangelism
- Sabbath School Action Unit Plan
- Role of Publishing Ministries in Sab School and Personal Ministries
- Role of Health Ministries in Sab School and Personal Ministries
- The Health of a Sabbath School Leader
-

Devotional Speakers:

- Pr. Pradeep S. Sangma
- Pr. Barthon G. Momin
- Mr. Daniala Sailo
- Mr. Silgrak M. Marak
- Pr. Jolonto G. Momin

Reported by: Pr. Barwin Marak, Director, Communication Dept., Garo Section of SDA

SUD COUNCIL 2025 VOTED POSITIONS DURING THE SUD COUNCIL AUGUST 27-30, 2025

Voted Positions

Division Departments

1. Vice-President & Education	R N Prabhu Das
2. Under Secretary & PCM	M Ravindra Shankar
3. Associate Secretary--SERVSDA, ADCOM	Benny Joseph
4. Associate Secretary Statistics, Service Records & ACMS	Manoj Sarkar
5. Under Treasurer	LeRoy Samuel
6. Associate Treasurer--Consolidation Officer	Edwin Stanley
7. Associate Treasurer--Retirement Plan	Solomon Pandyaraj
8. Associate Treasurer--Office Manager	Selvin Jones D P
9. Adventist Chaplaincy Ministries & Communication	Ramesh Y Jadhav
10. Adventist Possibilities Ministries Special Ministries Director Spirit of Prophecy	Tawkthanga Chhacchuak
11. Adventist Mission	Umesh Nag
12. Children's Ministries	Metilda Riches
13. Health Ministries	Vara Prasad Deepati
14. Family Ministries	Rosenita M Christo
15. Ministerial Association	Johnson Jacob Thadi
16. Sab School & Personal Ministries	Shrikant Shinde
17. Women's Ministries	Krupa Victor
18. Publishing Ministries	Augustine Daniel
19. Stewardship Ministries	Paulmoney S

20. Youth Ministries

Edison Samraj

Division Institutions

21. Adventist Media Centre

Laban Rao

22. Lowry Adventist College

G Nageshwar Rao

23. Flaiz Adventist College

Daniel Kumar Nethala

24. METAS

Anil Kumar Chillimuntha

25. Roorkee Adventist College

Sanjeevan Arsud

Attached Fields

26. Andaman Nicobar Region

Jayaselvam Selladurai

27. East Himalayan Field

Kumar Adhikari

Unions

East Central India Union

28. President

Isaac Kumar Nethala

29. Secretary

Charles T

30. Treasurer

Sunil George

Northeast India Union

31. President

Biakzidinga Renthlei

32. Secretary

Prodeep Sangma

33. Treasurer

Wungreiyo A Shimray

Northern India Union

34. President

Mohan Bhatti

35. Secretary

Sumit Kumar Dass

36. Treasurer

Shekhar Chand

South Central India Union

37. President

38. Secretary

39. Treasurer

Mohanraj Daniel

Muralikrishna G N

Pradeep Suranjan Prakash

Southeast India Union

40. President

41. Secretary

42. Treasurer

Ambrose S

Jebaseelan S

Selvam Swamidass

Southwest India Union

43. President

44. Secretary

45. Treasurer

Jose Prakash

Micha Aruldas

Roby Thomas

Western India Union

46. President

47. Secretary

48. Treasurer

Anil Kandane

Sachin Waghmare

Chandrashekar V

Information received from: SUD Secretariat

EVANGELISTIC MEETINGS IN DHEMAJI



God is doing wonderful things in the Dhemaji district of Assam. In Seujiapather, a small Assamese village, two Baptist pastors—Pr. Atul Buragohai and Pr. Tulan Buragohai—are caring for 14 Baptist families. By God’s grace, we were able to build a friendly relationship with them, which opened the way for an evangelistic meeting.

From September 10–14, 2025, a five-day series of meetings was held in Seujiapather with the help of our Regional Director, Pr. James Besra. Each evening, people gathered to listen to God’s Word. More than 25 people attended, including the two Baptist pastors.

On Sabbath, September 13, we shared a special moment together by celebrating the Lord's Supper. Everyone who attended took part, and it was a beautiful time of unity and faith.

We thank God for our JFA Bible worker, Br. Raju Gogoi, and his wife, Mrs. Dipali Gogoi. Through their love, prayer, and hard work, they have built good relationships with the pastors and the church members. Their effort made this meeting possible and fruitful.

Already, three families have decided to join the Seventh-day Adventist Church. We believe this is just the beginning, and with prayer, many more families in Seujiapather will accept the truth of God's Word.

The story of Dhemaji reminds us that God is still working in powerful ways. Let us continue to pray for Seujiapather, so that many more souls may come to know Christ and His truth.

Reported by: Pr. James Besra, Director, Assam Region of SDA

INSTALLATION OF NEWLY APPOINTED NORTHEAST INDIA UNION OFFICERS

On September 15, 2025 at 12:00 PM the newly elected Northeast India Union officers were installed to their respective offices to carry on the work of the office they have appointed to.

Pr. Biakzidinga Renthlei, the newly appointed Northeast India Union was handed over by Pr. Tawkthanga, the outgoing President and installed by Pr. Ch. John Victor, SUD President.



Pr. Pradeep Sangma, the newly appointed Northeast India Union Secretary was handed over by Mr. Prosperity Pasi, outgoing Secretary and installed by Pr. Ujjwal Kandane, SUD Secretary.



Mr. Wungreiyo Shimray, the re-appointed Northeast India Union Treasurer was installed by Pr. Riches Christian, SUD Treasurer.





These officers were installed in the presence of: Dr. R N Prabhudas, SUD General Vice President; Pr. Edwin Stanley, SUD Assoc. Treasurer; Mr. Jayawant Peter, SUD Legal Adviser; Pr. Standhope Hynniewta, K J Conference President; Pr. Belum Pashel, Manipur Conference President; Pr. A Kharpran, K J Conference Secretary; Dr. Paul Bhagigen, Vice Chancellor of NEAU; Dr. Andrew Zimik, Registrar of NEAU; Mr. Rupesh Peter, Vice President of Finance of NEAU; Mr. Bhakupar Ksoo, Treasurer of K J Conference and the staff of Northeast India Union.

All the newly elected officers were admonished to seek the help of God to carry out the duties of the office they had been appointed.

Reported by: Mrs. Betty Lyngdoh, Communication Director, Northeast India Union

MAGIC OF THE MEDITERRANEAN DIET

Western diets are making us sick, but certain traditional eating patterns can deliver both health and flavor on one plate.



The Mediterranean benefit

In the 1960s, the Seven Countries study, which looked at 16 different population groups, including several from the Mediterranean, found that Cretan Greeks had the best health and the lowest rates of cancer and heart disease. Their diet was shown to be the main factor influencing this favourable report.

Recent research shows that a Mediterranean diet also protects against metabolic syndrome, controls diabetes better, can reverse fatty liver disease, and slashes the risk of Alzheimer's disease. The more closely you adhere to this diet, the stronger your protection will be.

Ways to imitate the Cretan diet

Olive oil daily: Ditch the margarine and vegetable oils. Enjoy extra-virgin oil on your salads and cooking. It enhances the absorption of antioxidants into the body and makes eating lots of vegetables possible.

Vegetables everyday: include a half cup of tomatoes and a half cup of leafy greens, plus at least 1 $\frac{3}{4}$ cup of other vegetables. Try bitter greens such as endive.

Go whole grain: Whole grain and wheat germ breads are traditional with the Cretans.

Legumes at least twice weekly: You should get a good serving of beans, such as garbanzos or fava beans, to supply large amounts of fiber and almost no fat. Legumes replace meat, which if eaten at all, should be limited to small amounts monthly.

No day without fresh fruits: Fruit is the perfect snack. Nuts and dried fruit add variety. Use only small amounts of other sweets and sugary drinks.

Cheese in moderation: Yogurt was the major source of calcium for the Cretans in the study.

Other dietary practices: Cretan meals are mostly cooked slowly with olive oil, garlic, herbs and tomatoes, so that they do not produce advanced glycation end products [AGEs], formed in the browning process common to such modern cooking methods as toasting.

By: Sue Radd [Sue Radd is an award-winning author and nutritional expert. www.sueradd.com]

Announcement

Northeast India Union Constituency Meeting is scheduled on:

October 29 – November 1, 2025

**At Northeast Adventist University,
Khliehtyrshi, West Jaintia Hills District,
Meghalaya**

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R. Lalramnghaka	Mizo Conference of SDA
Lalmuansanga K	Mizo Conference of SDA
Premanand Borgoari	Arunachal Pradesh Region of SDA
Seth Guria	Assam Region of SDA
Tennyson Lukhu	Nagaland Region of SDA
Laljuala Reang	Tripura Region
Tengsrang Marak	Riverside Adventist Academy



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